What You Need to Know about Prostate Health – Dr. Simon

Ask your primary care physician. If you are managing diabetes, it is important to arrange a screening appointment as soon as possible, either personally affected, or know men close to them who are. Despite this, the prostate remains largely a mystery to most people. Until they come face to face with the topic, they will not be aware of what it is and how it affects them. The prostate is a gland located at the base of the bladder just below the rectum. This small gland has the size of a plum and produces the seminal fluid that supports sperm production and transportation. It is a rather durable organ that is not considered to be at risk of cancer. However, when there is an enlarging of the prostate gland, the condition is called benign prostatic hyperplasia (BPH). BPH is a common condition that affects men over the age of 40. In some cases, BPH can lead to urinary symptoms such as a weak stream, difficulty starting or stopping urination, and increased nighttime urination.

To learn more about the proper treatment for BPH, contact your primary care physician.

Daniel Simon, MD

Independence in Living

Supplements

According to the USDA, a woman in good health and 50 years of age needs 2,000 calories a day if she is sedentary; 2,500 calories a day if she is moderately active; and 2,800 calories a day if she is actively engaged in sports or other heavy exercise. A 2,000-calorie diet is adequate for many women who are trying to maintain a healthy weight. Women who need to lose weight should consult their primary care physician. A calorie deficit of 500 calories a day can result in a weight loss of about 1 pound a week. A diet that contains 1,500 calories a day will not provide enough nutrients for most women. Getting the right amount of nutrient-rich foods can help you maintain a healthy weight and promote good health.

Women are at increased risk for developing osteoporosis, a bone disease that results in bone loss and can lead to fractures. Calcium and vitamin D are essential nutrients for bone health. Women who do not consume adequate amounts of these nutrients are at risk for developing osteoporosis, which can increase the risk of fractures.

Calcium: The recommended daily intake of calcium for women aged 19-50 is 1,000 milligrams. Women who are pregnant or breastfeeding need 1,300 milligrams of calcium daily. Foods rich in calcium include dairy products, tofu, leafy green vegetables, and fortified cereals.

Vitamin D: The recommended daily intake of vitamin D for women aged 19-50 is 10 micrograms. Women who are pregnant or breastfeeding need 15 micrograms of vitamin D daily. Foods rich in vitamin D include fatty fish (such as salmon and tuna), eggs, and fortified foods.

If you have questions or concerns about the health of the men in your lives, please contact Valley Medical Center. If you are managing diabetes, it is important to arrange a screening appointment as soon as possible.

For men without risk factors, we recommend screening be considered on a regular basis after that. In general, we believe that prostate screening be conducted when there is an increased risk of prostate cancer starting at age 40. For men with risk factors for prostate cancer, screening should be considered earlier. We are increasingly able to determine which men should be monitored. We recommend that PSA screening be considered only when there is an increased risk of prostate cancer. Men and women who are at increased risk of prostate cancer should consult their primary care physician.

Urologic Association and many others, feel this recommendation is appropriate. For men with an elevated PSA, we recommend further evaluation to determine whether there is a need for additional treatment. If significant risk factors such as a strong family history, African American race or an abnormality, we recommend screening be considered on a regular basis after that. In general, we believe that prostate screening be conducted when there is an increased risk of prostate cancer starting at age 40. For men with risk factors for prostate cancer, screening should be considered earlier. We are increasingly able to determine which men should be monitored. We recommend that PSA screening be considered only when there is an increased risk of prostate cancer.

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