

Spirit of
MEN'S HEALTH

THE THIRD IN A FIVE-
PART HEALTH SERIES





If anyone personifies the poster child for men's health, it might well be Gino Roncelli. At 76, this gregarious Southern California resident remains an active businessman and world traveler, zipping from work in Hawaii to the theater in London and seeing plenty of movies with friends in between. "I quit drinking in 1981, quit smoking in 1982 and work out three times a week with a personal trainer," he says. "And I'm happy. I try to do fun things and be around people with a positive attitude about life."

The takeaway from Roncelli's story is that while all men are still mortal, living a happy, healthy and ultimately rewarding life remains an attainable goal. For sure, guys still face physical and emotional challenges along the way, from major threats such as cancer and heart disease to those less serious yet frustrating problems. (To wit, who couldn't use more sleep, right?) But thanks to cutting-edge strides in medical treatments and technology, men have a better chance of working successfully through those challenges today than ever before. And then there's the whole vanity issue, where many men—suddenly struck by what they see in a mirror—vow to eat better, exercise more, reduce stress and work with their doctors toward a healthier lifestyle. And as Gino Roncelli has proven and is fond of saying, "Hey, it's never too late."

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It's a whole new approach to healthcare

A HEALTHY START

In order for any man, no matter what age, to reach and maintain his physical and emotional peak, he first needs to be aware of what's going on inside himself. "The biggest challenge I see in men's health today is recognition," says Dr. Scott Carstens, medical director of Scripps Center for Executive Health. Specifically, Carstens means recognizing the body's regular physical and mental rhythms and noting any unusual changes, which can be the early warning signs of something serious. Studies repeatedly show that unlike women, who are much more apt to do self-exams, see a physician and understand their family's medical histories, men could benefit from a lot more self-attentiveness.

"The concept at Scripps is awareness and vigilance," says Carstens. "You need to monitor yourself and have a regular relationship with a doctor you trust and have confidence in. When issues are identified, you can then embrace the change necessary that

makes it more difficult for diseases to develop."

Getting guys to the doctor's office is one thing; getting them to open up and talk about issues like self-examination, sleep loss and cancer is quite another. "For men it's kind of a paradigm shift to actually do prevention and look at things," says Dr. Andrea Klemes, medical director of MDVIP, the Florida-based health care system that balances prevention and treatment with a personalized doctor-patient relationship. "It's like going into a car repair shop," says Klemes. "They only go when something's broken, so if it's broken, let's fix it. They're not always thinking long term." Or of the bigger picture, especially when it comes to preconceptions about men's versus women's health. "Osteoporosis is very much a male disease— one in four men over age 50 will have an osteoporosis-related fracture in their remaining lifetime," she says. "Men are living longer, so there's more of an opportunity for them to get it along with women."



FOUR-LEAF CLOVER

Can luck, good health and self-motivation make a man live longer? "Statistically, what's most predictive of longevity are four factors," says Scripps Center for Executive Health MEDical Director Dr. Scott Carstens. Good genes are a good start, he notes, as is a healthy eating and exercise regimen. "You don't need to be a sweat king; the majority of exercise benefit comes from walking just 30 minutes a day," he says. Blood pressure control is also critical. "At Scripps, we recommend a surveillance examination so that you know exactly what your blood pressure and cholesterol are and that you adapt and embrace heart-healthy eating." And the last item? "Love," says Carstens. "Everybody needs it."

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NEW HOPE

For eight years, Delbert Barker, 65, has been battling to keep his prostate cancer at bay. Fortunately, the tough Texan has had plenty of help from Simeon Jaggernaut, D.O., and Tulsa's Cancer Treatment Centers of America. Recently, Barker found yet another ally: Provenge. "It's one of the most promising new therapies," says Jaggernaut, who placed Barker on the drug ASAP after FDA approval. After his first Provenge cycle, Barker's feeling good and optimistic. "With the other chemo, I ached for days and could hardly get up from my chair," says Barker. "With Provenge, I've hardly had any side effects at all."

