

Prostate Health

Information on BPH (Benign Prostatic Hypertrophy)

Prostate Check
inside

SAW PALMETTO FRUIT







Prostate Problems

Benign Prostatic Hypertrophy is a complicated term describing non-cancerous enlargement of the prostate gland. 50% of men will be experiencing some degree of prostate enlargement by the time they're 50, and almost 100% of men that reach the age of 80 will find their prostate troublesome.

These figures aren't to do with prostate cancer, but the benign enlargement of the prostate gland. Whilst being less serious than cancer, this nevertheless manages to reduce your quality of life quite considerably.

(Madersbacher S, Studer U.E. Benige Prostatahyperplasie. Schweiz Med Forum. Nov 2002; 45: 1068-73)

What does an enlarged prostate feel like?

Signs of an enlarged prostate are:

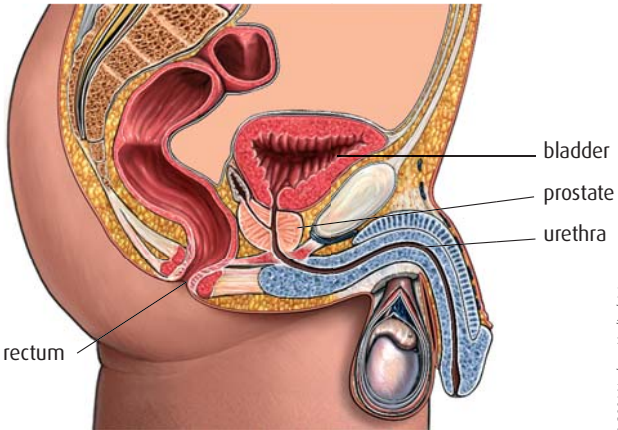
- A feeble urinary stream
- Difficulty getting started when needing to urinate
- Stopping and starting rather than a steady stream
- Having to urinate frequently and urgently
- Having to get up frequently in the night to urinate
- Feeling that you can't empty your bladder completely
- Loss of libido
- Recurrent urinary tract infections

Sound familiar? Many men assume that these are just inevitable signs of ageing, but actually they're the result of the enlargement of the prostate gland. Extracts of the herb Saw palmetto have been traditionally used by men to relieve the urinary symptoms of an enlarged prostate and reduce the discomfort.

It is important, however, to check with your GP that it is in fact an enlarged prostate that is causing the symptoms and not something else, such as infection, which would require different treatment.

What's happening?

The prostate gland is about the size of a chestnut, and consists of layers of muscle and glandular tissue. It lies at the base of the bladder, surrounding the entrance of the bladder into the urethra – the urethra is the tube that carries urine from the bladder down through the penis and out of the body.



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Figure 1

The cells of the prostate gland secrete a clear fluid, which protects sperm from the acid environment of the urethra and vagina, as well as increasing the sperm's ability to wriggle about (sperm motility).

Once men get past the age of 30, hormonal changes start to encourage the prostate gland to grow, and as it grows it squashes the urethra. This makes it increasingly difficult for urine to leave the bladder effectively.

As the prostate grows, urine flow slows

Getting down to the science, the reason that the gland starts to enlarge is that, as men age, increasing amounts of testosterone start being metabolised into an inflammatory type of testosterone, called di-hydrotestosterone (DHT). DHT starts accumulating in the prostate and attaching to cells there, making the tiny glands in the prostate swell up. The overall effect is a bigger prostate gland, less room for urine to pass through, and a collection of the unpleasant symptoms described above.

Due to the difficulties of emptying urine completely through the pinched urethra, urine can stagnate in the bladder where it is a fertile breeding ground for bacteria – hence, frequent urinary tract infections may be experienced.

Passing blood in your urine is always an unhealthy sign. It needs to be checked by your doctor, so don't hesitate to seek medical attention. Prostate enlargement needs to be diagnosed by a doctor so always check with your GP if you notice any symptoms connected to your urinary system.

Saw Palmetto



This herb has been used by Native Americans for thousands of years. They used the fresh fruit and crushed seeds to treat enlarged prostates and cystitis in men.

The oily part of Saw Palmetto berries has been traditionally used to treat symptoms of BPH, without causing problems such as loss of libido or the growth of 'man breasts'. The overall effect is generally positive for symptoms of an enlarged prostate such as restricted urine flow and getting up many times in the night. Saw Palmetto can be taken long term to maintain improvements.

Saw Palmetto extracts are not contraindicated with other general medication, and can be taken alongside other hormonal medication (e.g. other prostate medication) with the doctor's agreement.

Use of Saw palmetto is not thought to interfere with the secretion of PSA (prostate specific antigen), suggesting that it won't interfere with the use of this marker substance.



