

SPECIAL MEN'S HEALTH AND FITNESS ISSUE

LA HEALTH NEWS

JUNE 2008 | ISSUE 87 | COMPLIMENTARY

IT'S ABOUT YOUR LIFE

DR. NATHAN NEWMAN
on Cosmetic Surgery for Men

West Hollywood Mayor

**JEFFREY
PRANG**

Political Workout Tips

**BRIEF
SUMMARY**

Men's Underwear Guide

EXCLUSIVE! SURVIVOR'S

**Jeff
Probst**

ON FITNESS AWAY FROM HOME

Love Thyself

THE HANDS-ON
APPROACH TO CURBING
PROSTATE CANCER

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editor's letter

Yo-Yo No

Weight cycling in adulthood may lead to fragile bones later in life, according to a new study of 4,601 men followed for 28 years.

The more frequently men slimmed down and regained weight between the ages of 25 and 50, the more likely they were to suffer a fractured forearm after age 50, Dr. Anne Johanne Sogaard of the Norwegian Institute of Public Health in Oslo and colleagues found.

Weight cycling could increase skeletal fragility by causing microscopic damage to bone structure, or it could also boost men's fall risk by weakening muscles, Sogaard noted in emailed comments to Reuters Health.

Sogaard and her team had previously found that among the group of men initially examined in 1972-1973 and then later in 2000, those who had lost weight more frequently, and lost more weight with each slimming bout, were more likely to develop metabolic syndrome and diabetes.

In the current study, in the *American Journal of Epidemiology*, the researchers investigated whether weight cycling was related to the risk of forearm fracture, "an early and sensitive marker of male skeletal fragility."

Among men who reported no weight loss episodes before age 50, about 17-18 percent suffered forearm fractures. The rate was 35-43 percent among men who had lost weight four or more times, depending to some extent on the amount lost.

After accounting for other factors, losing weight four or more times before the age of 50 nearly tripled the risk of forearm fracture after 50.

People who want to make sure their bones stay strong when they lose weight

Frequent weight loss may weaken men's bones

should always be sure to exercise as well as diet, Sogaard said. "We know that weight-bearing activities, weight-training and exercise with varied loadings (e.g. squash, badminton, tennis) are favorable for

muscles (and) balance, as well as bones."

Also, Sogaard noted, people who lose weight and then regain it often wind up weighing more than they did before they started trying to slim down. "If you want to lose weight, the crucial thing is to be serious (and) realistic regarding how much, and determined to change life-style," she said -- not just jump on a casual diet.

Mark Ariel
Editor-In-Chief

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Court Hears Claim Linking Vaccines to Autism

THE PARENTS OF TWO 10-YEAR OLD BOYS who believe vaccines caused their sons to develop autism brought their case to U.S. federal court last month, arguing a mercury preservative in the shots caused a rare reaction. Their case is the second of three being heard by a special court trying to determine if autism might sometimes be caused by vaccines. Although most medical experts say there is no link, the court can rule there is a plausible association and allow parents of children with autism to get federal compensation from a special vaccine fund.

TACKLE OBESITY LIKE SMOKING

Tackling the global obesity epidemic will require governments to take similar action to that many used to curb smoking, a top researcher said last month. This could include regulations that restrict how companies market “junk” food to children and requirements for schools to

serve healthy meals, said Professor Boyd Swinburn, a public health researcher who works with the World Health Organization.

BEING BREAST-FED MAY LOWER CANCER RISK

Adult women who were breast-fed as infants may have a lower risk of developing

breast cancer than those who were not breast-fed, unless they were first-born, study findings suggest. “As a general group, women who reported they had been breast-fed in infancy had a 17 percent decrease in breast cancer risk,” researchers said.

ANTI-INFLAMMATORIES DID NOT WARD OFF DEMENTIA

Giving elderly people either Aleve or Celebrex, two anti-inflammatory painkilling drugs, did nothing to ward off the mental decline associated with the onset of Alzheimer’s disease, researchers said last month. Several studies have suggested that long-term use of certain painkillers in the class known as non-steroidal anti-inflammatory drugs, or NSAIDs, can lower the risk of developing the memory-wasting disease.

CANE MAY EASE THE LOAD ON ARTHRITIC KNEES

Older adults with knee arthritis may be able to reduce some of the load on their knee joint by walking with a cane, a new study suggests. Australian researchers found that when they had 20 knee arthritis patients walk with a cane, it lessened the force on the inner side of the knee joint with each step.

MARIJUANA MAY UP HEART ATTACK, STROKE RISK

Heavy marijuana use can boost blood levels of a particular protein, perhaps raising a person’s risk of a heart attack or stroke, researchers said. Dr. Jean Lud Cadet of the National Institute on Drug Abuse said the findings point to another example of long-term harm from marijuana. But marijuana activists expressed doubt about the findings.



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WORST AIR QUALITY IN PITTSBURGH AND LOS ANGELES. 42 PERCENT OF ALL U.S. RESIDENTS LIVE IN COUNTIES WITH UNHEALTHY LEVELS OF EITHER OZONE OR PARTICLE POLLUTION

By Deborah Zabarenko

Pittsburgh, a former steel-making center once known for its sooty skies, is the worst city for short-term particle pollution, the American Lung Association announced last month.

It was the first time a city outside California topped any of the association's three lists for different kinds of pollution in its annual "State of the Air" report.

Greater Los Angeles was listed as the worst city for ground-level ozone

-- also known as smog -- and year-round particle pollution. Pittsburgh had the second-worst year-round particle pollution, the association said.

The shift occurred because Los Angeles took action to clean up particle pollution, the kind of tiny bits that can be inhaled and lodge in the lungs, the association's Janice Nolen said in a telephone interview.

In Pittsburgh, the biggest source of particle pollution is a steel plant in nearby Clareton, Nolen said. There are plans to reduce that kind of pollution in Pittsburgh, but because the report uses data from 2004 to 2006, those changes are not evident in the

current report, she said.

Overall, the report found 42 percent of U.S. residents, or nearly 125 million people, lived in counties with unhealthy levels of either ozone or particle pollution.

"We had seen some real improvement in a lot of areas in the first part of this century, but now we're seeing a leveling-off," Nolen said.

The earlier improvement was due in part to measures put in place to clean air pollution from power plants in the eastern United States, she said.

But other factors are pushing up pollution levels, including more electricity generation and an increase in the distances traveled by polluting vehicles, according to Nolen.

"Those kinds of things can add pollution and can make it harder to clean up the pollution that's already there," she said.

Ozone -- a gas that forms when sunlight reacts with emissions from motor vehicles, factories and power plants -- irritates the respiratory tract and can cause asthma attacks, coughing, wheezing, chest pain and premature death, the report said.

Short-term particle pollution, which affects over 81 million U.S. residents, involves sharp, brief rises in

the level of soot particles in the air, lasting from hours to several days. Those episodes can increase the risk of heart attacks, strokes and emergency-room visits for asthma and cardiovascular disease, and can increase the risk of early death.