KNOWLEDGE IS POWER

Being aware and informed, in turn, can help men be better prepared when a serious illness does strike. And statistically, men face a challenging array of them as they grow older. Topping the list are heart disease (the number one killer), stroke, cancer (lung and prostate in particular), diabetes and depression. The silver lining, though, is that men can prevent, reduce the risk or mitigate the effects of all of these illnesses by simply being more proactive about their own health.

September is Prostate Cancer Awareness Month and for some, that's a call to arms. "The incidence of prostate cancer in men is as high as that of breast cancer in women, but we have no equivalent voice for promoting awareness of it," says Simeon Jaggernaut, D.O., a medical oncologist at Cancer Treatment Centers of America (CTCA) in Tulsa. Jaggernaut's philosophy, like that of CTCA, is to help empower patients and encourage them to learn as much as possible about their disease. When prostate cancer is caught early, the survival rates are quite good, but screening is critical. "You can

have symptoms like back pain and difficulty urinating, but you can also be asymptomatic, so it's important to get a PSA test and a physical," says Jaggernaut. "It's not necessarily a comfortable examination, but it can save lives."

The same advice holds true across the board. Today's blood pressure, blood sugar and cholesterol screening tests are quick, accurate and minimally invasive. "We now have techniques where we can measure central blood pressure by a pulse wave analysis in the radial artery," says Scripps' Carstens. "It's a much better way of assessing what blood pressure is and if there's increased resistance in the vascular tree." New, more efficient ways to treat hypertension are also in the pipeline, including the use of epoxyeicosatrienoic acids (EETs), which researchers have found can help lower blood pressure and dilate blood vessels. And with prostate cancer, there's both a promising new drug called Provenge, which reprograms a patient's own white blood cells to seek out and destroy cancer cells and the Calypso system which uses, a GPS-like technology that detects tumor movement during radiation treatments and thus helps technicians avoid zapping healthy tissue.

PHOTO COURTESY OF CANCER TREATMENT CENTERS OF AMERICA



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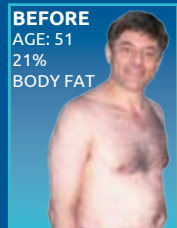
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POSITIVE THINKING

When a medical conversation turns to “touchy-feely” issues involving emotions—surprise—most guys either clam up or tune out. And that’s a shame, given that men, like women, are subject to anxiety, mood swings and sadness. Whatever the root cause—work, family, financial stress, physical ailments—the consequences can be serious, leading to depression, physical illness (e.g., weight loss, hypertension) and an inevitable sense of alienation. In many cases, aging itself is a leading culprit.

“Most men don’t want to admit that they could be experiencing a form of ‘male menopause,’” says Steven F. Hotze, M.D., founder

and CEO of Hotze Health & Wellness Center. Hotze’s goal, and that of his wellness center, is to help change the way people are treated in midlife through the use of biologically identical hormones. “The good news is that there is an easy and safe solution that doesn’t include prescription drugs,” he says. “I’ve had several men over the years thank me for the job promotions and raises they received after getting their health back.”

As when dealing with a physical ailment, a good doctor-patient relationship can make a world of difference. “For the first time we’re able to look at men and say what’s happening to them, to say why are they having midlife crises,” says Dr. Johann

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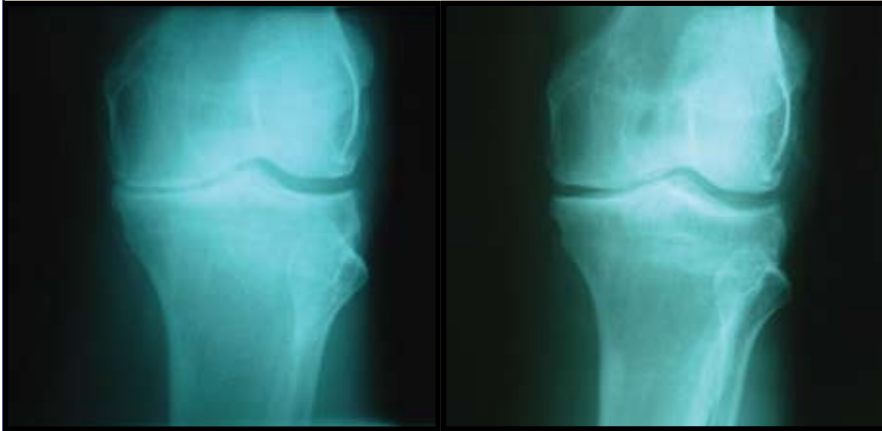
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For more information and to read more on “The Knee Diaries”, please visit www.arthritisusa.net or call (305) 866-8384, International: (305) 866-6995.

