

a [Wellspringclinic.com](http://Wellspringclinic.com) publication

## FEATURE ARTICLE: MEN'S PROSTATE HEALTH



*June is Men's Health Month and the purpose is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives us the opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.*

### 7 Tips for a Healthy Prostate

All men, regardless of age, should be concerned about their prostate health. Although prostate disorders such as prostatitis, benign prostatic hyperplasia, and prostate cancer generally do not affect men until they are in their 40s or older, the time to help prevent prostate problems and support prostate health is now. However, whenever symptoms of prostate disease do occur, it is important to seek professional medical help with a diagnosis.

More than 190,000 new cases of prostate cancer are diagnosed in the U.S. each year, according to the American Cancer Society. Fortunately, there is a lot you can do to keep your prostate healthy as you age - age—and stay ahead of the game. and stay ahead of the game.

- 1. Keep a healthy weight and exercise regularly.**
- 2. Eat more fruits and vegetables.**  
Tomatoes, watermelons, pink grapefruits, guava and papaya contain lycopene, a powerful

antioxidant. Cruciferous vegetables such as broccoli, cauliflower, cabbage, Brussels sprouts, bok choy and kale also are good choices.

- 3. Let your doctor know if you have a family history of prostate cancer.**  
Having a father or brother with prostate cancer more than doubles a man's risk of developing this disease.
- 4. Include more soy in your diet** from sources such as tofu, soy nuts or soy flour or powders.
- 5. Don't smoke.**
- 6. Eat more selenium-rich foods** such as wheat germ, tuna, herring and other seafood and shellfish, beef liver, kidney, eggs, sunflower and sesame seeds, cashews, mushrooms, garlic and onions. Selenium reduces risk of prostate cancer.
- 7. Get a PSA blood test and digital rectal exam annually, beginning at age 50.** Men at high risk, such as African American men or men with a strong family history of prostate cancer should begin testing at age 45.

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## Stem Cell Therapy for Erectile Dysfunction

### A BETTER treatment option!

Stem cell therapy for erectile dysfunction (ED) is one of the newest treatment options for this population of men. Experts report that stem cell therapy appears to be effective for ED from various causes, including low testosterone, penile cell tissue damage, and diabetes, among others.

Dozens of studies of stem cell therapy for ED have shown that men experience an improvement in erectile function after receiving the injections as well as healthier, regenerated erectile tissue. That's because stem cells (technically, mesenchymal stem cells, MSCs) naturally regenerate and repair cells of the body, replacing damaged ones and restoring tissue that has been harmed.

The procedure, which is performed on an outpatient basis, takes about half an hour and involves injecting stem cells into the corpus cavernosum. The stem cells are harvested from the donated Wharton's Jelly of a full-term live



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birth infant and then injected into the penis using a micro needle. The entire process from start to finish requires only local anesthesia.

Men who undergo stem cell therapy for erectile dysfunction report little post-procedural pain or discomfort. Common side effects include slight swelling, redness or bruising for 12 to 24 hours.

**Improvement in erectile function typically is noticeable in as little as two to four weeks, and improvement continues to improve for 6 to 12 months following the procedure.**

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