Long-term particle pollution involves lower levels of pollution over longer periods of time, which can increase risk of hospitalization for asthma, damage lungs and increase the risk of premature death. †

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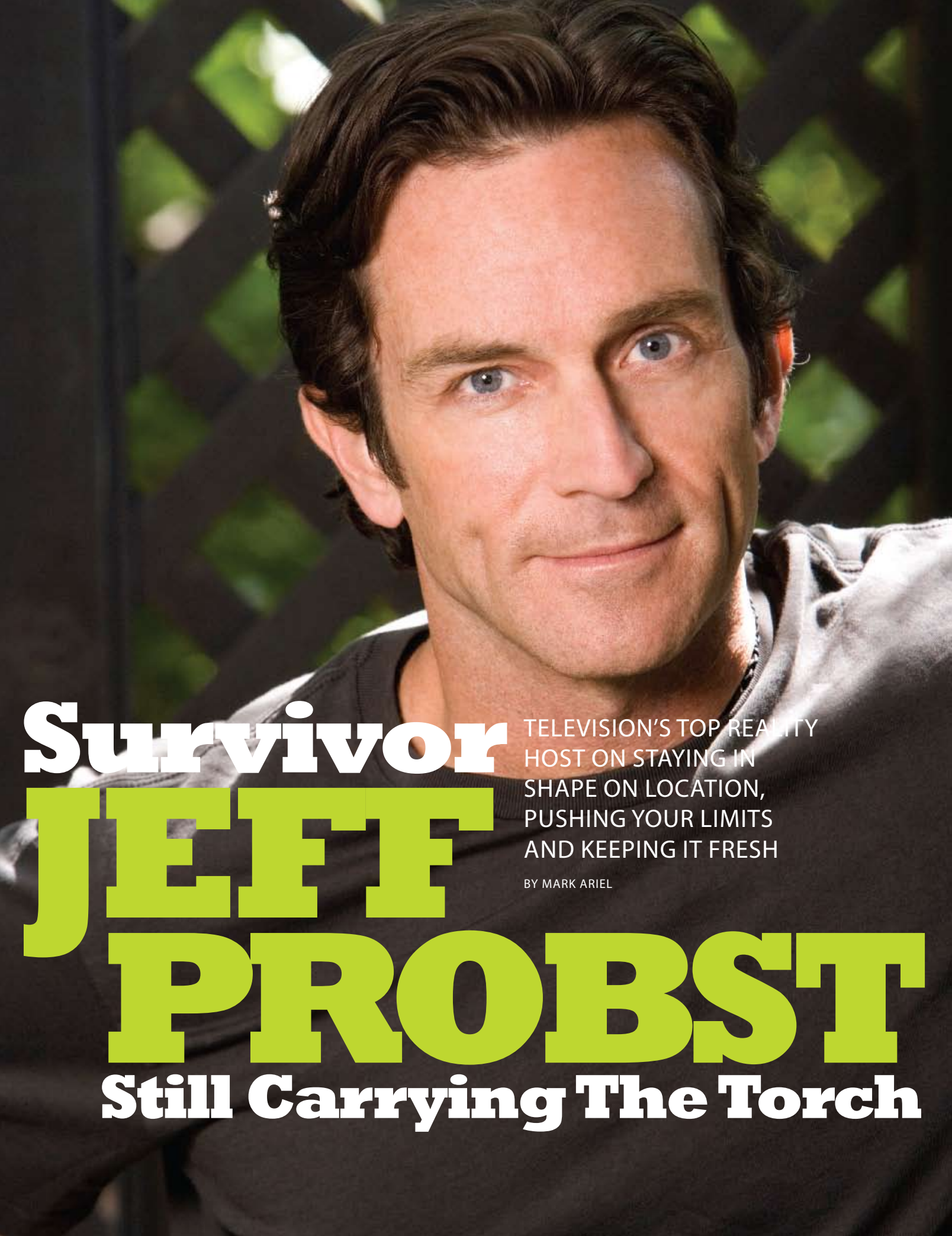
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BY MARK ARIEL

**JEFF
PROBST**

Still Carrying The Torch

Emma Award-winning host and producer Jeff Probst returns this season for the seventeenth installment of the phenomenally successful series "Survivor." Probst previously served as host of VH1's "Rock and Roll Jeopardy," hosted several programs for FX and traveled around the world as a correspondent for "Access Hollywood."

In 2007, Probst founded The Serpentine Project (www.theserpentineproject.com) a non-profit designed to help young adults transition out of the foster care system.

Probst is also a national spokesperson for St. Jude Children's Research Hospital and is actively involved with St. Jude, having helped raise over \$5 million dollars by teaming up with Chili's Bar and Grill for the "Create A Pepper" campaign.

Probst is the Collegiate Spokesperson for the Elizabeth Glaser Pediatric Aids Foundation (EGPAF). During "Survivor: Africa," Probst was instrumental in initiating a very successful relationship between "Survivor" and EGPAF. Each season Survivor memorabilia is auctioned off, and to date, the auctions have raised more than \$2 million for the organization.

Probst's fitness regimen is specially tailored for workouts away from home, usually without access to standard gym facilities.

"Every time I go on location, Doug Larson, my trainer, and I, get together and create new workouts," Probst reveals. "We typically strive for a 20 minute workout. We're usually in very hot climates - if I worked out for an hour I'd probably collapse. So we try to design it in a way that emphasizes maintenance - a workout that will keep me fit and in shape and keep my body moving - something you can do in 20 minutes and get it over and done with."

"Doug Larson is great at creating new exercises," says Probst. "The 'Wheel of Woe' is something he made up. He found this wheel at an exercise place, spent a day with it and figured out some things we could do with it, one of which is included in this workout... The reason I enjoy working with Doug is because he is the master of keeping it fresh. I have become convinced that the key is making it fun. You can get a lot done in under half an hour. You don't need all day, if you are willing to get in there and hit it hard you can give your body a good workout."

"I am not a gym rat," Probst reveals. "I don't like hanging out in a gym and just lifting weights. I like testing my body and pushing my limits because as I get older I want to stay healthy. I want to be sure that when I trip and need to catch my balance, those muscles are ready to engage."

FITNESS AWAY FROM HOME: Workout Guide This is the workout we designed for me to do while on location in Gabon. Requires very little Equipment. *Gear needed: 1 kettle bell, 1 wheel, 1 chin up bar*



PULL UPS

The granddaddy of all upper body exercises and the only way to work your back without special equipment.

Steps:

1. Grab bar slightly wider than shoulder width with arms hanging straight.
2. Raise body by pushing elbows down. Get chin over bar.
3. Lower body back down under control.

Jeff's workout: 4 sets to failure



KETTLE BELL "CLEAN AND JERK"

The granddaddy of all upper body exercises and the only way to work your back without special equipment.

Steps:

1. Place kettlebell on ground between your legs.
2. Keep chest high and eyes out, quickly squat and grab kettle bell.
3. As you straighten legs from squat position, drag kettle bell up close to your body.
4. When fist reaches sternum, flip kettle bell by bringing elbow quickly to ribs. Kettle bell should not smack forearm. Pads are suggested.
5. Fist is now even with shoulder and over elbow. Keep abs tight and explode upward bringing fist over your head.
6. Lower fist back to shoulder, let kettle bell fall back to ground. Don't try to lower, just let gravity take its course.

Jeff's workout: 3 ladders to 6 (1 ladder = 2R, 2L, 3R, 3L, to 6)



WHEEL OF WOE

A brutal core workout. Like the wheelbarrow race we did as kids. Also works chest, shoulders and triceps.

Steps:

1. Strap wheel onto feet. Place body in plank position, hands under shoulders.
2. Walk on hands for a distance of ten yards, keeping core solid. Don't sag.
3. Do 5 pushups, then pivot 90 degrees, do 5 more pushups. Continue rotating 90 degrees until you've completed an entire circle.
4. Turn around and walk back to start, then do 20 knee tucks.

Jeff's workout: 3 sets



Significant Others Can Make Dieting Difficult

A SPOUSE OR PARTNER CAN OFTEN help keep your new diet on track, but in some cases they just put up roadblocks, a new study shows.

In interviews with 21 couples in which one partner was trying to make diet changes, Canadian researchers found that the non-dieting significant other was usually supportive. Some kept tabs on the partner's eating, for instance, while others changed their own shopping and eating habits.

In some cases, however, partners were a hindrance, the researchers report. A few dieters, for example, complained that their partners would eat junk food or other forbidden treats in front of them. In other cases, the non-dieting half of the couple overtly expressed skepticism about the new diet and the partner's ability

to stick with it.

"Significant others who demonstrated strong support for their partner's dietary change typically described their relationship as very supportive and often saw their

direct participation in the change as a natural extension of their relationship," lead researcher Dr. Judy Paisley, of Ryerson University in Toronto, said.

In contrast, partners who put up obstacles were typically unaware that their behavior was negative, the researchers found.

