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Men's Health News

Guys night out is healthy!

Now, this tidbit is going to get some play around some dinner tables: Men need a minimum of 2 guy-nights per week to maintain good health! An Oxford psychologist has a very specific prescription – it must be with 4 friends, drinking beer and laughing. And the benefits are even greater if playing sports is involved. The results are better general health, faster recovery times and greater generosity. Hockey night, guys?

Males and mid-life – not just prostate health

Male menopause has been a popular concept in recent years, applied to men whose testosterone levels are ebbing, but new research is emphasizing that the optimal testosterone levels are those in the middle of the "normal" range. Elevated, and even high-normal, levels are associated with increased mortality. This is of particular concern to those using testosterone supplementation.

Erectile dysfunction (ED) is a much more recognized condition than it was only 10 or 15 years ago. There can be many causes... aging can lead to changes in the tissues that produce an erection as well as bring illness or chronic conditions that can produce ED themselves – especially cardiovascular disease. Medications can cause ED as a side effect, as can prostate surgery, stress and depression. If you are experiencing ED, don't be shy. Talk to your doctor.

Men are notorious for taking painstaking care of their vehicles while ignoring their own health! However, midlife is a good time to take stock and make changes for a healthy, happy retirement. While you can't do anything about your age or genetics, there are lifestyle adjustments you can make for significant impact: if you smoke, quit. Follow a healthy diet and get moving. You'll live longer and enjoy it more!

Don't be shy about talking to your pharmacist, either. They have a broad understanding of the issues that can specifically affect the "male species", regardless of their own gender.