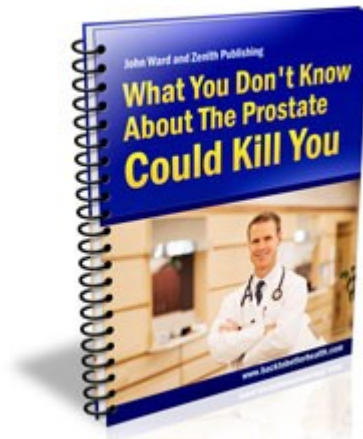


# What You Don't Know About The Prostate Could Kill You!



## ***“What You Don't Know About The Prostate Could Kill You!”***

by

**John Ward**

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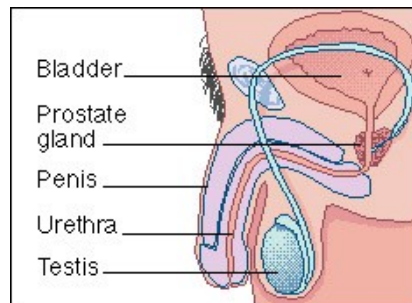
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## **The Prostate! What YOU Don't Know Could Kill YOU?**

Prostate Cancer is a major killer of Men. How is it than in a poll, 96% of Men knew nothing at all about the prostate gland.

Prostate cancer is the most common diagnosed Cancer in the USA and UK  
Next to lung cancer it is the second leading cause of cancer death of men in the USA

## What You Don't Know About The Prostate Could Kill You!

Women know more about men's health than men do themselves and that's a fact. Why is that?

- Is it because we find it hard to discuss these things?
- Is it because it's not macho!

From the time that we are young, we are taught that boys have to act tough and shouldn't cry. You must have heard the saying "Big Boys don't cry!" Most of us carry this thought process into adulthood and feel by showing concern for our health; it will be seen as a male weakness. I am guilty of that myself.

I know when my prostate troubles began; I knew absolutely nothing about the prostate. **I was one of the 96%.**

Mainly because it didn't cross my mind that I'd ever have any problems. In addition, the prostate is in a "private" area", and it wasn't something I wanted to examine. Many people, including myself, feel uncomfortable talking about the prostate, since the gland plays a role in both sex and urination.

I have had prostate troubles, survived a cancer scare and watched my sister die from Cancer. Believe me, when I say that when you think you are going to die, it concentrates your mind on what is really important. Suddenly your priorities get focused.

Due to my prostate troubles, I became interested in learning about the prostate and how it affected my health. I cried the day they took a biopsy and I cried with relief the day I was told it was benign. I cried many times as I watched my sister die.

**I got so frustrated having to get up every night 3-4 times** due to my prostate troubles and then finding I couldn't get back to sleep.

### What is Prostate Cancer?

Prostate Cancer develops by the growth of cancerous cells within the prostate gland. Prostate cancer occurs when some of the cells that make up the prostate gland escape from the normal controls on their growth and start to divide grow and spread in an uncontrolled manner.

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In its advanced form, it can produce the same symptoms as BPH. (Benign Prostatic Hyperplasia)

### Warning Signs

Early prostate cancer often does not cause symptoms. When symptoms of prostate cancer do occur, they may **include some** of the following problems

- A **need to urinate frequently**, especially at night
- Difficulty starting urination or holding back urine
- **Inability to urinate**
- Weak or interrupted flow of urine

Any of these symptoms may be caused by cancer or by other, less serious health problems, such as BPH or an infection (Prostatitis). Only a doctor can tell the cause. A man who has symptoms like these:



Should see his family doctor.

Do not wait to feel pain; early prostate cancer does not cause pain. These are two other main prostate problems

1) **BPH** - (Benign Prostatic Hyperplasia) is the abnormal growth of benign prostate cells. In an enlarged prostate, the prostate grows larger and pushes against the urethra and bladder, blocking the normal flow of urine. BPH is often the result of prostatitis.

2) **Prostatitis** refers to prostate inflammation and infection, which can be brief or long-lasting, mild or severe symptoms can include frequent, urgent and painful urination, erectile problems or pain during ejaculation.

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Prostatitis is rampant in the US, affecting at least 80% of American men.

Most is without major symptoms. Prostate enlargement, called Benign Prostatic Hypertrophy (BPH) is often the result of prostatitis.

### Treatment for Prostate Cancer

Prostate exams are a simple and straightforward procedure and can be conducted in a doctor's office without any need for medical equipment or urine or blood testing.

Since every year an average of two-hundred and fifty thousand men are diagnosed with prostate cancer, it is very important that all men receive regular prostate exams. The necessity of receiving prostate exams also increases as one ages.

"Active Surveillance" is the medical term for watching a patient's cancer, but not taking action until the condition worsens or expands. Active Surveillance is used when a patient may not be able to undergo treatment because of complications from other conditions, or is otherwise unable to receive cancer treatment.

The most direct route to end prostate problems is to remove the entire prostate, a procedure known as a prostatectomy. An incision is made behind the pubic bone and a portion of the prostate or the entire gland itself is removed.

The urethra is then connected directly to the bladder, but a catheter is often necessary in order to allow the patient's body time to adapt to the new setup of its urinary system.

