

MaleCall



A QUARTERLY PUBLICATION OF THE MEN'S HEALTH AND WELLNESS CENTER, INC.

Low Libido? Low Testosterone May be to Blame

Low libido is one of many symptoms of male hypogonadism (HG), a condition in which the body doesn't produce enough of the sex hormone testosterone. As many as 5 million men in the United States may have such a problem. Testosterone works to stimulate the formation of male sex organs and continues to play an important role through puberty and adulthood by triggering male characteristics and maintaining sex drive. As men age, the development of HG or decreased testosterone is more likely to cause temporary problems that may improve with treatment such as testosterone replacement therapy.

In adult males, HG may alter certain masculine physical characteristics and impair normal reproductive function. Signs and symptoms may include:

- Erectile dysfunction
- Infertility
- Increase in body fat
- Decrease in beard/body hair growth
- Decrease in size/firmness of testicles
- Decrease in muscle mass
- Development of breast tissue
- Loss of bone mass (osteoporosis)

HG can also cause mental and emotional changes. As testosterone decreases,

some men may experience symptoms similar to those of menopause in women. These may include:

- Fatigue
- Decreased sex drive
- Difficulty concentrating
- Hot flashes
- Irritability
- Depression

In order to properly diagnose HG, your doctor will test your blood for its testosterone level. Early diagnosis and treatment offers better protection against osteoporosis and other related conditions. Because testosterone levels vary and are generally highest in the morning, blood testing is usually done early in the day. If tests confirm low testosterone, further testing may be needed to determine if a testicular disorder or a pituitary abnormality is the cause.

Testosterone testing also plays an important role in managing HG. For HG caused by testicular failure, doctors use testosterone replacement therapy (TRT). TRT can restore sexual function and muscle strength and prevent bone loss. In addition, men receiving TRT often experience

continued on page 4



save the date
09.20.08

Celebrate Health
Gala

September 20, 2008
Bill Lowe Art Gallery, Atlanta

This special evening will celebrate men and their partners who have made a commitment to living life to the fullest.

- First annual recognition award for exemplary leadership in men's health
- Sponsorships are available now
- Individual tickets available online soon
- All funds raised go to support our Men's Health Center programs

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From the desk of

Dr. Shah



Nutritionally Sound...

A New Definition of “Vegging Out”

Welcome to our first issue of *Male Call*, the newsletter of our new Men’s Health and Wellness Center. My vision for the Center has always been to provide a comfortable and relaxed environment for men that specializes in bringing together physical, emotional and spiritual elements for a comprehensive patient care experience. Now, thanks to an initial grant by the Saint Joseph’s Mercy Foundation, the Men’s Health & Wellness Center is a reality.

The Center provides a variety of programs and services that are designed to meet the needs of men before, during and after treatment of a health condition. Good nutrition and exercise, stress reduction techniques such as yoga and meditation, and therapeutic massage can each play a vital role in helping a man regain and maintain vitality and achieve emotional and spiritual well-being. In addition, the Center educates and helps couples in dealing with issues of sexual intimacy and communication, conditions which often worsen as men age and during times of illness.

As a physician, I understand the value of partnering with patients to implement healthy lifestyle practices which will prevent illness and improve overall health and well-being. I encourage you to learn about the programs and services offered by the Center and invite you to join us. It’s your life. Live it fully.

Yours in health,

Nikhil L. Shah, DO, MPH

Isn’t it interesting that just a few short years ago, the phrase “vegging out” was synonymous with doing nothing and being totally unproductive? Today, many of us are eating healthier with vegetables front and center on our minds and on our plates. We think it’s time for a new definition of “vegging out.”

Healthy eating isn’t really that complicated - especially when it comes to vegetables. According to *YOU: Staying Young* by Drs. Michael F. Roizen and Mehmet C. Oz, knowing which vegetables provide the most benefit to your body can help you make better choices. For example:

For Heart Health

- Vegetables and fruits such as red grapes, cranberries, tomatoes, onions, and tomato juice all contain powerful antioxidants which decrease inflammation and stimulate your body to remove oxygen free radicals through your urine.

- Vegetables with *magnesium* such

as lima beans, spinach, avocado, or beets can help lower blood pressure.

For Better Digestion

- Vegetables that stimulate the growth and activity of *prebiotics* (*healthy bacteria in the intestines*) include bananas, berries, asparagus, garlic, tomatoes, Jerusalem artichokes, onions, and greens.

For Healthy Eyes

- *Lutein* found in spinach, leafy green vegetables and corn has been shown to improve the health of your eyes by preventing oxidative damage to your retinas.

