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## Three Common Prostate Problems

If you are a man, you have a prostate. If you have a prostate, you will likely have prostate problems. Your prostate is a walnut sized gland that is located below your bladder by your urethra (the tube that carries urine through the penis). Your prostate gland's job is to make fluid for semen. There are three common prostate problems: Enlarged Prostate (BPH), Prostatitis, and Prostate Cancer.

### ENLARGED PROSTATE

Also known as Benign Prostatic Hyperplasia (BPH), enlarged prostate occurs when the prostate gland grows to an unhealthy size. The probability of an occurrence increases with age:

31-40 year olds: 1 in 12 occurrence

51-60 year olds: 1 in 2 occurrence

80+ year olds: 8+ in 10 occurrence

Symptoms include difficulty initiating urination, frequent urination, and feeling as if you still need to urinate after urinating.

### PROSTATITIS

Prostatitis is inflammation or infection of the prostate gland. It has been said that Prostatitis is the equivalent of women's urinary tract infections.

Occurring more often in young and middle aged men, Prostatitis is often treated with antibiotics.

Symptoms include pain during urination or ejaculation, fever/chills, pelvic pain, frequent urination, and cloudy urine.

### PROSTATE CANCER

One in six men will be diagnosed with prostate cancer. Fortunately, because prostate cancer is a very slow moving cancer, only one in 35 men die of prostate cancer.

Like BPH, your chance of prostate cancer increases with age. Other risk factors include family history and race. African American men are more likely to be diagnosed with prostate cancer.

There are no real symptoms of prostate cancer making screenings important for those at risk.

### Preventing Prostate Problems

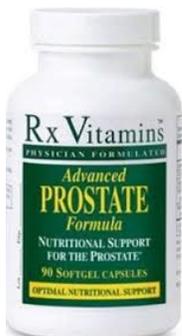
There are some steps you can take to prevent prostate problems.

- Get your prostate checked yearly after age 40.
- Exercise regularly.
- Don't smoke, limit alcohol, and avoid caffeine.
- Have regular sex. The best way to empty the prostate is to ejaculate.
- Watch your weight. Obesity may be a contributing factor to a number of cancers, including prostate.
- Eat right. Studies show that people who eat a high fat diet have a greater risk of developing prostate cancer. On the other hand, fiber, soy, protein, fruits, and cooked tomatoes (because of lycopene) have all been shown to reduce the risk of prostate cancer.
- Drink lots of water. This can help flush your bladder. Urine should be almost clear.
- Consider supplementation. The most promising supplements to treat BPH are Pygeum, beta sitosterol, and pumpkin seed. Others that have shown some results are saw palmetto, stinging nettle, vitamin E, selenium, and zinc. Lycopene and selenium seem very important for prostate cancer prevention.



**Prevention does seem to be the best medicine for treating the prostate.** Personally, as a man, I will follow the above recommendations; and, as I age, I will look to a natural product that combines many of the supplements mentioned above.

We carry a great product that contain many of these helpful supplements: **Rx Vitamins' Advanced Prostate Formula.** Advanced Prostate Formula is a potent blend of vitamins, minerals, herbs, and amino acids designed to support healthy prostate function. This formula is said to be one of the most advanced formulas ever developed for men because of its nutrients that work synergistically. Stop in and ask for more information.





# How to Choose a Compounding Pharmacy

**All compounding pharmacies are not the same.** *Choosing a compounding pharmacy may be as important as choosing your doctor.* It is imperative to take control of your healthcare options including who you will trust to compound your customized medications. It is essential that you search for a pharmacy that is reliable, reputable, and cost effective as well as one that is experienced and trained specifically in compounding.

**It is not enough to ask if a pharmacy “does compounding.”** Many pharmacies will claim to be compounding pharmacies. And most pharmacies will provide some basic compounding – for example, flavouring or combining two ointments into one preparation. *However, the more complicated and time-consuming the procedure, the more you need to ensure that you are dealing with a pharmacy that specializes in compounding.*

**Ask if the pharmacist has completed continued training in the art of compounding.** All pharmacists are trained in pharmacy school to compound; the depth of that training depends on when a student graduated and from what pharmacy school. As compounds become more complicated, the amount of training needed increases, often *above* that taught in many colleges of pharmacy.

**Find out where the pharmacy is getting their ingredients from.** A qualified compounding pharmacy needs to have the best ingredients – *that are tested* – to compound a high quality medication to meet your needs. A compounded medication is only as good as the ingredients that go into it.

**Look at more than just price.** If you are purchasing a manufactured medication, comparing prices from pharmacy to pharmacy can be valuable. However, with compounds, the old adage “You get what you pay for.” has never been truer. Take, for instance, progesterone cream. When made at Myers Drug, we use “Special Micronized Progesterone”. This means 99.9% of the particles are five micron in size or less which is important because the smaller the particles, the better the absorption in the body. Other pharmacies may use just plain Micronized Progesterone, or it may not be micronized at all!

Next, Myers Drug uses Versabase cream which has been clinically demonstrated to deliver four times more medication than the commonly used Vanicream. Norland then runs the mixture through a machine called an ointment mill to further reduce grittiness and create something known as micelles. What you need to know about micelles is they too enhance the absorption of medication.