The findings, according to Paisley's team, suggest that diet changes need to be seen as a "shared activity" between partners. This is important, they note, because one partner's diet makeover necessarily changes food buying and mealtime for both. ❖

Diet changes need to be "shared activity" between partners

BLOCKING BRAIN ENZYME CURBS HUNGER

Blocking a single brain enzyme helped short-circuit a key hunger signal in mice and made them eat less, lose weight and have better blood sugar control, researchers said last month. While much more research lies ahead, they said the finding may lead to new treatments for obesity and diabetes in humans.

BITTER MELON FIGHTS DIABETES

Substances isolated from bitter melon, a plant eaten and used medicinally in much of Asia, could provide the basis of new drugs for treating diabetes and obesity, an international team of researchers reports. Also known as balsam pear, the vegetable has been shown to reduce blood sugar in animal and human studies, Dr. Mon-Jia Tan of the Chinese Academy of Sciences in Shanghai and colleagues note in the journal *Chemistry & Biology*.

DIET LOWERS CARDIOVASCULAR RISK

Adhering to the "DASH" diet, a diet high in fruits and vegetables and low in animal protein, significantly reduces the risk of coronary heart disease and stroke in middle-aged women, according to a report in the *Archives of Internal Medicine*. The "Dietary Approaches to Stop Hypertension," or "DASH," diet is low in high-fat dairy foods, cholesterol, saturated fat and total fat. It is also high in dietary fiber, potassium, calcium, and magnesium, and moderately high in protein. To learn more about the DASH diet visit www.nih.gov.





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Aerobic Exercise Turns Back Biological Clock

COUCH POTATOES WHO COMPLAIN THEY are tired all the time have an easy solution-- a little light exercise.

Regular, low-intensity workouts such as a leisurely stroll can boost energy levels by 20 percent and decrease fatigue by 65 percent, a team at the University of Georgia found.

"Too often we believe that a quick workout will leave us worn out, especially when we are already feeling fatigued," researchers said.

"However, we have shown that regular exercise can actually go a long way in increasing feelings of energy, particularly in sedentary individuals."

Researchers at the university's exercise psychology laboratory studied 36 people who did not exercise regularly and who said they were always fatigued.

They were divided into three groups. One did 20 minutes of moderately intense exercise on an exercise bike three times a week for six weeks, the second did similar workouts but at a much more leisurely pace and the third did no exercise.

Adequate aerobic capacity key factor in quality of life

The low- and moderate-intensity groups had a 20 percent increase in energy levels over the non-exercisers, the researchers reported in the journal *Psychotherapy and Psychosomatics*.

To their surprise, the researchers found the low-intensity group reported better reduction in fatigue than those who worked out harder.

"It could be that moderate-intensity exercise is too much for people who are already fatigued and that might contribute to them not getting as great an improvement as they would had they done the low-intensity

HEART RISKS OF OBESITY REDUCED WITH EXERCISE

Women who are overweight or obese can reduce their risk of heart disease by exercising more, results of a new study indicate. However, "even high quantities of physical activity are unlikely to fully reverse the risk of (heart disease) in overweight and obese women without concurrent weight loss," Dr. Amy R. Weinstein and colleagues report in the *Archives of Internal Medicine*.

NEW RULES ON KIDS' STRENGTH TRAINING

Strength training for children and adolescents can be appropriate and beneficial in some cases, but young athletes must learn proper technique and be supervised by specially qualified instructors, according to the American Academy of Pediatrics (AAP). Children who have not yet reached skeletal maturity shouldn't engage in power lifting, body building, or efforts to lift a maximum amount of weight in a single repetition, the AAP warns.

PAINKILLERS HELP BUILD MUSCLE

In a study of healthy older adults lifting weights regularly, for 3 months, taking recommended daily doses of ibuprofen (like that in Advil) or acetaminophen (like that in Tylenol) led to substantially greater increases over inactive placebo in quadriceps muscle mass and strength. Taking these painkillers regularly during resistance training seems to induce changes within the muscle that enhance the metabolic response to resistance exercise, which promotes additional muscle building and strength gains in the elderly, the researchers found.



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Love Thyself

MASTURBATING LOWERS PROSTATE CANCER RISK

By Victor Melamed

Frequent masturbation, particularly in the 20s, helps prevent prostate cancer later in life, according to recent research.

Australian scientists have shown that the more men masturbate between the ages

of 20 and 50, the less likely they are to develop the disease that kills more than half a million men each year.

They suspect that frequent ejaculation has a protective effect against the cancer because it prevents dangerous carcinogens from building up in the gland.

"The more you flush the ducts out, the less there is to hang around and damage the cells that line them," Graham Giles, of the Cancer Council Victoria in Melbourne, told *New Scientist* magazine.

In a survey of 1,079 prostate cancer patients and 1,259 healthy men, Giles and his team discovered that men who ejaculated more than five times a week in their 20s were a third less likely to develop an aggressive form of the disease.

The results contradict those of previous studies, which have suggested that having had many sexual partners, or a high frequency of sexual activity, increases the risk of prostate cancer by up to 40 per cent. The key difference is that these earlier studies defined sexual activity as sexual intercourse, whereas the latest study focused on the number of ejaculations, whether or not intercourse was involved.

The team speculates that infections caused by intercourse may increase the risk of prostate cancer. "Had we been able to remove ejaculations associated with sexual intercourse, there should have been an even stronger protective effect of other ejaculations," they suggest. "Men have many ways of using their prostate which do not involve women or other men," Giles adds.

Giles accepts the possibility that the men who completed the questionnaires could have lied about their habits. But he doubts this skewed the results, since questions about masturbation are unlikely to evoke the same macho exaggeration as questions about the number of sexual partners. †



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A professional triathlete, Brendan Brazier, is captured in a dynamic running pose on a sandy beach. He is wearing a red and white athletic singlet with a chevron-like pattern, dark shorts, and white running shoes with red accents. The background shows the ocean with waves breaking under a clear blue sky.

PROFESSIONAL IRONMAN
TRIATHLETE **BRENDAN BRAZIER**
ON OBESITY, MALNOURISHMENT
AND WHY PLANT-BASED WHOLE
FOODS ARE THE TRUE FUTURE OF
OPTIMAL HEALTH

BY MARK ARIEL

Strive to **Thrive**

Brendan Brazier is one of only a few professional athletes in the world whose diet is 100 percent plant-based. He's a professional Ironman triathlete, bestselling author on performance nutrition, and the creator of an award-winning line of whole food nutritional products called VEGA. He is also a two-time Canadian 50km Ultra Marathon Champion.

Brendan's professional athletic career began in 1998. Over the course of only a few years, his performance quickly climbed, improving each year in Ironman triathlon racing. At Ironman Canada, in 1999 he finished 21st, the following year he placed 14th, then 11th, followed up by an 8th place finish in 2002 in Ironman Utah. In 2003 and 2006 Brendan won the National 50km Ultra Marathon Championships. Other results include 3rd place at the National Long-Course Triathlon Championships and both 3rd and 2nd in consecutive years in the Royal Victoria Marathon.

Towards the end of 2003 Brendan was hit by a car while cycling, as a result could not race in 2004. He took advantage of the extra time on his hands and wrote a book that outlined the successful diet that had helped him improve his athletic performance at an above-average rate. THRIVE: A guide to optimal health and performance through plant-based whole foods (out of print as of 2007. 30,000 copies sold - replaced with The Thrive Diet, Penguin, 2007) became a Canadian bestseller within five months. Brendan then partnered with a sport nutrition company and produced a commercial replica of his blended drink formula that he had been making for himself for 15 years, one of the reasons for his quick improvements. He called it VEGA. VEGA launched in Canada in late 2004 and became one of the bestselling health food products on the Canadian market. It received the prestigious Nutrition Business Journal merit award. Presented for the first time ever to a product not yet on the US market, VEGA became known in the United States. In 2005

We treat obesity with drugs and fad diets and combat fatigue with refined carbohydrates, sugar and caffeine. These are short-term solutions that eventually render us energy depleted, over-stimulated, chronically stressed and vulnerable to illness and premature aging

Brendan then launched his 100% raw whole food energy bar, again a commercial replica of what he made to support his intense training. Now in over 1200 Canadian health food stores, VEGA launched in the US in March of 2006, winning the "best in show" award from VegNews Magazine

Nominated in 2006 for the Manning Innovation Award, Canada's most prestigious award for innovation, Brendan was short listed for the formulation of Vega. In 2006, Brendan also was invited to address US Congress on Capitol Hill, where he spoke of the significant social and economic benefits that could be achieved by improving personal health through better diet. The focus of his speech was to draw attention to the role that food plays in the prevention of most chronic diseases currently plaguing North Americans.