For Prostate Health

- The healthy fat in avocados and the saw palmetto berry have been shown to decrease prostate growth (for those with benign prostatic hypertrophy, BPH). *Lycopene* in tomatoes (preferably cooked tomatoes) also has prostate health benefits.

Source: *YOU: Staying Young* by Drs. Michael F. Roizen and Mehmet C. Oz, 2007.



what i'm reading

Sarah Penna is an oncology social worker and coordinator of the Cancer Survivors’ Network at Saint Joseph’s Hospital. “For the past four years, I have been trending in the vegetarian direction and nine months ago, I finally took the plunge. My health is important to me and making smart choices about what I put into my body offers me more control over my health.”



Sarah Penna, LMSW

Sarah’s two favorite books on vegetarian eating are:

Vegan: The New Ethics of Eating by Erik Marcus and **The Vegetarian Way: Total Health for You and Your Family** by Virginia Messina, MPH, RD and Mark Messina, PhD.

Appreciation

Thank you to the following individuals and organizations who made a financial contribution to the Men's Health and Wellness Center in 2007. Special thanks to the Saint Joseph's Mercy Foundation for their generous grant.

Mr. and Mrs. Ronald Bush
Mr. and Mrs. John Dauble
Mr. and Mrs. Phillip Davis
Mr. and Mrs. John Hintz
Dr. and Mrs. Niraj Khurana
Mr. Carsten Kuempers
Mr. and Mrs. Patrick McGahan
Mr. and Mrs. Bruce Preston

Intuitive Surgical
Olympus Surgical
Saint Joseph's Oncology Program
Timm Medical Technologies

Did You Know?

“ The feel-good hormone oxytocin is naturally released in the brain after a **twenty-second hug** from a partner, triggering the brain's trust circuits. *A side note: Men need to be touched two to three more times than women to maintain the same levels of oxytocin.* ”

Something interesting from **YOU: Staying Young** by Drs. Michael F. Roizen and Mehmet C. Oz (2007)

Something to Think About Restaurant Dining Pitfalls

Dining out has become a way of life for a lot of people. It's easy, predictable and very convenient. Even when we're trying to eat healthier, it's often difficult to determine which menu items are truly healthy and which just sound healthy but are actually loaded with excess calories, fat, and sodium.

Men's Health Magazine has an interesting feature on their website called "Eat This, Not That" which compares menu items and offers healthy options at many of your favorite restaurants. The comparison provides total calories and fat, saturated fat & sodium levels while offering suggestions at each of the restaurants for healthier menu options. Over 50 restaurants are reviewed, including fast food (Burger King, McDonald's, Chick-fil-a, etc.), sit down (Applebee's, Olive Garden, etc.), and sandwich shops (Subway, Blimpie, Panera, etc.)

Below are some highlights from the magazine's list of the Twenty Worst Foods in America:

#20 Worst fast food chicken meal: McDonald's 5-piece Chicken Selects Premium Breast Strips with creamy ranch sauce at 830 calories and 55 grams of fat. Save 530 calories by choosing the 6-piece Chicken McNuggets with BBQ sauce.

#14 Worst sandwich: Quizno's Chicken Carbonara (large) at 1,510 calories, 82 grams of fat. A large homemade sandwich would likely provide about 500 calories.



#7 Worst chicken entree: Chili's Honey Chipotle Crispers with Chipotle Sauce at 2,040 calories, 99 grams of fat and 240 grams of carbs. "Crispers" means an extra-thick layer of bread crumbs that soaks up oil and adds unnecessary calories and carbs. Instead, consider the Chicken Fajita Pita at 450 calories and 43 grams of protein (it's one of the healthiest entrées you'll find in a chain restaurant.)

#4 Worst pasta dish: Macaroni Grill Spaghetti and Meatballs with Meat Sauce at 2,430 calories and 128 grams of fat. This meal satisfies your calorie requirements for an entire day. Easy solution: Ask for a lunch portion of this dinner dish (or any pasta on the menu), and request regular tomato sauce instead of meat sauce. You'll cut the calories in half.

Check out the Men's Health Magazine website for the rest of the list including the #1 Worst Food In America. Go to www.menshealth.com and click on "nutrition."

Interested in eating healthier? Need some help?

The Men's Health and Wellness Center offers individual nutritional counseling and group programs to support your desire to eat healthier. Don't go it alone - join us!

an increase in energy, sex drive and sense of well-being. Several delivery methods exist for TRT. Choosing a specific therapy will depend on personal preference, side effects and cost. TRT can be taken by injection, gel, gum and cheek insert, and orally.