Now our label will read “Progesterone Cream” as will another pharmacy’s, but as you can see, the two products can be very different. *With compounding it is much harder to ensure you’re comparing apples to apples when it comes to price.*

**Be sure the pharmacy has standard operating procedures in place and regularly test their products.** Standard operating procedures help ensure that you receive the same high-quality product regardless of what technician is working that day to make your compounded medication. And, to further ensure quality, the finished compounds should regularly be sent to a lab to test the strength and stability of the compound.

**Check to see if the pharmacy is a member of the Professional Compounding Centers of America (PCCA).** PCCA has become the nation’s complete resource for compounding pharmacies. PCCA provides high-quality chemicals and pharmacy equipment to its members. As a member of the PCCA, Myers Drug has access to a staff of more than 20 consultant pharmacists, pharmaceutical chemists, and training personnel ready to serve our technical support needs. And, we have access to a formulary database of more than 8,000 proprietary formulas that have been pre-tested with PCCA's chemicals.

**As with any other healthcare decision, you have choices when it comes to finding a compounding pharmacy. Be sure to take the time to ensure you are getting the best products or services available.**



# Shake Things Up for Better Health



Smoothies and shakes are all the rage these days, and for good reason. A healthy smoothie can benefit everyone from casual gym goers to elite athletes to busy moms. Smoothies that include fruits, veggies, and/or protein can benefit your health in several ways. These smoothies...

- **Fight Disease**
- **Improve Mood**
- **Increase Power and/or Energy**
- **Reduce Hunger**
- **Build Your Immune System**

While it all sounds good, it is easy to get overwhelmed with all the options available as ingredients in your smoothie. I recommend including All Natural Whey Protein from MRM and Dynamic Fruits & Greens.

**MRM All Natural Whey** is an all natural source of protein that was designed to meet the protein needs of all age groups and is number one in digestion, absorption, utilization, and retention. All Natural Whey is also highly concentrated in essential amino acids (about 50%), half of which are “branched chain” (muscle preserving) amino acids (BCAAs). This form of protein is an exceptionally healthy way to add more protein to your diet. It is also absorbed and utilized efficiently by your body. Protein is important in repairing your cells, building and repairing muscles, and the production of energy.

**Dynamic Fruits & Greens** offers the power of more than 20 servings of fruits and vegetables in just one scoop. This nutrient-rich superfood formula with whole food concentrates is designed to provide synergistic phytonutrient nutrition. This blend supports your body’s natural energy, metabolism, fat-burning, digestion, detoxification, immunity, repair, recovery, revitalization, and longevity. And most importantly, it tastes great!

If you are ready to jump on board the smoothie train, Myers Drug can help. Stop by and ask for more information or help choosing a flavor.



*“Courage doesn’t always roar. Sometimes courage is the quiet voice at the end of the day saying, ‘I will try again tomorrow.’”*

**- Mary Anne Radmacher**

## THE BEST MEDICINE... LOL

Three old ladies sit in a diner, discussing their health. One lady says, "You know, I'm getting really forgetful. This morning, I was standing at the top of the stairs, and I couldn't remember whether I had just come up or was about to go down."

The second lady says, "You think that's bad? The other day, I was sitting on the edge of my bed, and I couldn't remember whether I was going to sleep or had just woken up!"

The third lady smiles smugly. "Well, my memory is just as good as it's always been, knock on wood," she says as she raps on the table. Then with a startled look on her face, she asks, "Who's there?"

## Biblical Health Tip... Obeying God & Your Health

One of the most interesting developments in health education has been the recognition of what is called “spiritual health.” This area of study acknowledges the vital role that *beliefs and values* play in influencing behavior and health. Individuals who believe in God, attend church regularly and hold strong moral convictions are less likely to smoke, abuse alcohol or drugs, or engage in promiscuous sexual activities. While some call these “normal human freedoms,” health professionals call them *high risk* behaviors. The Bible labels such actions *sins*—to be avoided!

Personal religious beliefs are a powerful influence on behavior and your behavior has much to do with your health. One of the most important things you can do for your health is to obey God’s instructions.



Sharon Conley

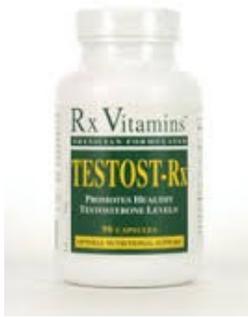
# Testosterone Level Support

A decrease in men's testosterone levels is a natural function of aging. For each year over the age of 30, the level of testosterone in men starts to dip at a rate of about 1% annually. Clinical studies suggest that healthy levels of circulating testosterone are associated with...

- Increased physical energy and endurance,
- Muscle growth,
- Decreased body fat,
- Mental acuity, and
- Peak functioning of the circulatory system.

**Testost-Rx** from Rx Vitamins is a natural androgen support formula designed to promote healthy testosterone levels. Testost-Rx offers scientifically validated herbs and minerals that work synergistically to stimulate the entire endocrine system.

Stop in and pick up Testost-Rx from Rx Vitamins for yourself or, if you are a woman, for that special man in your life.



# 20% OFF

## ONE REGULARLY PRICED NUTRITIONAL SUPPLEMENT

One coupon per customer.  
Good through June 30, 2015.



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