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Men's Health – Prostate Cancer Updates

Many men are bald (or balding), but there is news that a particular type of baldness – termed male pattern baldness – by age 45 may be associated with aggressive prostate cancer. These men have a receding hairline at the forehead & temples as well as at the crown of the head. The increased risk could be as high as 40%! While not a definitive screening technique, men with male pattern baldness should likely be monitored more closely.

Many supplement formulations designed to prevent, manage or treat prostate cancer or benign prostatic hyperplasia (BPH) include selenium and/or vitamin E. A large, long-term trial looking specifically at these 2 ingredients had to stop early when results were starting to show no benefit from either of them – and vitamin E supplementation was actually associated with up to a 17% increase in prostate cancer risk!

A good night's sleep has been said to cure many ills – and one of them could be prostate cancer. Long, restful sleep is linked to the body's secretion of the hormone melatonin and researcher have noted that men who excrete higher amounts of melatonin in their first morning urine have a lower risk of developing prostate cancer. It's important to note that this isn't a suggestion to supplement melatonin, but is pointing to the importance of good sleep.

Not all prostate cancer requires surgery or chemotherapy. Often, non-aggressive forms grow so slowly that they may never become an issue in the lifetime of the patient. In this case, "active surveillance" is the recommended course of action. There is still some controversy about the criteria for surveillance versus treatment, so if you've have this diagnosis, be sure to have a good talk with your physician about the pros and cons of each course.

Men often take better care of their cars than themselves! But, if they pay attention to what their bodies say and act on symptoms early, they'll be around to "cruise" for years to come. Talk to your pharmacist about any concerns.