Lifestyle choices are important when managing HG. Prevent osteoporosis by exercising regularly and getting adequate amounts of calcium and vitamin D to maintain bone strength. The Recommended Dietary Allowance (RDA) for calcium is 1,000 milligrams (mg) for men younger than 65 and 1,500 mg a day for men older than 65.

Learn about erectile dysfunction as this can cause psychological and relationship problems. Talk with your doctor about how you can reduce the anxiety and stress that often accompany these conditions. Many men benefit from psychological or family counseling. Support groups can help people with HG and related conditions cope with similar situations and challenges. Most men feel invigorated and full of life effectively treated for HG. TRT reduces fatigue and increases sexual interest.

Special conditions exist for men who have HG and prostate cancer. TRT in men who have undergone treatment for prostate cancer is a hotly debated topic and deeply contentious issue among experts. Patients should seek counsel from their urologist for the latest guidelines and recommendations for their individual situation.

Article contributed by Dr. Nikhil L. Shah, urologist at Saint Joseph's and President of the Men's Health and Wellness Center at Saint Joseph's.

Go to:

www.saintjosephsatlanta.org/menshealth

for more about hypogonadism and testosterone replacement therapy.

What's New at the Center



Lower Stress with Yoga.

Learn more about how the Seven Spiritual Laws of Yoga can help reduce stress and improve your overall health. The Men's Health and Wellness Center is pleased to bring you our new yoga program based on Deepak Chopra's Seven Spiritual Laws of Success. Classes will be led by Martine O'Neill, a Chopra Center trained instructor and will be geared for beginners. Classes are scheduled to begin in April and will be held at Inspire Health, located in Buckhead just south of Piedmont Hospital. The cost is \$50 per person for the yoga class series.

Learning a Better Way to Eat.

We at the Men's Health and Wellness Center believe that eating healthy is a habit that needs to be practiced and reinforced. But for those who dine out often, this can be a challenge. Plan to join us for our upcoming *Restaurant-Tours* program featuring healthy selections from some of your favorite Atlanta restaurants. Accompanied by our nutrition expert, we will dine together, taste healthier options and learn to carefully read menus to quickly identify the healthiest items. Our *RestaurantTours* program will be held monthly beginning in May and will take place at local area restaurants. Look for more details by mail in the coming weeks or check out our website for more details: www.saintjosephsatlanta.org/menshealth.

Celebrate National Men's Health Week: June 9-15.

Join us in June as we celebrate men's health with a variety of special events and activities scheduled all month long! Save Saturday, June 14 for our free Men's Health Conference!

My favorite websites

For Cancer Education and Support

www.curetoday.com

CURE Magazine

Free magazine for cancer patients & survivors; current and past articles available online.

www.plwc.org

American Society of Clinical Oncology

Comprehensive website for information on cancer risk factors, symptoms, diagnosis, treatment, side effects of treatment, current research, and questions to ask your doctor for over 25 different cancer types. English and Spanish.

www.cancercare.org

Cancer Care, Inc.

Free telephone education workshops on a variety of cancer related topics. Past topics available via podcast. Free telephone support from an oncology social worker; online and telephone support groups. English and Spanish.



Renee Sevy, LMSW is Executive Director of the Men's Health and Wellness Center at Saint Joseph's.

In The News

Both Exercise and Alcohol found to be Heart Healthy

The February 4, 2008 issue of TIME magazine caught our eye with something we thought was interesting to pass along. Dr. Sanjay Gupta reported the results of a recent study published in the *European Heart Journal* claiming that the proper combination of exercise and alcohol can actually be good for your heart and therefore, good for your health. If you are someone who enjoys an occasional beer or glass of wine, you might want to take note.

According to researchers in Denmark, a moderate amount of alcohol (*up to one drink per day for women and two drinks per day for men*) is beneficial to your heart, with or without exercise. Dr. Arthur Klatsky, a cardiologist and researcher for Kaiser Permanente Northern California, explains that alcohol and exercise affect your heart health in similar ways “by increasing good cholesterol, or HDL [high density lipoproteins], and cleaning the circulatory system pipes.” He goes on to say that “HDL helps remove fatty deposits created by bad cholesterol, or LDL [low density lipoproteins], from blood vessel walls. The higher the HDL, the less likely vascular disease becomes. The lower the HDL, the more likely.”



