

September 2010 - Leadership Letter (53)



PROSTATE PREDICAMENTS

Hello!

I hope you enjoyed last month's letter on "**Goal Setting, Expectations, Coaching and Performance Improvement.**" We got some very positive comments on it!

In the months ahead, I'll try to address these **related topics ...**

- **Optimizing Performance Reviews**
- **Paying for Performance, and**
- **Absolute Musts for Effective Training**

If you'd like an **advance copy** for a particular need, just let me know and Anna will shoot you a copy.

This month's topic is **PROSTATE PREDICAMENTS!** I'm frankly surprised at how often this pops up as a concern of men I know ... family members, clients and colleagues, friends, neighbors, church associates ...

Prompted by their concerns, as well as my own, I've collected some tidbits that may be of interest to you or someone you know (see attached). I hope you find it helpful!

All the best,

Mel

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For Men Only: PROSTATE PREDICAMENTS

SOME BACKGROUND

Many of our friends, clients and family have been hassled by prostate cancer, BPH, and other prostate problems, a leading cause of health issues for men.

Through my helpful MD, and several good friends sharing what they've learned, plus our non-traditional health newsletters, as well as good luck and stubbornness, I've avoided **serious** prostate problems, so far.

It seems important to share some of these learnings, to possibly help other men avoid some needless illness, pain, trauma, and/or long-term after-effects.

REAMINGS: A MENU

Ten years or so ago, slow urination became too frustrating for me to put up with any longer. So, I went to a highly rated local urologist. No surprise, I had BPH, an enlarged prostate.

He wanted to take biopsies of the prostate (standard procedure). However, I said "no" because of my friend Ken's experience: biopsies "weld" the large intestine to the prostate (through adhesions).

My urologist also wanted to solve the BPH problem via TURPS (standard reaming of the prostate) ... which can leave you incontinent and impotent in many cases. It also has a long, slow recovery. Again, I said "no; what else you got?"

He suggested the Niagara Laser, which does much the same thing, with less trauma, heals faster, and is less likely to cause incontinence or impotence. For me, it worked very well.

THE PSA AND AMAS TESTS

For many years, my "PSA" tested low, say 2 or less. Then a couple years ago, it began to rise, slowly, up to 5.0. 4.0 is considered to be the upper limit for health, but lower is even better.

Through the health newsletters and the Cancer Institute, we researched the PSA and prostate cancer. It seems that a PSA really only measures prostate **inflammation**, **not** cancer.

Still, I wanted to know if I had prostate cancer (**without** biopsies, which I learned can easily **miss** detecting a cancer in the early stages).

Through a newsletter and a non-traditional physician, I found the **AMAS** blood test for cancer. With a 95% reliability, this simple AMAS blood test determines if you have **any** kind of cancer. Mine tested negative! Yay!

REVERSING PSA AND INFLAMMATION

Many health newsletters tout common supplements and/or special supplements to reduce PSA and increase prostate health. The most frequently recommended supplement is **saw palmetto**, two 450 mg capsules per day. **Very** inexpensive. No side effects for me, and ...

In the last 12 months, my PSA has gone from 5.0 to 4.3 to 3.6, and it will probably keep dropping. One non-traditional doctor believes PSA should be less than 1.0 ... for prostate health.

Several well-known researchers/doctors believe that prostate inflammation **leads** to prostate cancer; and so if you avoid inflammation, you also avoid cancer.

I made other changes too: drinking **green tea**, less cola and coffee, more liquids, no red meat, and a healthy diet. All these are recommended for prostate health, as well as for general health.

PROSTATE CANCER TREATMENT OPTIONS

It seems there are three “standard” ways to treat prostate cancer ... surgery, watchful waiting, and radiation with implanted beads. Many are successful! However, none of these approaches will strengthen the whole body to fight cancer.

There are some **newer** approaches being developed and used which show a lot of promise. Here are several we've found so far ...

- **Intravenous Vitamin C** kills cancer cells outright per Dr. Julian Whitaker's **Health & Healing**, December 2009, and IV Vitamin C is administered by doctors available on www.acam.org or call The Whitaker Wellness Institute at 800-488-1500 for more information.
- **Proton Therapy**, practiced at perhaps a dozen medical centers around the country (www.protonbob.com).
- **Triple Hormone Blockade Therapy** is being used by urologists and oncologists trained by Dr. Robert Leibowitz, Oncologist.
- For **more information**, send a self-addressed stamped envelope with two stamps to Dr. Bruce West at 30 Ryan Ct., #100, Monterey, CA 93940-5753. Mark it “PROSTATE.”
- **Green Tea Supplements**, equivalent to 12 cups/day, will lower the PSA, HGA, VEGH (a protein that stimulates new blood vessel growth in a tumor) is reported by Dr. Robert Jay Rowen in **Second Opinion**, December 2009.

