



Men's Health Newsletter 04/2002



Dear Colleagues and Friends,

Beyond the age of 55, many men are aware of decreasing virility, decreasing muscle strength, decreasing physical and cognitive performance, mood and sleep disorders as well as disturbances of sexuality.

In general the life span of males is shorter than that of females - even in industrialized countries with good medical care - and there are also increasingly more women surviving in the oldest age groups.

Healthy ageing and survival of men has an impact on both family and society. Life in old age therefore should still be active, independent and enjoyable.

One of the future challenges will be to prolong the self-sufficiency of older men, delay or avoid many of the symptoms of ageing and give them - if not a longer - at least a healthier life.

The main request for healthy ageing are therapy and prevention of the most frequently illnesses and handicaps: cardiovascular-diseases, osteoporosis, arthritis, Alzheimer-disease, depression, diabetes, reduced ability of perception, chronic obstructive diseases of respiratory tract, lung diseases.

Whilst female health has been the focus of a coherent medical approach on many years the ageing of the human male until now has tended to be neglected, piecemeal and somewhat uncoordinated. While scientists have already recognized the preventive function of sex hormones for women as a chance to take effect against different diseases, this field regarding the health of the ageing male nearly seems unexplored. But

according to recent studies, many of the symptoms of ageing and decreasing virility show an association with declining hormone levels.

The **2nd World Congress on Men´s Health** will act as a platform to consider the present knowledge concerning ageing male, to pose open questions and appraise the best ways to solve them. The request of the Congress is creating awareness for the problems concerning male ageing, call for a multidisciplinary effort in research and more specifically promoting the concept of healthy ageing.

Get more information at www.wcmh.info

MEET THE WORLD'S LEADING EXPERTS AT THE WCMH 2002

"Prostate cancer is the leading cause of cancer death. Early detection, screening may impact mortality. Improved therapy procedures and regimen significantly improved quality of life of men affected."

Bob Djavan, M.D.

University of Vienna, Medical School, Dept. of Urology

"Aging is not a disease but a process of maturing."

Michael Marberger, M.D.

University of Vienna, Medical School, Dept. of Urology

AGEING

Men and osteoporosis

Osteoporosis is widely perceived to affect only women. A consequence of this is that men are often unaware of the preventative measures they can take to protect themselves against the disease.

It is estimated that at least one man in twelve will develop osteoporosis after the age of 50.

[Read More at 50+ Health ->](#)

Male Menopause

Publicity about the treatment of impotence with the medication Viagra has raised people's interest in the topic of the male menopause. This term is often used about men between 45 and 55 years of age. As they approach this stage of their lives, many men worry about what they might expect. 'Is there such a thing as the male menopause?' is a common question.

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Early ED treatment yields superior results

Men who seek treatment for erectile dysfunction (ED) within two years of onset are more likely to be treated successfully than those who wait longer, according to recent research.

[Read More at ED-Health ->](#)

Age, Not Gender, Determines Type of Heart Therapy

For years some researchers have suspected that when it comes to heart attacks, men get better care than women. But most differences in treatment received by men and women following a heart attack may be the result of age bias rather than gender bias, researchers now say.

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Ageing Gracefully as a Man

Dr Michael Cresswell is seriously interested in the problems of the ageing male. In the morning Cresswell, 57, can be found at Rotorua or Tauranga Hospitals, dealing with conditions ranging from prostate cancer to urinary tract infections. In the afternoon he runs a private practice with a special interest in the problems of the ageing male.

[Read More at LifeExtension ->](#)

Transurethral Needle Ablation of the Prostate

Benign prostatic hyperplasia (BPH) is a particularly common feature of male ageing and is considered to be responsible for urinary symptoms in a large group of men over the age of 50 years.

It is commonly estimated that nearly one in every five males will sooner or later require an operation to relieve symptoms due to BPH. A considerable percentage of individuals are bothered by their symptoms but are unwilling to encounter the risks of surgery.

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Geographic Gap in Male Suicide Rates in US Continues to Widen

Men in rural areas are increasingly more likely to commit suicide than their urban counterparts, new study findings suggest. "The widening gap

in suicide between rural and urban areas is definitely alarming," Dr. Gopal K. Singh of the National Cancer Institute in Bethesda, Maryland told Reuters Health.