Dr. Morten Gronbaek, an epidemiologist with Denmark's National Institute of Public Health, confirms that “exercise and drinking alcohol each had an independent beneficial effect on the heart and a compound effect when practiced together.” This finding was based on a study of 12,000 people over a 20-year period, according to Dr. Gronbaek.

One caveat, warns Dr. Gupta, is that age matters. Alcohol has not been shown to do any coronary good until you reach the age at which heart disease becomes an appreciable risk. According to Dr. Gronbaek, “there's absolutely no proof of a preventative and protective effect before age 45.” Of course, it's always important not to create a problem while trying to solve another. Moderation is the key here. People with a family history of alcoholism (or younger women with a family history of breast cancer) should not consider this a reason to drink.

To read the TIME magazine article in its entirety, go to www.time.com and enter “Work Out and Drink Up” in the search field. This article is part of Dr. Sanjay Gupta's Fit Nation series which airs on CNN's House Calls, Saturdays and Sundays at 8:30 am, E.T.

Recently Quoted...

“ Large studies have clearly shown that people who have more social relationships, a larger network of people they interact with on a regular basis, live longer. Research suggests they're less likely to show declines as they get older. ”

*Dr. Teresa Seeman
University of California at Los Angeles School of Medicine
Quoted in NIH News in Health newsletter, Jan 2007*

Support Groups at Saint Joseph's

CANCER CAREGIVER SUPPORT
Fourth Thursday of the month
10:30 am

COLORECTAL CANCER
First Friday of the month
10:00 am

DIABETES SUPPORT
Fourth Tuesday of alternating months
6:30 pm

DIABETES INSULIN PUMP USERS
Third Tuesday of alternating months
6:30 pm

HEAD & NECK CANCER
Second Monday of the month
6:30 pm

HEART TRANSPLANT
First Wednesday of the month
10:30 am

LATINA WOMEN'S CANCER
Conducted in Spanish
Second Friday of the month
11:00 am

LUNG CANCER
Third Tuesday of the month
10:00 am

PROSTATE CANCER
General, for all treatment modalities
First Wednesday of the month
7:30 pm

NEW! PROSTATE CANCER
For men who have robotic surgery or another surgical treatment for prostate cancer and anyone considering minimally-invasive surgery.
Third Thursday of the month
7:00 pm

WOMEN'S “THRIVING AFTER CANCER” GROUP
Second Tuesday of the month
7:00 pm

Support groups are FREE and open to the community, regardless of physician or hospital affiliation.

Call (404) 851-5670 for information on any of the groups listed here



Q & A

Dick McClure is a 16 year survivor of recurrent, advanced prostate cancer having undergone surgery, radiation, hormone therapy, clinical trials and personalized drug “cocktails.” Dick is the former chairperson of the Saint Joseph’s Cancer Survivors’ Network and has been an active member of the prostate cancer support group at Saint Joseph’s.

Q

What has been the biggest surprise about living with prostate cancer?

A

Surprise #1 - quality of life can be good in spite of advanced prostate cancer! **Surprise #2** - recurrent prostate cancer can be successfully treated long term as a chronic disease! **Surprise #3** - a commitment to personal advocacy regarding leading and managing your health care team is the best long term medicine!

Constantly evolving prostate cancer treatment options, positive lifestyle changes and personal ownership of the survival process equals a proven reason for hope!

I am currently under treatment with an undetectable PSA of <0.1 with a PSA taken every 30 days for the past ten years. Constant “due diligence” and rapid response to rising a PSA continue to prevent metastasis.

To read Dick’s Survivor Story in the Spring 2006 Cancer Survivors’ Network newsletter, go to www.saintjosephsatlanta.org/cancersupport

out & about

Plan to join Dr. Shah, President of the Men’s Health and Wellness Center, at one of the following community events this Spring:

- **March 1** - Johnson Ferry Baptist Church “Life After 50’s Fair.” Men’s Health Presentation, 1:00 pm.
- **March 26** - Dunwoody Country Club, Men’s Health Presentation, 6 pm. *Members and their guests only.*
- **March 29** - Saint Joseph’s Cancer Survivors’ Network Annual Survivorship Conference, Medical Update on Prostate Cancer, 10:15 am.

If you belong to a civic/community group or a religious institution and would like to invite Dr. Shah to speak on a men’s health topic, please call Renee to schedule: (404) 851-5670 or rsevy@sjha.org.

Our Community

Cardiac Rehab Classes Open to the Community

Keeping your heart healthy is an important step toward overall good health. The Cardiac Rehabilitation Program at Saint Joseph’s is a community resource offering “heart healthy” classes, yoga, tai chi, smoking cessation programs as well as a full service fitness facility. Classes are offered on a regular basis for \$10 each (*free to current cardiac rehab patients and their spouses*). All classes are led by Saint Joseph’s nurses, dietitians, pharmacists, exercise physiologists, and psychologists.