Over the past 50 years, states Brazier, our Western culture has managed to complicate matters concerning diet and its relation to health. Obesity and malnourishment exist simultaneously while the over-consumption of calorie-rich but nutrient-poor foods drain our energy. To make matters worse, we treat obesity with drugs and fad diets and combat

fatigue with refined carbohydrates, sugar and caffeine. These are short-term solutions that eventually render us energy depleted, over-stimulated, chronically stressed and vulnerable to illness and premature aging.

So what can we do to address this problem? Today, says Brazier, many health experts believe the solution is to consume primarily plant-based whole foods; pure and simple as nature intended. Whole foods support all the requirements of a healthy body system, from absorption to elimination.

The challenge with whole foods has always been their relative inconvenience to prepare, compared to the gamut of fast food offerings so readily available to us. Born of the belief that one should not have to compromise between whole food goodness and fast food convenience, Vega was created with the following principles in mind:

- Plant-based whole foods are the true future of optimal health.
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- Food should energize through nourishment, not stimulation.
- Refined foods, sugar and caffeine 'lend' temporary energy by stimulating the adrenal glands, creating a brief increase in energy levels but eventually resulting in fatigue. Vega contain an ideal balance of essential fatty acids, fiber and low glycemic carbohydrates to provide a constant, enduring supply of energy through nourishment, not stimulation, resulting in improved performance, mental clarity and enhanced ability to burn body fat.

To learn more about plant based diets visit Brendan Brazier's website at: www.brendanbrazier.com.



Parent Alert: Children Worried About Body Image

RESEARCHERS HAVE RECENTLY FOUND that girls as young as six are already worrying about their weight and thinking about diets. At five years of age girls seem relatively unconcerned about their weight, however by the time they turn six or seven, body image is all important and as many as 47 per cent want to be thinner. By the time girls are in the second grade, more than 71 per cent want to be slimmer, says researcher Hayley Dohnt.

When she asked children about their awareness of dieting etc, "she should go to Jenny Craig", was one comment from a five year old girl. It is a cause for some concern that at aged 5 they are aware that you go to Jenny Craig to lose

weight, researchers note.

The study, a preliminary look at the attitudes of young girls, shows that body image becomes an issue well before the usually accepted theory of a girl's transition to high school, after the age of 12 or 13.

Parents need to be aware of the messages they often unwittingly give to their children, as children are very receptive to these messages and particularly to media pressure on what is beautiful.

Researchers conclude the study results suggest that young children are potentially facing body dissatisfaction; intervention programs in school could help prevent many eating disorders and self-esteem issues later on. ❖

Study suggests young children potentially facing body dissatisfaction

DRUG USEFUL FOR SCALP PSORIASIS

Alefacept, a drug that reduces the activity of certain immune cells, is effective in treating psoriasis of the scalp, according to a report in the Journal of the American Academy of Dermatology. Psoriasis is a chronic skin condition appearing as red patches covered with white scales. The patches are often itchy and may affect large areas of the body, usually in the scalp or extremities.

CRACK DOWN ON "PRO-ANOREXIA" WEBSITES

French politicians called last month for stiff penalties of up to three years jail and heavy fines against "pro anorexia" websites and publications that encourage girls and young women to starve themselves. "Giving young girls advice about how to lie to their doctors, telling them what kinds of food are easiest to vomit... is not part of liberty of expression," Health Minister Roselyne Bachelot said.

HEAVY EARRINGS MAY BE DANGEROUS

They're definitely in style - but according to doctors - heavy earrings can be a dangerous fashion accessory from which more and more women are seeking surgery. Patients with tears in their earlobes from wearing heavy earrings are told to simply stop wearing them in order to let the lobe heal on its own, but often that doesn't work.

According to plastic surgeons, it's becoming more and more popular for patients to get their lobes surgically repaired.



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WEST HOLLYWOOD MAYOR JEFFREY PRANG ON GYM BUNNIES, THE VANITY FACTOR AND SELF-DISCIPLINE

By Mark Ariel Photo by Brandin Rackley

Jeffrey Prang, 45, was first elected to the West Hollywood City Council in 1997. He was re-elected in 2001 and 2005 and has served as Mayor from 2000-01, 2003-04 and at present. Born in Detroit and raised in Warren, Michigan, Prang is a graduate of James Madison College at Michigan State University with a B.A. in International Relations. In 2004 he completed the Program for Senior Executives in Local and State Government at the John F. Kennedy School of Government at Harvard University.

When Prang moved to West Hollywood in 1987 he quickly realized the importance of gym culture in the city. "I remember someone telling me that if you don't belong to at least 2 gyms, you're nobody," he laughs. "I joined what was then called the Sports Connection and all of its variations since then. I think it's probably fair to say that in my younger days I was a gym bunny. I used to go every day."

"I think the gym culture really began around 1980 and it quickly enveloped the gay and lesbian community," says Prang. "At the time the gym played an important social factor in my life. If I didn't get to work out every day it made me nervous and stressed. To a degree it still does. However when I was elected to office in 1997 it became more of a challenge. I try to get to 24 Hour Fitness once or twice a week - and I supplement my workouts at a small gym in our building. I still try to do my full work out with weights at least 3 times a week, in addition to cardio."

"When I was younger," reveals Prang, "I don't know that I understood the health issue as much, my workouts were more due to vanity concerns. However now, when I miss the gym I start to feel sluggish."

"I think for a lot of people, as you get older, you're more set in your ways. I know people with what I call a passive gym membership - you pay your gym a lot of money - and don't use it... Finding that discipline in yourself and making it a part of your day is not to be underestimated. It's a really hard thing to do. Even among people who are conditioned to eating well and working out - maintaining that sense of priority never stops. It's a life changing decision, something you just have to work at if you want those results. It's a daily investment." ♣