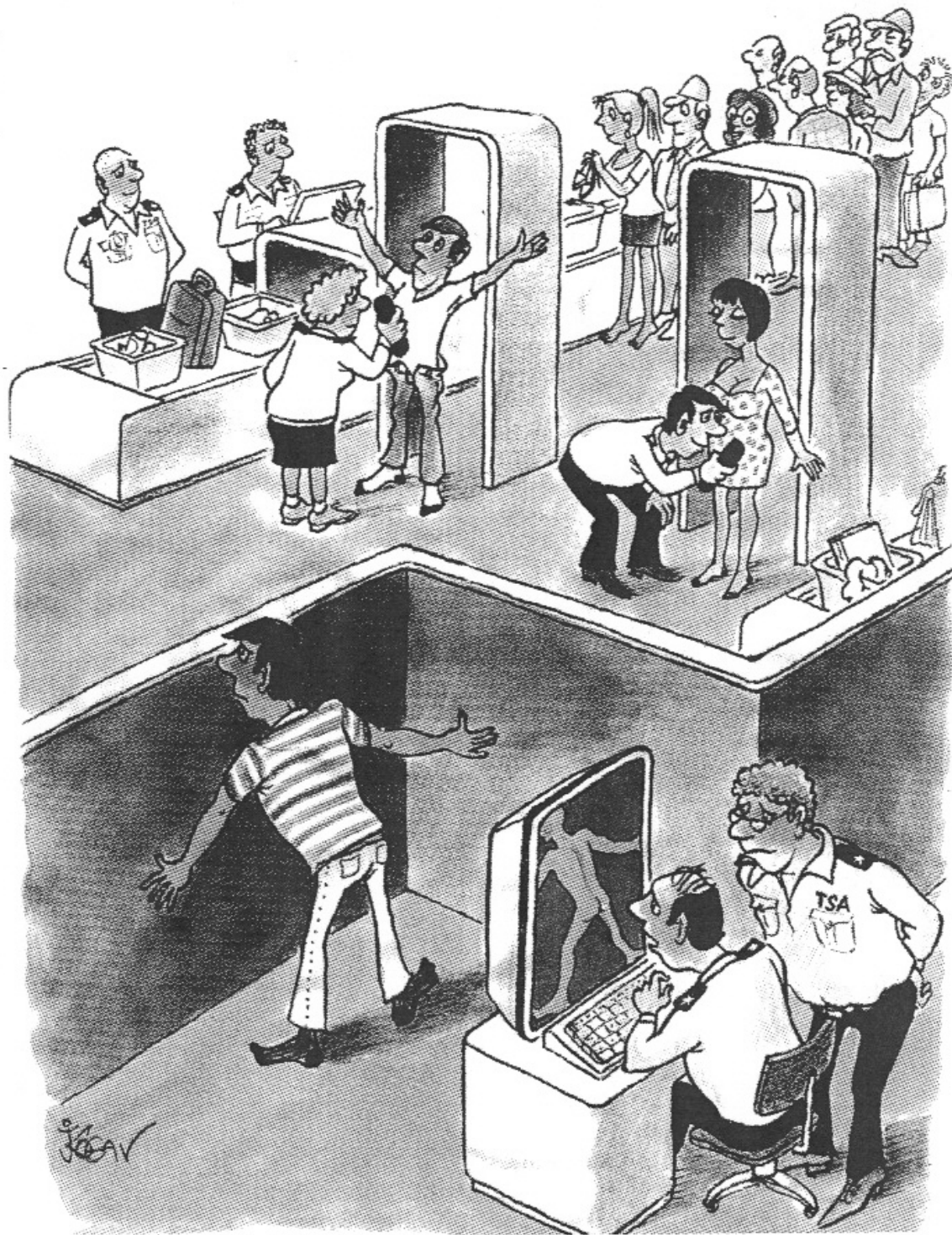
I hope some of this may guide you to help yourself or someone you care about.

Best wishes,

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“He’s clean ... but do you think we should tell him about the enlarged prostate?”

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Saturday Evening Post