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Decline of male sexuality not related to testosterone

Male sexuality declines with age in older married US and German men, but is not related to testosterone levels, according to the results of a recent study.

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Continence, Incontinence and the Ageing Male

The elderly experience the same bladder problems as other adults. Where the elderly differ, though is in their ability to respond and to compensate for problems which a younger adult may find trivial. Concomitant disease and drug therapy, in particular, may serve to render an elderly person incontinent. There is an increasing body of evidence to suggest that the presence of urinary incontinence alone increases the chance of an elderly person becoming institutionalized earlier than a continent elderly person.

[Read More at the BGS ->](#)

Radical prostatectomy – patient preference for outcomes

Men undergoing radical prostatectomy are generally satisfied with subsequent health-related quality of life, and those bothered by symptoms would be unwilling to trade much remaining life span in order to have perfect functioning, according to a US survey.

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Prostate Cancer: Three Research Advances

Scientists have made important progress in understanding the biology of prostate cancer, and clinicians are increasingly able to use that information to improve diagnosis and treatment. But prostate cancer is like a jigsaw puzzle: The outlines may be clear, but many pieces are still out of place. Still, it's nice to know that scientists continue to make advances; for example, recent studies have produced findings in three different areas that may help find a solution to the prostate cancer puzzle.

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The Andropause Debate: Aging Process or Disease State?

Aging male patients who complain of hot flashes, night sweats, depression, and/or sexual dysfunction may be experiencing andropause -

- a term used to describe the effects of age-related androgen decrease. Low testosterone levels are associated with osteoporosis and anemia, and may result from primary or secondary hypogonadism or from a pathologic condition. Differentiating andropause (a diagnosis of exclusion) from an adult-onset disease can be facilitated by a plasma total testosterone level and other diagnostic studies. Men who are carefully selected for hormone replacement therapy (most effectively administered by a transdermal patch or gel) must be monitored for signs of prostate disease, dyslipidemia, hepatotoxicity, erythrocytosis, and other potential adverse effects.

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Heart Disease Mortality Among Men

An Atlas of Racial and Ethnic Disparities in Mortality was developed by the Office for Social Environment and Health Research at West Virginia University* and CDC's Cardiovascular Health Branch to provide critical data on geographic, racial, and ethnic inequalities in men's heart disease death rates for the five major racial and ethnic groups. The Atlas includes more than 200 national and state maps of heart disease mortality.

[Read More at CDC ->](#)

Dietary Antioxidants May Reduce Risk of Alzheimer's Disease

Dietary intake of antioxidants, particularly vitamin C and E, may lower the risk of Alzheimer's disease, according to two reports published in the June 26th issue of the Journal of the American Medical Association.

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Limited PSA Testing Misses Most Prostate Cancer

Despite some evidence that men with a family history of prostate cancer are more likely to develop the disease themselves, limiting screening efforts to these men will miss many cases of the disease, Finnish researchers report. In a study of more than 20,000 men, just 6% of prostate cancer cases would have been detected if testing for prostate specific antigen (PSA)--a protein linked to prostate cancer--was restricted to men with a family history of the disease.

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Aging: Testosterone's Benefits for Brain

Testosterone, often referred to as the male hormone, appears to play a role in maintaining mental sharpness as men age, researchers have

found.

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SEXUALITY

Sexual Side Effects Common, But Still Seriously Underestimated by Physicians

Assessing the prevalence of sexual side effects of antidepressants is a difficult but important task. Treatment-emergent sexual dysfunction (SD) may be a major factor leading to noncompliance with antidepressant pharmacotherapy and may also contribute to or complicate the patient's depression. Due in part to the different methodologies used for collecting such information, the reported incidence of SD with various antidepressants varies quite markedly.

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More Men Than Women Take Steps to Avoid AIDS: UN Report

Most men living in developing nations have changed their behavior to reduce their risk of getting AIDS, but far fewer women have done so, according to a new UN report released on Saturday.

A survey of 39 developing nations in Africa, Asia, Latin America and the Caribbean found that the vast majority of men, ranging from 60% to 90%, had altered their behavior to avoid AIDS.

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