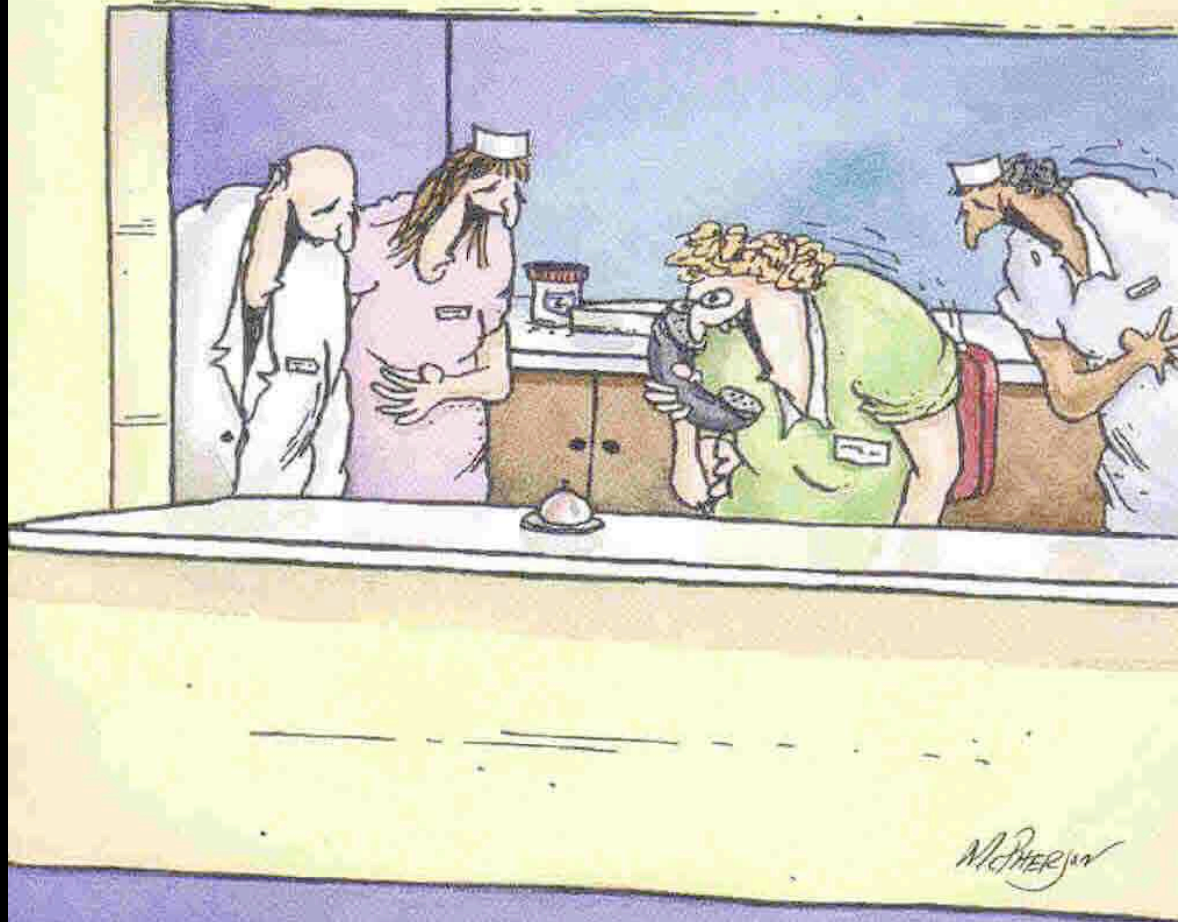


**Holistic Medical Therapies for  
BPH, Prostatitis, Prostate Cancer  
And Urinary Incontinence**

**ABHM Review Course  
Denver, Colorado  
October 13, 2003**

**Mark W. McClure, MD, FACS**

# UROLOGY



**“Urology department. Can you hold?”**

# Dietary Supplement

Serving Size: six capsules

Six capsules contain:

		<u>%DV</u>
Vitamin C . . . . .	1200mg	<b>1333%</b>
Vitamin E . . . . .	400IU	1818%
Selenium . . . . .	200mcg	363%
Vanadium . . . . .	50mcg	*
Bromelain . . . . .	25mg	*
L-Cysteine . . . . .	200mg	*

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**Daily Value not established**

**Other ingredients:** cellulose, and magnesium stearate.

# Holistic Medical Treatments

- ✓ Prostate Enlargement (BPH)
- ✓ Prostatitis
- ✓ Prostate Cancer
- ✓ Urinary Incontinence

