

TIPS FOR IMPROVING THE PROSTATE AND/OR MALE SYMPTOMS

For night-time frequency, drink as little fluid as possible after 6:00 or 7:00 p.m. Cut down on caffeine containing liquids (tea, coffee, colas). At the very least, don't drink them or alcoholic beverages after dinner.

Get up and urinate as soon as you feel the first night time urge, then stand there for a minute and urinate again. If you get a fair amount out, repeat this one more time.

Relax, or learn to.

Reduce the fat content of your diet.

Have intercourse frequently. Ejaculation 2-3 times per week will remove prostatic fluid and shrink the prostate.

Get some physical exercise.

Avoid antihistamines including over-the-counter decongestants and cold remedies.

Avoid cold weather if possible.

Soak in a warm bath or hot tub for 20 minutes 2-3 times per day. The heat of the water will penetrate the prostate to reduce swelling and promote healing.

Avoid prolonged sitting. A man sits on his prostate. If the onset of symptoms coincides with physical activity (biking, exercise), increased sitting (includes car and plane), or a new chair, your routine should be changed.

There is some debate regarding whether zinc is of benefit to the prostate. Zinc in quantities of 30-60 mg daily can be tried if you are interested. These preparations can be obtained at various health food stores around the city.

An herb from the berry of a Saw Palmetto tree found on the east coast of the Carolinas has been used in Europe as treatment for enlarged prostates for years. There are minimal scientific studies that document an improvement. However, many men state that they have marked reduction in their urinary symptoms after a minimum of two months. Additionally, pumpkin seed and pygeum have been used by some men. From studies it appears doubtful that any of these herbs affect the PSA or testosterone level. However, it is important if you elect to take any of these herbs that you inform your physician. Finally, please be aware that in contrast to prescription drugs, the strict federal guidelines for quality and consistency do not apply to supplements/herbs, and product/company variability exists.

Recent studies indicate that prostate cancer may be prevented or slowed down with low fat meals, antioxidants such as Vitamin E, the mineral sileneum, and lycopene. Lycopene is found mainly in tomatoes and gives it its bright red color. A man should try to have one cooked service of tomatoes a day (it must be cooked, not raw) or consider supplements. Moreover, diets rich in black beans and tofu have also been shown to be beneficial.