Other steps to take for a healthy prostate

- Take a zinc supplement
- Take Essential Fatty Acids (EFAs) such as fish oils, which have an anti-inflammatory effect
- Pumpkin seeds contain both zinc and EFAs and are therefore a good snack food to munch on
- Reduce alcohol and caffeine intake, especially in the evenings
- Exercise – nothing dramatic is necessary, just a regular moderate exercise such as walking for 20 minutes
- Keep water intake up, but not in the 2 hours before bed
- Sexual abstinence and withdrawing without orgasm can contribute to BPH, so avoid them



Go to the doctor if you notice any of these symptoms

- Changes in your urinary stream
- Bladder discomfort
- Bladder irritation
- Blood in the urine
- Increased frequency of urination
- Signs of inflammation or swelling around the testicles
- Testicular discomfort
- Fever or chills associated with urinary discomfort

These symptoms could be connected to BPH or a bacterial infection called prostatitis, both of which are easily treated. They need, however, to be diagnosed by a doctor. Always check with your GP if you notice any of these symptoms.




Joe's Story



Prostate problems? That's something that happens to really old men, isn't it? At least that's what I thought until it sort of sneaked up on me. I was only in my early 50s when I found that I was getting up several times during the night to go to the loo, and having to check for public loos when driving. I realised that things were not as they should be. Benign Prostatic Hypertrophy, the doctor called it. "It happens as you get older, don't worry." Don't worry!! The choices offered to me at that point were drugs or surgery. Choices...

So the search began for a third way. I believe that there is a cure for everything nature; all we have to do is look. It is well documented that the oil from Saw Palmetto berries has a beneficial effect on the prostate, so I immediately began a course of one-a-day capsules of Saw Palmetto oil.

The result – here I am, my symptoms are nearly all gone, and I can't remember the last time I had to get up in the night. One little capsule a day is an easy way to such peace of mind. It's good to have back the quality of life that I previously took for granted!

A photograph of a man sleeping on a bed in a bedroom. The man is lying on his side, facing right, with his head resting on his arms. He is wearing a white tank top. The bed has white pillows and a white blanket. In the background, there is a white toilet and a brick wall. The text "Test your prostate" is overlaid on the image in white font.

Test your
prostate

International prostate symptom score (IPSS)

Symptoms experienced	Not at all	1-5 times	Less than half the time	About half the time	More than half the time	Almost always	Your score
Incomplete emptying Over the past month, how often have you had a sensation of not emptying your bladder completely after you finish urinating?	0	1	2	3	4	5	
Frequency Over the past month, how often have you had to urinate again less than two hours after you finished urinating?	0	1	2	3	4	5	
Intermittency Over the past month, how often have you found you stopped and started again several times when you urinated?	0	1	2	3	4	5	
Urgency Over the last month, how difficult have you found it to postpone urination?	0	1	2	3	4	5	
Weak stream Over the past month, how often have you had a weak urinary stream?	0	1	2	3	4	5	
Straining Over the past month, how often have you had to push or strain to begin urination?	0	1	2	3	4	5	

Symptoms experienced	None	1 time	2 times	3 times	4 times	5 times or more	Your score
Nocturia Over the past month, how many times did you most typically get up to urinate from the time you went to bed until the time you got up in the morning?	0	1	2	3	4	5	

Total IPSS score

Total score: 1-7 Mildly symptomatic; 8-19 moderately symptomatic; 20-35 severely symptomatic. See page 14 for what to do next.

Name: Date:

Date	After beginning treatment with A.Vogel Prostasan®						
	Beginning of treatment	After 1 month	After 2 months	After 3 months	After 6 months	After 9 months	After 12 months
.....

If you think you have an enlarged prostate, please see your doctor for a confirmation of the diagnosis if you have not already done so. Your doctor will discuss with you the treatment options which could include prescribed medicines or surgery.

Analysis of prostate check

0 points:

Your responses indicate **no apparent symptoms**. If you are interested in taking measures to help maintain prostate health you may wish to speak to a health care advisor or nutritionist who will be happy to advise on reducing risk factors through a healthy lifestyle, diet and supplementation.

1-7 points:

Your responses indicate that you may have **minimal enlarged prostate symptoms**. Try taking a herbal medicine containing Saw Palmetto extract, that is licenced to help with these symptoms. But check with your Doctor first to confirm that it is BPH. Your Doctor will also be able to advise on lifestyle and dietary habits that may be helpful for this condition.

8-19 points:

Your responses indicate that you may have **moderate enlarged prostate symptoms**. At this stage, problems such as a frequent urge to urinate, getting up in the night or problems with urination can be alleviated by taking a herbal medicine containing Saw Palmetto which is licenced to treat these symptoms. If you haven't already done so, see your doctor first to confirm that you do have BPH. If confirmed, you can also ask about changes you can make to your lifestyle and diet that may help.

20-35 points:

Your responses indicate that you may have **pronounced enlarged prostate symptoms**. You should see your doctor for a diagnosis if you have not already done so, especially if the symptoms are associated with blood in your urine or fever. Your doctor may refer you to a prostate specialist. If BPH is confirmed and you are not on any medication for your prostate, you may treat your symptoms with a medicine containing Saw palmetto extract that is licensed for this purpose. Always read the leaflet supplied with the medicine before use.

More information on prostate symptoms can be found on our website www.avogel.co.uk/prostasan



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