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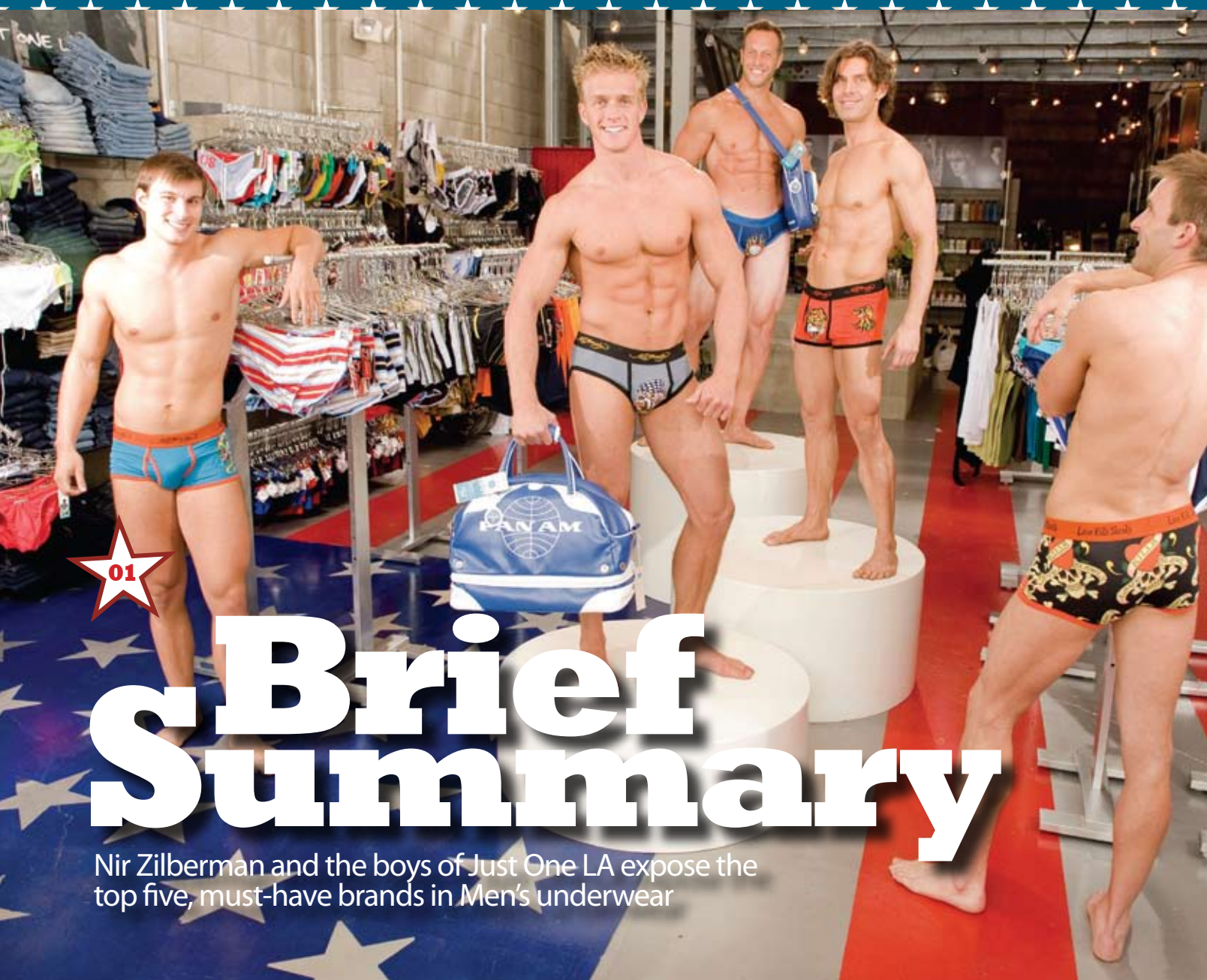
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Nir Zilberman and the boys of Just One LA expose the top five, must-have brands in Men's underwear

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02

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04





More Doubts About Echinacea Preventing Colds

THE POPULAR HERBAL COLD-FIGHTER echinacea may not work as advertised, a new clinical trial shows.

Echinacea, which is derived from the coneflower, has long been touted as a way to bolster immunity and prevent or ease the common cold. But studies have come to conflicting conclusions as to whether the herb is truly effective.

This latest study, published in the *Annals of Allergy, Asthma and Immunology*, adds to doubts about echinacea's ability to prevent colds.

Researchers at the University of California San Francisco found no clear evidence that echinacea prevented nasal congestion, sore throats or other cold-season woes among 58 volunteers they followed for eight weeks.

Study participants were randomly as-

signed to take either three echinacea capsules or three parsley-containing placebo capsules twice a day for the entire study period. Once a week, the researchers asked the volunteers whether they had suffered a sore throat, runny nose, headache or other cold symptoms over the previous week.

Overall, the echinacea group reported nine "sick days" per person, while the placebo group reported 14. The difference, however, did not hold up when the researchers performed a statistical analysis of the data—meaning the difference in sick days could have been due to chance.

"This study is one of many with equivocal findings that really do not support the use of echinacea to prevent the common cold," lead researcher Dr. Joelle O'Neil told Reuters Health. ❖

Conflicting conclusions regarding herb's effectiveness

OMEGA-3, CROHN'S DISEASE STUDY

Supplements of omega-3 fatty acids, taken by many with Crohn's disease, do not work to manage the incurable inflammatory bowel ailment, an international team of researchers said last month. The findings cast doubt on a popular alternative treatment used by perhaps a fifth of Crohn's patients to try to stave off symptoms that can be painful and debilitating.

CHRONIC ILLNESS SUPPLEMENT USE

Having one or more chronic illness is the primary factor associated with the use of dietary supplements. Cancer survivors also use supplements to treat chronic medical conditions, but not specifically for cancer, a new study shows. Given the lack of information on the risks and benefits of many supplements, as well as their potential for interaction, it's imperative for cancer patients to let their physician know about what non-prescription medications and natural products they may be taking, researchers said.

B VITAMINS FAIL TO CUT HEART RISK

Giving B vitamins and folic acid supplements to reduce high levels of a blood protein that is a marker for heart disease did nothing to protect women from heart trouble, according to a study released last month. The findings published in the *Journal of the American Medical Association* raised further doubts about whether addressing an indicator for heart disease -- in this case, the amino acid homocysteine -- can prevent heart attacks or strokes.



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Everything You Need to Know About Dental Implants

By Bruce F. Beard, DDS

If you have lost a tooth, it is likely that one of your options is to replace it with a dental implant.

What are Dental Implants?

A dental implant is a titanium metal replacement for a root of a tooth that is surgically implanted in the jawbone. As the body heals for approximately two to six months after the placement, the bone fuses to the implant through a process called osseointegration. After the healing phase is complete, the implants are used to anchor crowns, bridges, or dentures. Dental implants are the most natural replacement for a missing tooth.

For some people, ordinary bridges and dentures are simply not comfortable or even possible, due to sore spots, poor ridges or gagging. In addition, ordinary bridges must be attached to teeth on either side of the space left by the missing tooth. An advantage of implants is that no adjacent teeth need to be prepared or ground down to hold your new replacement tooth/teeth in place.

How do Dental Implants Work?

Because implants fuse to your jawbone, they provide stable support for artificial teeth. Dentures and bridges mounted to implants won't slip or shift in your mouth - an especially important benefit when eating and speaking. This secure fit helps the dentures and bridges - as well as individual crowns placed over implants - feel more natural than conventional bridges or dentures.

Root-form implants are the most common type used today. A root-form implant looks like a small cylinder or screw. After the implant is placed in the jawbone, a metal or ceramic collar called an abutment eventually is attached to it. The abutment serves as a base for a crown, denture or bridge. The cosmetics result achieved with implants can be amazing and totally undetectable.

How Many Will I Need?

Implants can be used to replace just one tooth or an entire mouth. When replacing multiple teeth, it is not necessary to have an implant for each missing tooth. Each situation must be evaluated individually since everyone has different jaw bone shapes and sizes.

How Successful are Implants?

The ability of titanium to fuse with bone was discovered in 1952, by a scientist named Dr. P.I. Brånemark. He was using titanium chambers screwed into bones as part of his research to discover how bone healed after an injury. When he tried to remove the titanium chambers, he found they had become bonded to the bone.

As a result of this discovery, patients have had the benefit of implants lasting over 30 years at a success rate of over 90%.

What do Implants Cost?

Implants have two different parts; the portion below the gums (implant) and the portion above the gums (tooth). Each portion costs just slightly more than a conventional crown. For instance, if you need to replace one tooth, the cost would be slightly higher than having a conventional 3 unit fixed bridge made. While the upfront cost for implants may be more than for other types of restorations, the investment can pay off in the long run. ☙



Bruce F. Beard, DDS, a member of the American Academy of Cosmetic Dentistry, Trained at the Las Vegas Institute of Advanced Dental Studies, California and American Dental Association and Past Chairman of the SFVDS Peer Review, is a leader in cosmetic dentistry. For more info visit www.SensationalSmileCenter.com or call at 818-276-1798



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Kids More Vulnerable to Swimming-Related Illness

CHILDREN AGE 10 AND YOUNGER are more likely than older kids and adults to be sickened by swimming in bacteria-contaminated water, researchers from the Environmental Protection Agency (EPA) and the Centers for Disease Control and Prevention report. Experts had long suggested that children might be at greater risk of swimming-related illness than adults, Dr. Timothy J. Wade of the EPA's National Health and Environmental Effects Research Laboratory in Chapel Hill, North Carolina, and colleagues note, but this is the first research to show that this is actually the case. Wade and his team also found that an experimental method for gauging water qual-

ity by checking for bacterial DNA was not only quicker than the standard technique, but better able to predict pollution-associated health risks. "Overall the current guidelines are protecting public health, but this probably has the potential to do better," Wade told Reuters Health. "Results can be obtained much faster and therefore an action could be taken much faster." Currently, local authorities will typically test beach water quality by trying to grow certain types of bacteria from water samples, which can take 24 to 48 hours to yield results. The newer method called quantitative polymerase chain reaction (QPCR) may be able to reveal contamination levels in as little as two hours. ❖

Overall the current guidelines are protecting public health

PROLONGED BREASTFEEDING HIGHER IQ

Children who are exclusively breastfed for at least 3 months tend to be more cognitively advanced at school age, according to findings from the Promotion of Breastfeeding Intervention Trial (PROBIT). The study showed statistically significantly higher average differences in the breastfed group for vocabulary and verbal IQ, researchers report.

