

# Optimal Prostate and Sexual Wellness

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

- Cost control
- Genetic engineering
- Or new technology

The greatest challenge and  
promise in medicine  
today is learning how to  
motivate people to change  
their behavior

Leo Galland, *Power Healing*

- Holistic Health
- How To Achieve Optimal Prostate Health
- How To Achieve Optimal Sexual Health

# Holistic Health

- ‘*Holos*’ – Greek root for ‘whole’
- ‘*Hael*’ – Greek root ‘to make whole’
- Whole Healing

# Whole Healing

- Homeostatic Healing System
- Treatment Healing System
- Mind/Body Healing System
- Spiritual Healing System

Elliott Dacher, *Whole Healing*

# Homeostatic Healing System

- Inborn physiologic checks and balances
- Automatic

# Treatment Healing System

- Reacts to signs and symptoms
- Uses external remedies

# Mind/Body Healing System

- Intentional
- Self regulation/self exploration

# Spiritual Healing System

- Intuitive
- Deeper meaning of life

# How To Achieve Optimal Prostate Health

- Prostate Enlargement (LUTS)
- Prostatitis
- Prostate Cancer

# Prostate Enlargement

- Incidence
- Obstructive symptoms
- Irritative symptoms

# International Prostate Symptom Score (I-PSS)

## Obstructive symptoms

- ✓ Incomplete emptying
- ✓ Weak Stream
- ✓ Straining
- ✓ Intermittancy

# I-PSS

## Irritative symptoms

- ✓ Frequency
- ✓ Urgency
- ✓ Nocturia

# LUTS Natural History

- Mild (I-PSS 1-7)
- Moderate (I-PSS 8-19)
- Severe (I-PSS 20-35)

# Contraindications to Watchful Waiting

- Urinary retention
- Renal insufficiency
- Recurrent hematuria or UTIs
- Bladder stones or diverticuluae

# CAM Therapies For LUTS

- Diet
- Lifestyle
- Phytotherapy

# Dietary Therapies For LUTS

- Fat
- Sugar
- Fruits and vegetables
- Fiber
- Protein

# Lifestyle Therapies For LUTS

- Exercise
- Eliminate unhealthy habits
- Reduce stress

# Phytotherapy For LUTS

- Definition
- Prevalence
- Risks/benefits

# Herbal Therapies For LUTS

- Saw Palmetto
- Pygeum
- Beta-sitosterol
- Cernilton
- Stinging Nettles

# Prostatitis

- Definition
- Incidence
- Categories

# CAM Therapies 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 For Prostatitis

- Decrease inflammation
- Decrease painful urination
- Increase urinary flow

# Phytotherapy For Prostatitis

- Reduce UTIs
- Reduce stress
- Reduce constipation

# Decrease inflammation

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

# Increase Urinary Flow

- Couchgrass
- Dandelion

# Decrease Painful Urination

- Marshmallow root
- Eryngo
- Cornsilk

# Reduce UTIs

- Cranberry
- Uva Ursi
- Pipsisewa
- Oregon Grape

# Reduce Stress

- Kava Kava

# Reduce Constipation

- Aloe Vera
- Cascara sagrada
- Triphala

# Supplements for Prostatitis

- Multivitamin
- Zinc
- Quercetin
- Probiotics

# Prostate Cancer

- Incidence
- Etiology
- Prevention
- CAM therapies

# Prostate Cancer Prevention

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

**T**

**Take supplements**

vitamin E

selenium

green tea

lycopene

A

Avoid toxins

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**K**

**K**nock out stress

The image features a blue gradient background that transitions from a bright blue on the left to a dark blue on the right. A thin, light blue curved line starts near the top left and arcs towards the right. A yellow letter 'E' is positioned in the upper left quadrant.

E

Exercise

C

Count calories

H

Help yourself  
to healthy food

G

Give up unhealthy habits

# Prostate Enlargement, Prostatitis, and Prostate Cancer

## Prevention/CAM Therapies

- Diet
- Lifestyle
- Supplements and Phytotherapy

# Optimal Sexual Health

- Normal changes with aging
- Myths
- Natural Therapies

# Normal Changes With Aging

- Decreased total/free testosterone
- Decreased libido
- Decreased ejaculate volume

# Normal Changes With Aging

- Decreased sexual frequency
- Decreased penile rigidity
- Increased refractory time

# Myths About Male Sexuality

- Penile size
- Premature loss of erection
- Masturbation

# Myths About Male Sexuality

- Inhibited sexual desire
- Partner who calls it quits
- Frequency of intercourse

# Myths About Male Sexuality

- Female orgasms
- Duration of intercourse
- Fantasies

# Myths About Male Sexuality

- Foreplay
- Initiator
- Positions

# Natural Therapies

Understand the normal female sexual response

- ✓ Excitation
- ✓ Plateau
- ✓ Orgasm
- ✓ Afterglow

# Learn How To Initiate Lovemaking

- Make an attractive offer
- Make an offer, not a demand
- Be willing to be rejected

# Learn How to Improve Sexual Arousal

- Pleasuring
- Intercourse
- Afterglow

# Improve Inhibited Sexual Desire

- Overcome negative anticipation
- Learn about normal changes with aging and female sexual response
- Improve intimacy

# Improve Inhibited Ejaculation

- Share fantasies
- Learn to give and receive pleasure
- Identify and overcome fears together

# Overcome Early Ejaculation

- Identify point of inevitability
- Emphasize pleasuring

# Phytotherapy for Erectile Dysfunction

- Yohimbine
- Mura pauma
- Ginseng

# Phytotherapy for Erectile Dysfunction

- L-arginine
- Horny goat weed
- Ginkgo biloba

# Andropause

- Definition
- Incidence
- Signs and symptoms
- Treatment

# Andropause

## Incidence

- ✓ Serum Testosterone at age 75
- ✓ Serum Testosterone at age 90

# Andropause

Symptoms:

✓ Fatigue

✓ Decreased libido

# Andropause

Signs:

- ✓ Decreased muscle mass/strength
- ✓ Decreased body hair/ hematopoiesis
- ✓ Decreased libido
- ✓ Increased body fat

# Non-hormonal Causes Of Andropause Symptoms

- ✓ Genetics
- ✓ BMI
- ✓ Social habits
- ✓ Stress

# Non-hormonal Causes Of Andropause Symptoms

- ✓ Medication
- ✓ Environmental
- ✓ Psychosocial
- ✓ Age-related changes

# Indications For Treatment

- ✓ Signs/symptoms of hormonal deficiency
- ✓ Decreased hormone levels

T - 319 ng/dl or less

FT -6.5 ng/dl or less

# Treatment goals

- ✓ Restore Testosterone to 600ng/dl
- ✓ Maintain or regain highest q.o.l.
- ✓ Reduce disability
- ✓ Add life to years

# Side Effects Of Androgen Replacement Therapy

- ✓ Serum lipid abnormalities
- ✓ Polycythemia
- ✓ Prostate growth

# Side Effects Of Androgen Replacement Therapy

- ✓ Sleep apnea
- ✓ Gynecomastia
- ✓ Hepatotoxicity

# Contraindications to Androgen Replacement Therapy

- ✓ Obstructive prostate enlargement
- ✓ Prostate or mammary cancer
- ✓ Combination of COPD, obesity, and sleep apnea
- ✓ Prolactinoma

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