



Dr. David Brownstein's

NATURAL WAY TO HEALTH

Achieving & Maintaining Your Optimal Health

July 2011

Vol. 4, Issue 7

The Essential Guide for Good Prostate Health

Most of the time, men are completely unaware of their prostate gland, a small organ that is vital to male sexual health. Unfortunately, while largely unnoticed, the prostate can be the site of major health concerns for men. It can become enlarged, inhibiting the flow of urine; it can become infected and inflamed, causing fevers and discomfort; and, finally, the prostate can become cancerous — which can kill.

In fact, next to skin cancer, prostate cancer is the most common type of cancer among American men. The National Cancer Institute estimates that in 2011, some 217,730 new cases of prostate cancer will be diagnosed, and there will be 32,050 deaths from it. Still, it receives less attention — and less funding — than many other types of cancer.

This month's newsletter will take a look at three prevalent prostate conditions — enlarged prostate, infection of the prostate (prostatitis), and prostate cancer — and discuss what can be done to prevent and treat them.

Enlarged Prostate Pressures the Bladder

The prostate is a walnut-sized gland in the male reproductive system located just beneath the bladder. Its function is to store and secrete fluid which nourishes and maintains the appropriate acidity for semen.

One of the most common problems that can develop with the prostate, which affects many men over the age of 50, is called benign prostatic hypertrophy (BPH). In fact, the older men become, the more BPH seems to affect them.

Put simply, BPH refers to an increase in the size of the prostate due to an increase in the number of cells in the gland. The prostate gland surrounds the urethra, which is the tube that leads from the bladder to the genitals for urination. When sufficiently enlarged, the prostate presses against the bladder and compresses the urethra, impeding the flow of urine through the urethral canal.

BPH is not cancerous, but it can cause a great deal of discomfort for men who suffer from the condition. When an enlarged prostate gland impedes the flow of urine, men will often complain of having a weak urinary stream or a difficult time emptying the bladder. Furthermore, men with BPH frequently feel an urge to urinate due to the enlarged prostate pressing against their bladder.

If the bladder does not empty completely with urination, bladder infections and kidney damage can occur. Although BPH is not treated as a life-threatening condition, the symptoms can be severe

IN THIS ISSUE . . .

► Prostatitis: Inflammation of the Prostate.....	2
► Prostate Cancer Is Unpredictable.....	3
► Pitfalls of Prostate Testing.....	3
► Case Study: Hidden Source of Migraines.....	4
► Risk Factors for Prostate Cancer	5
► In the News: Infant Mortality From Vaccines?.....	6
► Supplements Can Fight Prostate Problems.....	7
► Ask Dr. Brownstein	8

Essential Guide For Good Prostate Health

Rachel Sandford



Essential Guide For Good Prostate Health:

Adopting the Track of Term: An Psychological Symphony within **Essential Guide For Good Prostate Health**

In a global taken by monitors and the ceaseless chatter of instant communication, the melodic elegance and mental symphony created by the prepared term frequently disappear in to the back ground, eclipsed by the constant noise and disruptions that permeate our lives. But, nestled within the pages of **Essential Guide For Good Prostate Health** an enchanting literary prize full of organic feelings, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, this interesting masterpiece conducts visitors on a psychological journey, skillfully unraveling the hidden tunes and profound impact resonating within each cautiously crafted phrase. Within the depths of this touching evaluation, we shall explore the book is key harmonies, analyze their enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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Table of Contents Essential Guide For Good Prostate Health

1. Understanding the eBook Essential Guide For Good Prostate Health
 - The Rise of Digital Reading Essential Guide For Good Prostate Health
 - Advantages of eBooks Over Traditional Books
2. Identifying Essential Guide For Good Prostate Health
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Essential Guide For Good Prostate Health
 - User-Friendly Interface
4. Exploring eBook Recommendations from Essential Guide For Good Prostate Health
 - Personalized Recommendations

- Essential Guide For Good Prostate Health User Reviews and Ratings
- Essential Guide For Good Prostate Health and Bestseller Lists
- 5. Accessing Essential Guide For Good Prostate Health Free and Paid eBooks
 - Essential Guide For Good Prostate Health Public Domain eBooks
 - Essential Guide For Good Prostate Health eBook Subscription Services
 - Essential Guide For Good Prostate Health Budget-Friendly Options
- 6. Navigating Essential Guide For Good Prostate Health eBook Formats
 - ePub, PDF, MOBI, and More
 - Essential Guide For Good Prostate Health Compatibility with Devices
 - Essential Guide For Good Prostate Health Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Essential Guide For Good Prostate Health
 - Highlighting and Note-Taking Essential Guide For Good Prostate Health
 - Interactive Elements Essential Guide For Good Prostate Health
- 8. Staying Engaged with Essential Guide For Good Prostate Health
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Essential Guide For Good Prostate Health
- 9. Balancing eBooks and Physical Books Essential Guide For Good Prostate Health
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Essential Guide For Good Prostate Health
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Essential Guide For Good Prostate Health
 - Setting Reading Goals Essential Guide For Good Prostate Health
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Essential Guide For Good Prostate Health
 - Fact-Checking eBook Content of Essential Guide For Good Prostate Health

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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