DIABETIC KIDS DENTAL ISSUES

Children with diabetes may develop their permanent teeth earlier than normal, which could potentially increase their risk of dental problems, according to findings published in the medical journal *Pediatrics*. The researchers found that 10- to 14-year-olds with diabetes tended to have their final permanent teeth come in earlier than their peers did. The problem with such accelerated tooth "eruptions" is that they could raise the odds of misaligned or "crowded" teeth -- which, in addition to cosmetic effects, can make it harder to clean the teeth and keep the gums healthy. The findings underscore the importance of regular dental checkups for children with diabetes.

CHILD SAFETY SEAT ALERT

Positioning child safety seats in the center of the back seat could cut infants' and toddlers' injury risks by nearly half, a new study suggests. In a study of car crash data from 16 U.S. states, researchers found that children younger than 3 years old were 43 percent less likely to be injured when their seat was fastened in the center of the back seat rather than one of the side seats.



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ADVANCES IN COSMETIC SURGERY HAVE MADE ACCEPTABLE AND AFFORDABLE PROCEDURES AVAILABLE TO MEN SEEKING TO MAINTAIN A HEALTHY AND YOUTHFUL APPEARANCE

By Nathan Newman, MD

Cosmetic Surgery For Men

Men have embraced and sought advanced cosmetic surgery techniques to maintain a youthful appearance without visible scars and with natural results.

Technological advances have allowed for affordable procedures to be carried out safely and undetectably. Almost all the procedures can be performed without the need for general anesthesia and with little to no down-time. Below I will list and touch upon the most common cosmetic procedures that men seek.

- Liposuction, Liposculpture and Lipo-correction
- Fat Repositioning (fat grafting injections)
- Scar-Free Face-lift and Neck-lift
- Non-surgical Nose Enhancement and Rhinoplasty (nose surgery)
- Blepharoplasty (eyelid surgery)
- Hair Transplantation
- Otoplasty (ear tuck)
- Chin Augmentation
- Gynecomastia (breast reduction)
- Botox (for expression lines)
- Wrinkle Correction with temporary and permanent Fillers (Juvederm, Restylane, Radiesse, Sculptra, Artefill)
- Laser Hair removal (in all skin colors)
- Laser Skin Treatments (to tighten skin, even skin tone, and reduce wrinkles in all skin colors)
- Chemical Peels
- Acne Scar Correction
- Abdominoplasty (tummy tuck)

For men, the pockets of fat on the neck, love handles, waist, flanks, abdomen and chest (breast area) are hard to lose with diet and exercise alone. Various lipo-techniques are utilized to shape the body to a more desired contour.

The unwanted fat on the body is repositioned into the face areas that have deflated, hollowed and sagged over the years, causing you to look tired and aged. By replenishing the fat volume in these areas



the skin is lifted to give a healthier, youthful and rested appearance. A new method has been developed to optimize the amount of adult stem cells in the fat that can be utilized to achieve long-lasting, natural and undetectable cosmetic outcome.

In addition to the fat, other modalities such as lasers, fillers, Botox, threads, ribbons and chemical peels can be used synergistically to fill, lift, and tighten the skin on the face and neck without visible scars and with natural and undetectable results. As part of the scar-free approach, nose, chin and cheek enhancement is possible with the use of temporary or permanent fillers and with Botox.

With significant weight loss the skin may become loose with or without associated medical conditions such as skin rash or hernias. In such cases, the excess skin is removed surgically and a much more sculpted figure is achieved.

Advances in cosmetic surgery have made acceptable and affordable procedures available to men seeking to maintain a healthy and youthful appearance.



Dr. Nathan Newman is a renowned surgeon in Beverly Hills who is on the forefront of advanced cosmetic surgery. 310-273-3344 or www.orchidsurgery.com



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Tree-Lined Streets May Cut City Kids' Asthma Risk

CITY BLOCKS BOASTING plenty of trees aren't only more pleasing to the eye; they may be healthier for children's lungs, according to research conducted in New York City.

Four- and five-year-olds living along the city's greenest streets were less likely to have asthma than young children living in sparsely planted neighborhoods, researchers found.

"We think that trees might have a beneficial effect on air quality -- affecting air quality right at the street level," researchers said. While the effects were independent of poverty and pollution, the researchers added, its possible street trees may simply be a stand-in for a healthful environment. "We're not confident that it's the trees themselves that are what's driving this."

Asthma rates have risen sharply in the US since 1980, and inner cities have been hit particularly hard, researchers note. Trees could cut asthma risk by cleaning the air and encouraging kids to play outdoors, they add; but the pollen they release could also contribute to asthma attacks. To investigate, the researchers compared a census of New York City's half-million street trees from 1995 to statistics on asthma prevalence and hospitalization rates for 1999.

As the density of trees in a neighborhood rose, asthma prevalence fell, even after the researchers accounted for the percentage of residents living below the poverty line, a neighborhood's proximity to pollution sources such as busy truck routes, and other relevant factors. ❖

As the density of trees rose, asthma prevalence fell

PLASTIC BOTTLE CHEMICAL MAY BE HARMFUL

A chemical in some plastic food and drink packaging including baby bottles may be tied to early puberty and prostate and breast cancer, a government agency said last month. Based on draft findings by the U.S. National Institutes of Health, senior congressional Democrats asked the Food and Drug Administration to reconsider its view that the chemical bisphenol A is safe in products for use by infants and children. The chemical, also called BPA, is used in many baby bottles and the plastic lining of cans of infant formula.

AIR POLLUTION BLOOD CLOT LINK

Air pollution heavy in small particles may cause blood clots in the legs, the same condition air travelers call "economy class syndrome" from immobility during flight, researchers said last month. The findings introduce a new and common risk for deep vein thrombosis, the researchers said and "give further substance to the call for tighter standards and continued efforts aimed at reducing the impact of urban air pollutants on human health."

DOG KEEPS ALLERGIES AT BAY

Having a dog in the house reduces the risk that young children will develop allergies, German researchers said last month. The finding lends weight to the theory that growing up with a pet trains the immune system to be less sensitive to potential triggers for allergies like asthma, eczema and hay fever.