LOOKING OUT FOR #1

Living well means feeling well, both physically and emotionally. The latter, though, is a subject many men are often shy about broaching. At MDVIP, physicians have developed an approach to draw men out without being intrusive. “We screen them first to find out if they’re even at risk for depression and anxiety, using validated screening tools found in clinical trials,” says medical director Dr. Andrea Klemes. “If they need medication or referrals, those can be put into a treatment plan. But they may just need to make changes coping with stress, exercise, nutrition, their jobs and families.” Whatever the result, she adds, just having that doctor-patient conversation is an important first step toward a man’s long-term well-being.

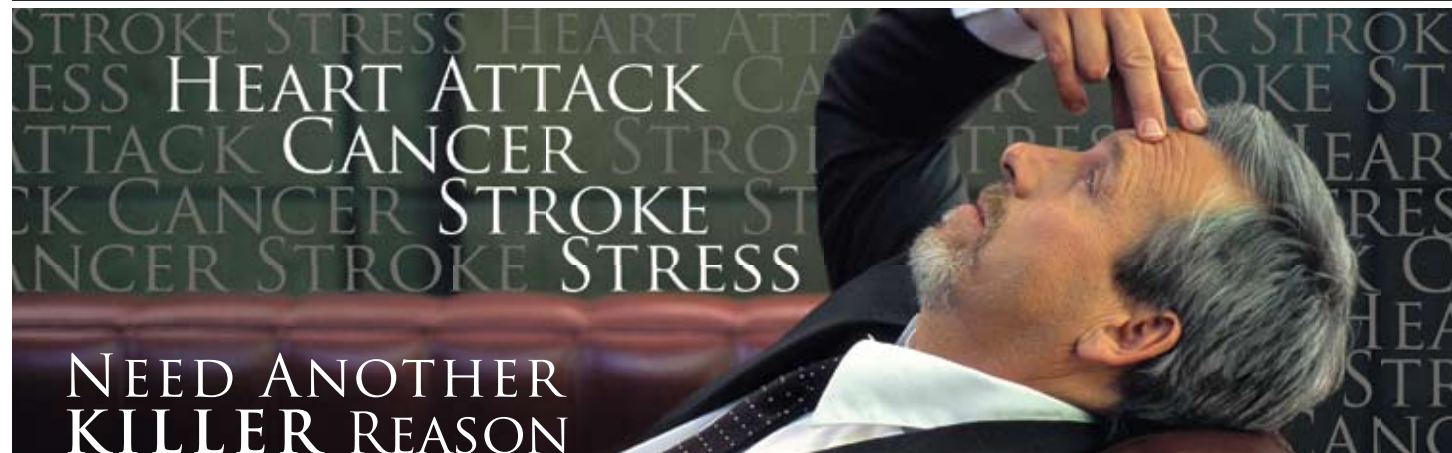
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Van Beest, patient coordinator at the Southwest Age Intervention Institute in Texas. The institute’s physicians and clinicians focus first on thoroughly examining their patients, then discussing in detail what the best course of action might be, including nutrition, exercise, nutraceuticals and hormone replacement therapy.

Stress, anxiety and aging can also lead to sleep deprivation, which, untreated, can manifest itself in physical ailments like hypertension, obesity and cardiovascular problems. “There’s not a bodily system that’s not negatively impacted by this,” says Dr. Craig Schwimmer, MD, MPH, FACS, founder and medical director of The Snoring Center in Texas. “Many of us operate under the assumption that sleep is a luxury but it’s not,” says Schwimmer, adding that dismissing snoring and ignoring sleep apnea can leave men groggy at work and at risk on the road. “Our message is that there’s a wide variety of minimally invasive treatment options available, so let’s have that conversation,” he says. And with a good night’s rest, like all other aspects of men health, it’s never too late to start.



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