# Prostate Enlargement (BPH)

Incidence

# Prostate Enlargement

## Lower Urinary Tract Symptoms (LUTS)

- ✓ **Obstructive** voiding symptoms
- ✓ **Irritative** voiding symptoms

# Obstructive Voiding Symptoms

- ✓ Incomplete emptying
- ✓ Weak stream
- ✓ Straining
- ✓ Intermittency

# Irritative Voiding Symptoms

✓ Frequency

✓ Urgency

✓ Nocturia

# International Prostate Symptom Score (I-PSS)

- ✓ Mild (I-PSS 0-7)
- ✓ Moderate (I-PSS 8-19)
- ✓ Severe (I-PSS 20-35)

# Benefits of Watchful Waiting

- ✓ Less expensive
- ✓ Avoids side effects of drugs and surgery
- ✓ Avoids unnecessary treatment

# Contraindications to Watchful Waiting

- ✓ Urinary retention
- ✓ Renal insufficiency
- ✓ Recurrent hematuria or UTIs
- ✓ Bladder stones or diverticulæ

# Holistic Medical Treatments For LUTS

✓ Diet

✓ Lifestyle

✓ Phytotherapy

# Dietary Therapies For LUTS

- ✓ Decrease fat
- ✓ Reduce or eliminate refined sugar
- ✓ Increase fruit and vegetables
- ✓ Increase fiber
- ✓ Limit meat and dairy protein

# Lifestyle Therapies For LUTS

- ✓ Exercise
- ✓ Eliminate unhealthy habits
- ✓ Reduce stress

# Phytotherapy For LUTS

- ✓ Definition
- ✓ Risks and benefits

# Herbal Therapies For LUTS

Saw Palmetto

Pygeum

Beta-sitosterol

Cernilton

Stinging Nettles

# Prostatitis

- ✓ Definition
- ✓ Incidence
- ✓ Categories

# Holistic Medical Treatments For Prostatitis

✓ Diet

✓ Lifestyle

✓ Phytotherapy

# Dietary Therapies For Prostatitis

Foods that increase inflammation/irritation

Foods that decrease inflammation/irritation

Food allergies

# Lifestyle Therapies For Prostatitis

- ✓ Exercise
- ✓ Eliminate unhealthy habits
- ✓ Reduce stress

# Phytotherapy Can Improve Prostatitis By:

- ✓ Decreasing inflammation
- ✓ Decreasing painful urination
- ✓ Increasing urinary flow

# Phytotherapy Can Improve Prostatitis By:

- ✓ Reducing UTIs
- ✓ Reducing stress
- ✓ Reducing constipation

# Herbs That Decrease inflammation

- ✓ Saw palmetto, pygeum, cernilton
- ✓ Beta-sitosterol
- ✓ Clivers, agrimony, stinging nettles

# Herbs That Increase Urinary Flow

- ✓ Couchgrass
- ✓ Dandelion

# Herbs That Decrease Painful Urination

✓ Marshmallow root

✓ Eryngo

✓ Corn silk

# Herbs That Reduce UTIs

✓ Cranberry

✓ Uva Ursi

✓ Pipsissewa

✓ Oregon Grape

# Herbs That Reduce Stress

- ✓ Chamomile, passionflower, valerian
- ✓ Kava Kava
- ✓ Bach flower remedies
- ✓ Aromatherapy

# Reduce Constipation

- ✓ Aloe Vera
- ✓ Cascara sagrada
- ✓ Triphala

# Supplements for Prostatitis

- ✓ Multivitamins
- ✓ Zinc
- ✓ Quercetin
- ✓ Probiotics/Prebiotics

# Prostate Cancer

- ✓ Incidence
- ✓ Etiology
- ✓ Prevention
- ✓ Holistic medical treatments

# Prostate Cancer Prevention

Seven step T-A-K-E-C-H-G Program

**T**

**Take supplements:**

**Selenium**

**Vitamin E**

**Green tea**

**Lycopene**

**A**

Avoid toxins

**K**

Knock out stress

**E**

Exercise

C

Count calories

H

Help yourself  
to healthy food

G

Give up

unhealthy habits

The background is a solid blue color with a subtle gradient. A thin, light blue curved line starts from the top left and arcs towards the right side of the slide. On the right side, there is a vertical gradient bar that transitions from a darker blue at the top to a lighter blue at the bottom.

