



Health TIPS

PROSTATE HEALTH

Compliments of Michelle Townsend, Naturopath, Nutritionalist, Iridologist, Wellness Consultant at Lake Spa

FUNCTION OF THE PROSTATE

The prostate sits just below the bladder and encapsulates the urethra in men, forming part of a males' genitourinary system. The main functions of the prostate are to produce secretions that moisten the urethra.

The outer zone of the prostate gland produces secretions that form part of semen with the seminal vessels passing through the prostate gland to enter the urethra.

COMMON PROBLEMS

There are 3 main conditions associated with the prostate.

1. Prostatitis - an ailment that involves inflammation of the prostate, causing pain in the prostate and nearby regions. The more frequent type involves no infection but an increase in inflammatory cells, its cause often unknown. The bacterial causes, usually e-coli, can occur as an acute attack or often becomes a chronic stubborn condition, commonly treated with antibiotics. Other symptoms include fever, frequent urination, blood or pus in the urine. Chronic attacks can be asymptomatic or may present with a low grade bladder infection.
2. Benign prostatic hypertrophy (BPH) – involves enlargement of the prostate, unrelated to cancer. Some theories involved in the causes of BPH include hormonal changes caused by certain enzymes to increase the amount of 'renegade' testosterone and increase the amount of estradiol – a type of oestrogen. Other enzymes are implicated in over-stimulating cellular growth. Cadmium is strongly linked to prostate enlargement, as is heavy smoking. Because the prostate encircles the urethra, many symptoms of BPH involve changes to urinary flow as the prostate starts to constrict the vessels.
3. Prostate cancer – many of the enzymes believed to be involved in BPH are also linked to prostate cancer, hence the focus on reducing BPH once it has been diagnosed. As for many cancers, prostate cancer is on the increase, as is the awareness of it and looking at many factors for cancer prevention is imperative. The prostate can be medically monitored with regular rectal examination and blood tests to measure the PSA levels (prostate specific antigen) which increases with prostate cancer.

GENERAL HELP FOR A HEALTHY PROSTATE

- Zinc concentrates in the prostate and is considered the 'king' of nutrients for the prostate. A simple zinc test with your naturopath will determine which dosage is ideal for you.
- Magnesium improves the function of the prostate and is also a common deficiency in Australia
- Regular exercise helps to lower the risk of prostate cancer & improve prostate health
- Some foods helpful for prostate health include spinach, tomatoes & tomato paste (due to their high content of Lycopene), garlic, beetroot, broccoli, brussel sprouts, cabbage, cauliflower; many types of seeds contain enzymes that inhibit the development of prostate cancer, including flaxseeds and pumpkin seeds (pepitas). Oily fish & using quality fish oil supplements can help reduce inflammatory processes; Miso & tempeh; rice; rye including rye bread; green tea all have actions that help improve prostate health.
- Many herbs are well known to help prostate conditions and rather than taking pot luck at one of the many supplements on the market why not come in and have a consultation to determine the best formulation for you.

If you suffer from prostate problems or concerns, I welcome your visit as there are many more things a Naturopathic treatment can offer to help you. Appointments can be made on 43931200. Bye for now, Best wishes, Michelle