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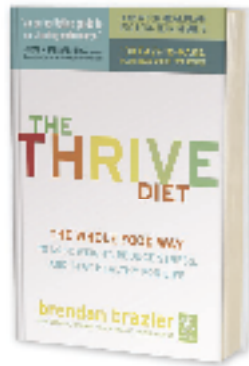
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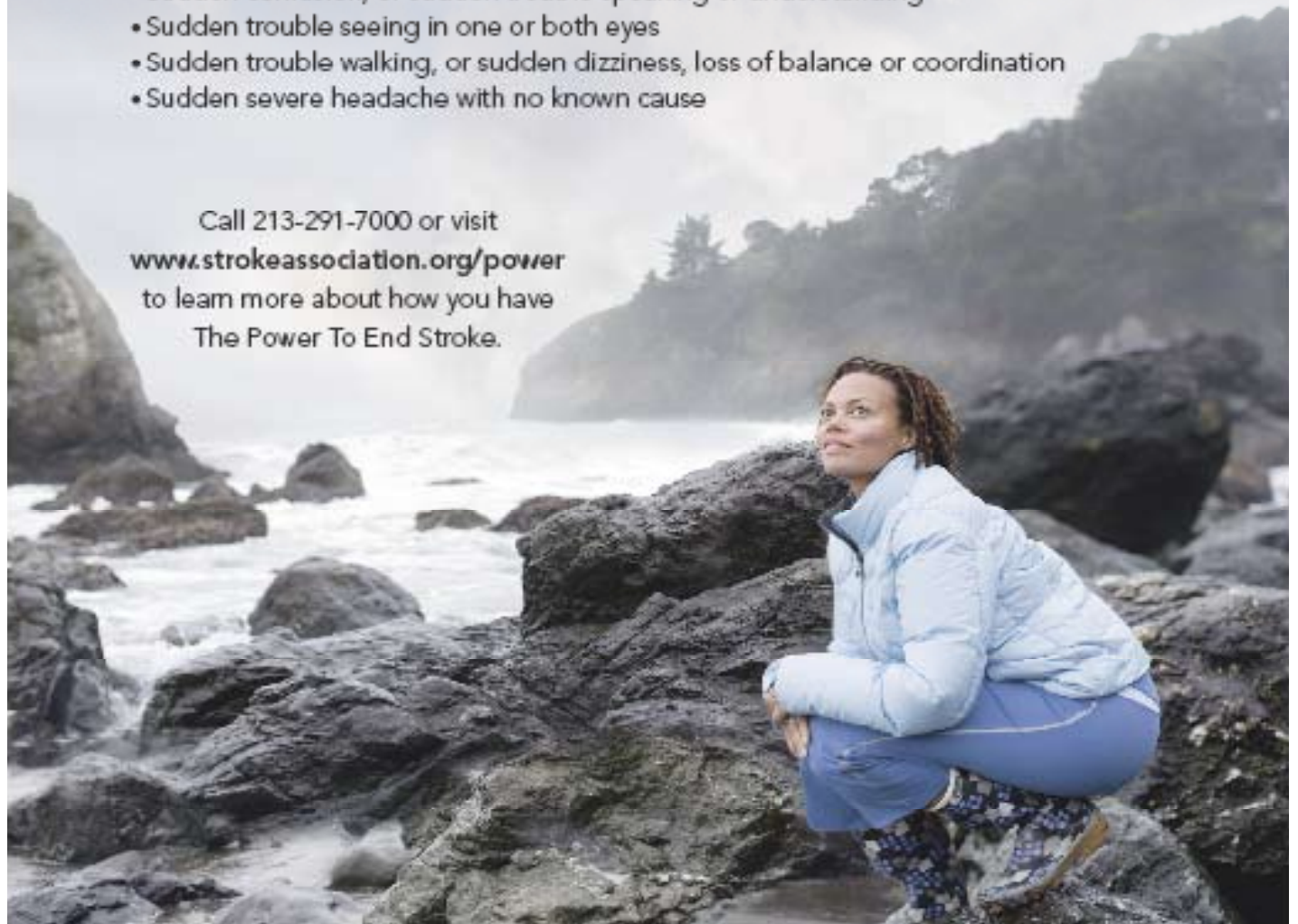
If you’re African American, your risk for stroke is significantly higher than any other ethnicity. The American Stroke Association’s Power To End Stroke movement aims to educate African Americans about the risk, and to empower African Americans to fight stroke in their communities.

Know the warning signs of a stroke. Act quickly when a stroke occurs. By learning and sharing this information, you could help someone you love avoid the devastating physical, mental, and emotional damage caused by stroke.

Call 9-1-1 immediately at the first sign of these symptoms:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
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*Belmont resident Helen Snof with
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Painkillers Help Build Muscle In Older Exercisers

IN A STUDY OF HEALTHY OLDER ADULTS lifting weights regularly, for 3 months, taking recommended daily doses of ibuprofen (like that in Advil) or acetaminophen (like that in Tylenol) led to substantially greater increases over inactive placebo in quadriceps muscle mass and strength.

Taking ibuprofen or acetaminophen regularly during resistance training seem to induce changes within the muscle that enhance the metabolic response to resistance exercise, which promotes additional muscle building and strength gains in the elderly, the researchers found.

During 12 weeks of supervised knee-extensor weight training, performed three times per week for 15 to 20 minutes, 36 men and women, between 60 and 78 years old, were randomly assigned to ibuprofen, acet-

aminophen, or placebo in doses mimicking what chronic users of these pain relievers were likely to be taking on a daily basis.

"We used 1200 milligrams a day for ibuprofen and 4000 milligrams per day of acetaminophen, which is the maximum over-the-counter daily dose," researchers explained in an interview with Reuters Health.

As expected, resistance training alone (placebo group) increased quadriceps muscle mass and muscle strength. However, the increases were far greater in the ibuprofen and acetaminophen groups.

"The muscles of the ibuprofen and acetaminophen users got 40 to 60 percent bigger than the placebo group and their muscle strength also went up higher than the placebo group," researchers said. ❖

Ibuprofen, acetaminophen promoted seniors' strength gains

LOW VITAMIN D DEPRESSION RISK

Older people with low blood levels of vitamin D and high blood levels of parathyroid hormone are more likely to be depressed, Dutch researchers report. But it remains unclear whether these abnormalities are a cause or a consequence of depression, researchers say. If vitamin D deficiency is a cause rather than a result of depression, they add, this suggests supplementation with the vitamin and increased exposure to sunlight could help treat the mood disorder.

CAR SAFETY FOR SENIORS

Older people should be careful when getting into cars, and even more so when getting out, a new analysis of national injury data shows. An estimated 37,000 people 65 and older are injured each year when entering or exiting a vehicle, researchers found. About 40 percent of these injuries were due to falls. "It's important for people to be aware that there is a fall risk of getting into and out of a vehicle," researchers said.

PANEL URGES CARE IMPROVEMENTS

The U.S. health care workforce is drastically unprepared for the coming surge in the number of elderly people, and urgent steps are needed to ensure they get the care they will need, experts said last month. An Institute of Medicine report recommended a series of steps to bolster the number and training of health care workers who care for the elderly amid concern they will be swamped as the 78 million baby boomers begin hitting age 65 in 2011.





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Chewing the Fat

RESEARCH LINKS COMMON CHEMICALS TO OBESITY

By Michael Kahn

obese later in life, researchers said last month.

Their studies of mice showed animals exposed to even tiny amounts of the chemicals during development were fatter when they grew older compared with mice not exposed to the compounds, they told the 2008 European Congress on Obesity.

"We are talking about an exposure at very low levels for a finite time during development," said Jerry Heindel of the U.S. National Institute of Environmental Health Sciences.

"The fact that it is such a sensitive period, it may be altering the tissue and making people more susceptible to obesity."

The World Health Organization estimates some 400 million people are obese, a problem that raises the risk of conditions like type 2 diabetes and heart disease.

Previous studies have linked these chemicals -- also found in water pipes -- to cancer and reproductive problems, prompting a number of countries and U.S. states to consider potential bans or limits of the compounds, the researchers said.

One of the chemicals is called bisphenol A, found in polycarbonate plastics. Past research has suggested it leaches from plastic food and drink containers.

A team at Tufts University in the United States showed that female mice whose mothers were exposed

Exposure in the womb to common chemicals used to make everything from plastic bottles to pizza box liners may program a person to become

to this chemical early in pregnancy gained more weight in adulthood even though they ate the same amount of food and were as active as other mice.

A similar effect occurred with perfluorooctanoic acid -- a greaseproofing agent used in products such as microwave popcorn bags. These animals were unusually small at birth then became overweight later in life.

