



1st Announcement

5th Biennial World Congress on Men's Health & Gender



MEN'S HEALTH IN TRANSITION

FROM PRACTICE TO PREVENTION

September 21st – 23rd, 2007

Vienna, Austria

We are proud to inform you that this will be the 1st Semi-Virtual Congress providing distance learning (eLearning, blended learning, eCME). You will find more information soon at www.wcmh.info.

Like Men's Health in general, the ISMH is in transition; over the next year we intend to move from being a traditional medical society to become an online community of physicians from around the world interested in Men's Health.

Why? First, we believe that the specialty of Men's Health is evolving too rapidly for us to meet our members' needs for current information by only holding an annual meeting. Second, we recognize that one of the major barriers to congress attendance is time away from family and practice. It is our belief that current internet technology can help us bridge these barriers.

Last, we recognize that one of the main reasons you attend congresses is to meet colleagues to discuss issues. We intend to strengthen your opportunity to

do so in an online environment.

Our 2007 Congress will be the launch of this new initiative.

We look forward to seeing you in Vienna – or wherever you are logging on!

Yours sincerely,

Siegfried Meryn, M.D.

Professor of Medicine

Editor-in-Chief *jmhg*

President International Society for Men's Health & Gender

The Journal of Men's Health & Gender (*jmhg*)

Vol. 3 Issue III (September 2006)

The third Issue of *jmhg* will despatch on 15th September 2006 with following contents

Editorial: African American males in the US prisonsystem

Review: Gender differences in youth suicide

Original: The aging male in Malaysia: Depression and ED

Debate: The Men's Health Movement



The following feature article is one of the results of the ISMH Symposia 2006:

Feature Article:

The Link between ED and Metabolic Syndrome

Up until 1980 most health care practitioners believed that sexual problems were primarily of psychological origin. Medical text books prior to the 1990's supported this concept and taught that a man's loss of sexual function was a problem of the mind. Within the past two decades there have been stunning

developments in our learning.

Metabolic syndrome is comprised of the metabolic risk factors of abdominal obesity, high blood pressure, high fasting blood glucose, high triglyceride and low HDL. Endothelial dysfunction occurs frequently in metabolic syndrome and is predictive of future cardiovascular events. It affects the arterial system including arteries that supply blood to the penis. As shown in numerous studies endothelial dysfunction and ED share common pathophysiologic pathways. Montorsi et al reported that erectile dysfunction existed approximately 39 months before cardiac events and ED is more common and more severe in patients with metabolic syndrome.

There is little doubt that erectile dysfunction is strongly associated with CV risk factors and co-morbidities. Patients diagnosed with the metabolic syndrome, diabetes, hypertension, depression, hypogonadism or coronary artery disease are more likely to experience ED and comprise a population that could be targeted for ED screening. ED has been found to be an early diagnostic marker of many major diseases and recent data suggest ED may also serve as a prognostic marker. Similarly, patients with ED may be affected by related, undiagnosed co-morbidities and thus, discussing ED with your patients may offer an opportunity to identify other underlying serious health problems.

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- [1] Rosen et al Curr Med Res Opin 2004; 20; 607-617
- [2] Grover, Arch Intern Med 2006; 166(2) 213-19
- [3] Berh-Roussel D et al; A J Physiol 2005; 288(1); 276-83

MOST RECENT ISSUES IN MEN'S HEALTH

Testosterone Therapy in Adult Men with Androgen Deficiency Syndromes: An Endocrine Society Clinical Practice Guideline

The authors recommend making a diagnosis of androgen deficiency only in men with consistent symptoms and signs and unequivocally low serum testosterone levels. They suggest the measurement of morning total testosterone level by a reliable assay as the initial diagnostic test. Men receiving testosterone therapy should be monitored using a standardized plan.

[Read more about at \[jcem.eidojournals.org\]\(http://jcem.eidojournals.org\) ->](http://jcem.eidojournals.org)

Drug Combo Effective for Prostate Cancer Cytoreduction Before Brachytherapy

As a treatment to reduce gland volume before brachytherapy for localized prostate cancer, bicalutamide plus dutasteride is as effective as a luteinizing hormone-releasing hormone (LHRH) agonist, but without the side effects, new research suggests.

While LHRH agonists have proven effective in treating early prostate cancer, these agents are associated with a marked drop in serum testosterone levels, resulting in considerable morbidity. Thus, there has been interest in identifying agents with comparable efficacy, but a better side effect profile.

[Read more about at medscape.com - >](#)

Asian American Men's Gender Role Conflict: The Role of Asian Values, Self-Esteem, and Psychological Distress

This study examines Asian cultural and psychological factors related to gender role conflict for Asian American men. In this web-based study, 192 Asian American men completed the Gender Role Conflict Scale (GRCS; O'Neil, Helms, Gable, David, & Wrightsman 1986), Asian Values Scale (Kim, Atkinson, & Yang, 1999), Brief Symptom Inventory (Derogatis, 2000), and the Rosenberg Self-Esteem Inventory (Rosenberg, 1965). Correlation results suggest endorsement of Asian cultural values is related to higher scores on gender role conflict; self-esteem is negatively related to psychological distress; and psychological distress is positively related to GRCS subscales.

[Read more about at sciencedirect.com - >](#)

Obesity, fat distribution and infertility

In both sexes, obesity, particularly the abdominal obesity phenotype, may impair fertility. This adverse effect appears to be mainly related to disorders of sex hormone secretion and/or metabolism, leading in turn to a condition of relative hyperandrogenism in obese women and of hypotestosteronemia (and, in some cases, a true hypogonadotropic hypogonadism) in obese men. In women, obesity can also play a relevant role in the pathophysiology of hyperandrogenism and metabolic abnormalities which characterize the polycystic ovary syndrome.

[Read more about at sciencedirect.com - >](#)

Gender a Factor to Consider in Weighing Timing of Heart Transplant

A new study suggests that physicians should give more consideration to gender when deciding whether to recommend heart transplantation or mechanical ventricular assistance for patients with heart failure. Researchers from the University of Pennsylvania in Philadelphia said their study of 594 ambulatory heart failure patients found that women undergoing stress testing had lower peak exercise oxygen consumption (VO₂) than did men, but women had better survival rates at all levels of exercise capacity. The difference is important because physicians currently use a single VO₂ cutoff level as a key determinant when considering a patient for transplantation.

[Read more about at jama.ama-assn.org ->](http://jama.ama-assn.org)

Does Size Matter?: Men's and Women's Views on Penis Size Across the Lifespan

The media equate a man's penis size with his power and masculinity. Views about penis size were assessed in an Internet survey of 52,031 heterosexual men and women. Most men (66%) rated their penis as average, 22% as large, and 12% as small. Self-reported penis size was correlated positively with height and negatively with body fat level. Whereas 85% of women were satisfied with their partner's penis size, only 55% of men were satisfied with their penis size, 45% wanted to be larger, and 0.2% wanted to be smaller. Satisfaction did not vary across age groups from 18 to 65. Men reporting a larger-than-average penis rated their appearance most favorably, suggesting a possible confidence effect of perceived large penis size.

[Read more about at sciencedirect.com ->](http://sciencedirect.com)

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