Ongoing classes Include:

- Weight Matters: A Weight Management program
- Pressure or Challenge: Stress Management
- Communicate to Stay Healthy: Know Your Medications
- Force of Pressure: Blood Pressure Management
- Blood Fats: The Good, the Bad and the Ugly - Cholesterol Management
- Heart Healthy Nutrition
- Negative and Toxic Emotions

Other programs include:

- Yoga - offered twice weekly
- Tai Chi - offered three times weekly
- Knock Out Nicotine Addiction - A four week smoking cessation program

All programs are held in the 5673 Doctors Building (4th floor) at Saint Joseph’s. Registration is required. Call Marianne at (404) 851-5806 or mpera@sjha.org for class schedules or to register.

just for couples

As a psychologist who has worked with many couples, I have become very familiar with a theme: **Good communication is a key ingredient of a happy relationship.** We go into our marriage assuming that we know how to communicate well, but that is not necessarily the case. When it comes to communicating, we should not be surprised that high level, effective communication, just like any other proficiency, requires learning a new set of skills. Good communication skills are particularly important during a health crisis. Survivors of any form of cancer and others living with a chronic illness have faced particular challenges that are likely to require a high level of proficiency in communication. That is because a health condition does not only affect one person; it impacts both members of a couple, and families.

Cancer survivors and their partners know that communicating about certain topics is especially difficult. This point is particularly evident in relationships of survivors of breast cancer, testicular cancer, and prostate cancer: Cancers that impact parts of the body that are

related to sexuality. Since sexuality is at the heart of how many people define themselves as a man or a woman, communicating about difficulties created by such cancers often poses sensitive challenges to couples.

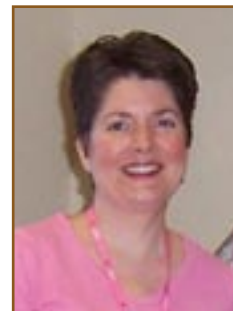


The good news is that effective communication is a learnable skill. Couples who learn how to communicate more openly and effectively often experience a deeper level of intimacy. That is because true intimacy involves trusting another human being with our deepest concerns and caring

enough about them to communicate those concerns with them. Attending communication workshops, and using the services of a mental health professional, are two good steps toward acquiring such skills.

Article contributed by Hamid Mirsalimi, PhD, ABPP, clinical psychologist and consultant for the Men's Health and Wellness Center. Dr. Mirsalimi leads monthly Couples Coaching Workshops and is available for private individual and couples counseling.

what you're saying about: support group



“It's a comfortable place to share what we're going through with people who understand. Everyone is very open, and I like that.”

Cynthia Copes, spouse of a prostate cancer survivor



“It has been very helpful. I wish I had known about the support group earlier.”

Steve Lindabury, heart patient & prostate cancer survivor

Prostate cancer support group for men who have had robotic surgery or another surgical treatment for prostate cancer and anyone considering minimally-invasive surgery. Meets on third Thursday 7:00 pm. Free. Call (404) 851-5670 for information.

Couples Coaching Workshops

Staying CLOSE with your partner is IMPORTANT

Workshops held on the second Saturday of the month: 10 am - 12 pm

- Mar 8: Nonverbal communication: What are we really saying?
- Apr 12: A couples approach to anxiety and depression after a cancer diagnosis
- May 10: Building true intimacy: It's not just about sex
- Jun 14: Couples communication: Talking about difficult subjects

Workshops are led by Hamid Mirsalimi, PhD, ABPP, clinical psychologist experienced with issues surrounding chronic illness and cancer. \$30/couple (\$20/couple when registering for multiple workshops.) Registration required. Call (404) 851-5670 or rsevy@sjha.org for more information or to register.

MEN'S HEALTH

About Us

The Men's Health and Wellness Center, Inc. (MHWC) is a Georgia nonprofit corporation with a mission to educate and support better health among men and their partners by promoting lifestyle practices that lead to disease prevention, healing, and healthy living.

The MHWC values patient involvement with an active Advisory Group made up of cancer survivors and their partners as well as other interested individuals. All programs are open to the community, regardless of physician or hospital affiliation.

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New website coming soon! www.menshealthga.org

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“ If your dog is fat, you're not getting enough exercise. ”

~Author Unknown

It's your life. Live it fully.

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