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Strong Bones and Prostate Health

Calcium Supplements

Many of us take calcium supplements to keep our bones strong. But more information is coming to light that casts doubt on the use of calcium supplements.

Previous evidence suggested that older women may be at an increased risk of heart attack with over-supplementation and a new study is indicating calcium supplements in men can predispose them to heart disease. Seek, instead, to get your calcium from your diet and only supplement, if needed, up to the recommended limits... no extra!

Prostate Health

Prostate problems are usually associated with older men, but the physical changes actually begin as early as the 30s. Roughly half of men with enlarged prostate never experience symptoms, but for those that do, practicing relaxation techniques, regular exercise, developing good bladder habits and avoiding fluids (especially caffeine & alcohol) in the evening can help. And, talk to your pharmacist about any medications that may be aggravating the situation.

Keep Fit

Exercise proves to have benefits to prostate health. Men who are more active, particularly throughout their lives, are less likely to develop prostate problems in the first place. And, in men who have prostatitis, aerobic exercise, specifically, has been shown to reduce the pain. Finally, if the prostate has become cancerous, regular exercise seems to reduce the growth and spread of the cancer and drop the risk of dying by 61%! So guys – get going!

Besides a healthier prostate, there are a lot of other reasons for men to stay active. Exercise benefits the cardiovascular system – it actually raises HDL (the good cholesterol) – and helps keep weight in check. It stabilizes blood sugar levels and improves the action of insulin. Regular physical activity keeps the brain sharp, staving off Alzheimer's and dementia and, of course, it just feels good to have a stronger, healthier body.

Men will often give more attention to maintaining their cars than they do their bodies! However, being more fit themselves will enhance their ability to enjoy all the things that make life more enriching. Take the time to get moving. You'll be glad for the long term effects.