# Secondary Prostate Cancer Chemoprevention

# Modulation of Androgen Insensitive Prostate Cancer\*

- Botanical Agents
- Nutritional Supplements
- Vitamins
- Dietary Interventions
- Lifestyle Interventions

\*McClure, MW “ An Overview Of Holistic Medicine And Complementary And Alternative  
Medicine For The Prevention and Treatment Of BPH, Prostatitis, And Prostate Cancer” *World  
J Urol* (2002) 20: 273-284

# Decrease Arachidonic Acid Metabolism\_

- Vegan diet
- Vitamin E
- Fish oil, quercetin
- Green tea, *Boswellia serrata*, *Sculletaria baicalensis*, curcumin, stinging nettle

\_McClure, MW “ An Overview Of Holistic Medicine And Complementary And Alternative Medicine For The Prevention and Treatment Of BPH, Prostatitis, And Prostate Cancer” *World J Urol* (2002) 20: 273-284

# Membrane Phospholipids

Phospholipase A2



Arachidonic acid (20:4\_6)



5-lipoxygenase



12-lipoxygenase



series 4 leukotrienes

cyclooxygenase 1



cyclooxygenase 2



Prostaglandin Series 2  
Thromboxanes A2, B2

# Inhibit 5-LOX\*

- Curcumin
- Quercetin
- *Boswellia serrata*

\*Bland, JS, *Clinical Nutrition: A Functional Approach* (Gig Harbor, WA: The Institute For Functional Medicine™, Inc., 1999)

# Inhibit 12-LOX\*

- Fish oil
- Quercetin
- *Sculletaria baicalensis*

\*Bland, JS, *Clinical Nutrition: A Functional Approach* (Gig Harbor, WA: The Institute For Functional Medicine™, Inc., 1999)

# Inhibit COX-1\*

- Ginger (*Zingiber officinale*)
- Curcumin (*Curcumin longa*)
- Fish Oil (EPA)

\*Bland, JS, *Clinical Nutrition: A Functional Approach* (Gig Harbor, WA: The Institute For Functional Medicine™, Inc., 1999)

# Inhibit Cox-2\*

- NSAIDS
- Celebrex®

\*Bland, JS, *Clinical Nutrition: A Functional Approach* (Gig Harbor, WA: The Institute For Functional Medicine™, Inc., 1999)

# Decrease IGF-1\*

- Vegan diet
- Caloric restriction
- Exercise
- Melatonin, lycopene
- Green tea, curcumin

\* McClure, MW “ An Overview Of Holistic Medicine And Complementary And Alternative Medicine For The Prevention and Treatment Of BPH, Prostatitis, And Prostate Cancer” *World J Urol* (2002) 20: 273-284

# Urinary Incontinence

- ✓ Incidence
- ✓ Categories
- ✓ Holistic Medical Treatments

# Holistic Medical Treatments for Urgency Incontinence

- ✓ Behavioral modification\_
- ✓ Dietary and lifestyle modification\_
- ✓ Physical therapy\_
- ✓ TCM, Homeopathy, Ayurvedic and Chiropractic medicine
- ✓ Mind/body medicine

\_Payne, CK, Urinary Incontinence: Nonsurgical Management, Chapter 29,  
Walsh et.al., eds. *Campbell's Urology*, 8<sup>th</sup> ed., 1086-1089

# Holistic Medical Treatments for Urinary Stress Incontinence

- ✓ Lifestyle modification\_
- ✓ Physical therapy\_
- ✓ Yoga

\_Payne, CK, Urinary Incontinence: Nonsurgical Management, Chapter 29,  
Walsh et.al., eds. *Campbell's Urology*, 8<sup>th</sup> ed., 1086-1089

# Holistic Medical Treatments for Enuresis

- ✓ Behavioral modification\_
- ✓ Dietary and lifestyle modification\_
- ✓ Homeopathy (*Causticum* -Bisulphate of potash)\_

\_Koff,SA, Jayanthi, VR “Non-neurogenic Lower Urinary Tract Dysfunction”, Chapter 64,  
Walsh et.al., eds. *Campbell’s Urology*, 8<sup>th</sup> ed., 2276-2279

\_Bunker, MM. Therapeutic Homeopathy in Rakel, D, ed., *Integrative Medicine* (Phil: Saunders, 2003),  
781-787

The greatest challenge and  
promise in medicine today is  
not . . . .

“Cost control, genetic engineering, or  
new technology . . . .

It’s learning how to motivate people  
to change their behavior”

Leo Galland

A large, reddish-brown walrus is lying on a rocky surface. The walrus has two prominent, white tusks extending from its mouth. The text "Any Questions?" is overlaid in the center of the image in a white, serif font.

*Any Questions?*