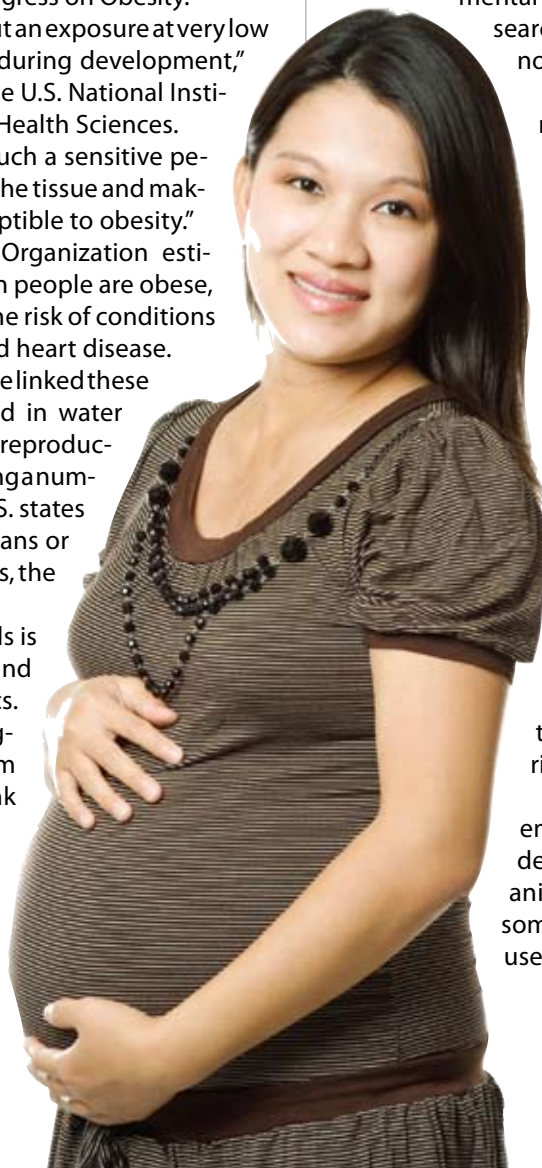
"One of the problems we are finding is we don't know where all these chemicals are," said Suzanne Fenton, a research biologist at the U.S. Environmental Protection Agency, whose research focused on perfluorooctanoic acid.

The chemicals appear to disrupt the endocrine system by altering gene and metabolic function involved in weight gain, said Bruce Blumberg, a University of California biologist.

The result is the offspring store fat cells more efficiently, which makes them gain weight, he said. Blumberg studied tributyltin, a chemical used in boat paint, plastic food wrap and as a fungicide on crops.

The findings suggest some people may be programmed to obesity before birth and underscore the need to identify biomarkers scientists can use to identify people at risk, the researchers said.

"We are calling this an emerging hypothesis," Heindel said. "Most of the data is in animals and we want to develop some biomarkers that could be used in humans. ☩"



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A variety of tooth whitening options are available today. They include over the counter whitening systems, whitening tooth paste, and the latest high tech option- light activated tooth whitening. For maximum effects, as of today, a form of peroxide is usually the agent most often used.

In Office Light Activated Bleaching

The main branded systems for this technique are: BriteSmile, Rembrandt Sapphire, and Discus Dental Zoom. At one point lasers were used, but today's lamp technology on average produces more consistent results. The gums and lips are protected; the gel is applied to the teeth, and activated for 15-20 minutes. The gel is replaced for 2 to 3 total applications, for about an hour of treatment time.

Patient Applied (Home) bleaching

The most effective is dentist fabricated bleaching trays. The patient places the whitening gel in the trays, and wears from 2 to four hours each day. Success is governed by patient compliance and bleaching period is generally 2-3 weeks.

Another new option is the "at-home" strips or trays. These work sometimes but they are very inconsistent and not as effective as the above methods. The reason these are less desirable is because the concentrations are so different and patients lack the expertise for proper placement. Many times this becomes more expensive because many people repeat the application so many times trying to get a satisfactory result.

How long does the whitening last?

Treatment is seldom permanent and a reliable prediction of the exact duration of color change is impossible. Generally, the color lightening lasts from 1 to 4 years, with the teeth gradually returning to their original color, partly due to age darkening.



The effect seems to last longer in young patients and yellow stains recur more slowly than blue/gray/black discoloration.

There are potential risks of all whitening procedures. Sometimes there is an adverse soft tissue response to long term contact with the chemicals. Excessive ingestion of the chemicals can cause possible systemic effects. There may be transient hypersensitivity of the teeth and possible bite alterations or TMJ problems from extended use of trays. For these reasons, it is best to have the procedure professionally monitored.✚

Dr. Manny Fernandez, DDS is a member of the American and California Dental Associations, Board of Trustees for the California Dental Association, Trained at Las Vegas Institute for Advanced Dental Studies, Trained Sedation Dentist (DOCS). For more info visit www.SensationalSmileCenter.com or call at 818-276-1798.

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The store is innovative because the highly trained staff uses digital computerized foot scanning technology to analyze and fit each customer and their specific foot care needs. Fitting specialists at the store have completed courses in foot pathology and physiology. Their 10-step fitting process means a fitting specialist will spend an average of 30 to 45 minutes with each customer.

"The analysis is all done free as part of our service to the customer," said Foot Solutions franchisee owner Martin Petersen. "Our motto is shoes can make you feel good and when your feet feel good, you will feel good and you will perform at your best."

Foot Solutions targets 18 health problems that are eliminated or greatly alleviated by their products including heel and arch pain; diabetic foot disorders, arthritis, sports injuries; and back pain.

"What makes Foot Solutions unique is that we're a one-stop solution to a wide variety of foot problems," Petersen said. "It's not just issues brought on by disease, sports injuries or congenital foot problems. People with chronic knee problems are often surprised that a custom footwear product eliminates their pain. A properly fitted supportive shoe, combined with an accommodative shoe insert can put your feet in balance and, in turn, improve the alignment of the rest of your body."

The store also features technology driven products including footwear such as Masai Barefoot Technology, Chung Shi shoes and Nordic Poles that improve health and wellness and can even help you lose weight.

You can even purchase a gift certificate to one of the store's Balance Walking classes. Balance Walking, a hot new exercise that is much like cross-country skiing without the skis, provides health benefits far



Foot Solutions: a one-stop solution to a wide variety of foot problems

beyond what normal walkers and joggers achieve in their workouts. It is low-impact, total body workout that is easy to do and is time efficient. In fact, within a one hour walk, your mom can burn up to 950 calories in comparison to jogging. †

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RUN/WALK FOR LGBT PRIDE

Sunday June 8, 7:45am Los Angeles Frontrunners Pride Run. Robertson & Santa Monica, West Hollywood. For more info: www.lafrontrunners.com/priderun2008.html

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their locomotor skills and potential walking ability. For more info visit: www.nextstepfitness.org

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Saturday, June 14 American Diabetes Association. Bike riders of all athletic ability are invited to raise funds and ride to fight the epidemic of diabetes. For more info: Call 1-888-DIABETES

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2nd Thursday of each month. The Downtown Art Walk is a monthly, self-guided tour of the art exhibition venues in Downtown Los Angeles, which includes commercial art galleries, public museums, and non-profit arts venues. For more info visit: downtownartwalk.com

IRISH SET DANCE CLASSES

Every Tuesday 7:30pm - 9:30pm. Columban Fathers House, 2600 N. Vermont Ave, Los Angeles. The Los Angeles Irish Set Dancers offer ongoing adult classes in set dance. No previous experience is necessary, nor do you need to bring a partner—everyone is welcome! Phone: (818) 504-2210. For more info visit: www.irishdancelosangeles.com

Train to Walk or Run the Pasadena Marathon & 1/2 Marathon!



American Heart Association

American Stroke Association

Learn and Live.



Join us at an information session to learn more:

Saturday, June 7 in Altadena

9:30 am at Loma Alta Park, 3330 N. Lincoln Ave.

Tuesday, June 10 in San Marino

7:00 pm at Thurnher House, 1485 Virginia Road

Wednesday, June 11 in Pasadena

7:00 pm at Huntington Hospital, WT conference rm 6 & 7

Thursday, June 12 in Pasadena

7:00 pm Whole Foods— conf. room, 465 S. Arroyo Parkway

Visit www.ttes-ca.org for more information!





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"...I am trully pleased with my results and no one can quite put their fingers on what I did... I just keep hearing how great I look!"

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READ THIS MONTH'S ARTICLE BY DR. NEWMAN ON PAGE 34

Dr. Nathan Newman is part of a select number of elite cosmetic surgeons across the world specializing in the latest surgical and non-surgical methods for scar-free face lifts and fat reduction.



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