



# The Menen Centre For Optimum Health

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## Men's Health

When people think of men's health issues the first thing that usually comes to mind is prostate health. Although the male body is far more complex than this walnut sized gland, it should be noted that prostate cancer is one of the leading causes of cancer death among men. The majority of prostate cancers develop after the age of sixty-five but its development at an earlier age is possible. More common at a younger age are benign prostatic hypertrophy (BPH) and prostatitis. The most common symptoms associated with all three conditions are urinary changes (whether an increase in frequency, painful/burning urination and/or a decrease in the force of urine flow). All three can also share blood in the urine and lower abdominal pain/discomfort so it is extremely important to be evaluated by a health care provider in order to determine which is causing the symptoms. Only then can appropriate medical/naturopathic treatments be planned. Saw Palmetto will only get you so far! Other than prostate health, men's health also includes concerns over weight gain (which can lead to heart disease and an increased risk of stroke, angina and heart attacks), high blood pressure and infertility/impotence. Interestingly, all of these concerns can be addressed by treating the root cause of circulatory changes – which may involve exercise, acupuncture, herbal/nutritional supplementation, hydrotherapy or basic nutritional changes. Some of the therapeutic options may be easier than you think!

## Women's Health

The first thing that comes to mind for most people when they think about women's health is—you know it—hormones. And hormones do govern many of the functions in women's bodies. From energy levels to bone density, skin elasticity, heart health, fertility, menstrual changes, moods and cancer risks – hormones are involved. Of course, optimum nutrition and/or supplementation can help provide the essential nutrients required for hormonal balance. Lifestyle choices (such as exercise or water intake) and stress management also have an important role in this careful balance. But which of these choices – or which combination is necessary for an individual is dependant upon the individual case. It is impractical and sometimes dangerous to assume that the same combination of supplements/herbs/lifestyle choices/stress management is ideal for each woman. It is only through careful analysis of individual cases that a clear and concise care plan can be created for the optimum care of any particular patient. At the Menen Centre for Optimum Health, we are interested in what combination is ideal for each patient we see. The good news is that with an individually-created health plan, optimum health **is** possible for women—and it doesn't always involve modifying the hormonal balance!

***We would like to encourage men and women to become empowered in their health care—take the time to get an individual assessment – and then use the suggestions we can offer you to turn what might be merely a basic and/or unsatisfying life into a spectacular life experience!!***

**--Dr. Hanifa Menen, BSc, ND and Dr. Jeff Appelman, BSc, ND**

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