Without resorting to invasive surgery, radiation therapy can treat prostate cancer from the outside. An MRI or CAT scan is used to plot the exact location of the tumor or affected cells, and intense bursts of x-rays are used to destroy these cells.

Intensity modulated radiation therapy, or IMRT, is a form of radiation that can be used to full effect on the majority of the cancer cells, but can be toned back to lessen the danger to cells in proximity to the bladder or rectum.

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Brachytherapy is another form of radiation therapy, albeit one that involves actually inserting objects into the body. Radioactive pellets are injected into the prostate, and the radiation that they emit kills the cancer-infected cells. After a period of time, the radioactivity of these “seeds” fades, and the leftover pellets are completely harmless.

Another technique is called hormone therapy, and involves restricting the amount of testosterone that the body produces or that is directed to help the prostate gland grow. The most extreme version of this procedure is called orchiectomy, and involves actually removing the testicles.

Since they produce ninety-percent of the body's testosterone, this method is very effective, but considering that the testicles must be removed, most men opt for another procedure.

There are also drugs that halt production of testosterone derivatives, but these are not as effective as an orchiectomy, and some may have to be administered in frequent injections.

As with other forms of cancer, chemotherapy is also an option. However, up until fairly recently, chemotherapy was considered only as an option for men who have stopped responding to other prostate cancer treatments.

New studies are being conducted using chemotherapy drugs that have already been approved by the Food and Drug Administration in a new capacity specifically to fight prostate cancer.

Being diagnosed with prostate cancer is by no means a small matter, but with modern surgery and medicine, there are many different options, and one's chances for survival are extremely high.

### **Antioxidant levels key to prostate cancer risk in some men**

Greater levels of selenium, vitamin E and the tomato carotenoid lycopene have been shown to reduce prostate cancer in one out of every four Caucasian males, or those who inherit a specific genetic variation that is particularly sensitive to oxidative stress, say US researchers.

## What You Don't Know About The Prostate Could Kill You!

Conversely, if carriers of this genetic variant have low levels of these vitamins and minerals, their risk of aggressive prostate increases substantially, as great as 10-fold, over those who maintain higher levels of these nutrients, they write in today's issue of Cancer Research.

This large prospective study provides further evidence that oxidative stress may be one of the important mechanisms for prostate cancer development and progression, and adequate intake of antioxidants, such as selenium, lycopene and vitamin E, may help prevent prostate cancer," said Dr Haojie Li, a researcher at the Brigham and Women's Hospital and Harvard Medical School.

The new findings are based on an analysis of 567 men diagnosed with prostate cancer between 1982 and 1995, and 764 cancer-free men from the Physicians Health Study.

The initial goal of this study was to assess the effect of aspirin and beta-carotene on men's health. Li's team decided to check for variants of the gene that codes for manganese superoxide dismutase (MnSOD), an important enzyme that works as an antioxidant in human cells to defend against disease.

The MnSOD gene is passed from parents to offspring in one of three forms: VV, VA or AA.

"Compared with men with the MnSOD VV or VA genotype, people with the AA genotype seem to be more sensitive to the antioxidant status," said Li. "Men with the AA genotype are more susceptible to prostate cancer if their antioxidant levels are low."

The study's results found that a quarter of the men in the study carried the MnSOD AA genotype, half carried the VA genotype, and the remaining quarter carried the VV genotype.

The results indicated that the VA and VV men were at equivalent risk for developing prostate cancer across all levels of antioxidants in their blood.

But compared to MnSOD VV or VA carriers in the lowest quartile of selenium levels, MnSOD AA males had an 89 per cent greater risk for developing aggressive prostate cancer if they had low blood levels of the mineral.

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On the other hand, MnSOD AA carriers with high selenium – those men in the highest quartile – had a 65 per cent lower risk than the MnSOD VV or VA males who maintained low levels of selenium.

"The levels of selenium in the highest quartile of these men are not abnormally high," Li said. "Our range is neither extremely high nor extremely low."

While similar trends were observed for lycopene and vitamin E when tested independently, the contrast in relative risk was most pronounced for the men who had high blood levels for all three antioxidants combined, said the researchers.

"Our study, as well as many other epidemiological studies, encourages dietary intake of nutrients such as lycopene from tomato products, or supplements for vitamin E and selenium to reduce risk of prostate cancer," said Li.

Prostate cancer is one of the biggest cancer killers in industrial countries and affects more than 500,000 men worldwide every year. This number is expected to increase with the ageing population.

Similar interactions between dietary antioxidants and the variations in the MnSOD gene have previously been linked to risk for breast cancer.

For more information on prostate relief visit:

<http://www.prostatereliefnews.org>

## What You Don't Know About The Prostate Could Kill You!

Health to me is both physical and mental. The two cannot be separated.  
May I leave you with what I regard the finest bit of advice for life

*If I were asked to give what I consider the single most useful piece of advice for all humanity, it would be this.*

*Expect trouble as an inevitable part of life and when it comes, hold your head high, look it squarely in the eye and say "I will be bigger than you. You cannot defeat me"*

..... Anne Landers

I sincerely hope that this report has been of use to you

*John Ward*

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