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Welcome to the October 2014 issue of the

## YOUrology Update!

If you're like most of us, you're left wondering where summer went; it sure seemed to fly by! It's hard to believe that cooler temperatures and the holiday season are upon us.

And with the cooler temps, it's time to get that slow cooker out again. We're sharing the perfect recipe that's delicious and incredibly easy – who doesn't love pork and apples?

With trick or treat season upon us, we've also included some tips for keeping your children safe this holiday season. Did you know that Native Americans used pumpkin seeds for food and medicine? Read about this and other fun facts surrounding pumpkins that you probably didn't know.

**On the medical side, we're sharing some information regarding how Kegel exercises can help men and how cutting out fat can help guard against prostate cancer.**

*We hope that you and your family are enjoying a fabulous October and taking advantage of all that the season has to offer.*

- Dr. Shahram Shawn Gholami

*"I would rather sit on a pumpkin, and have it all to myself, than be crowded on a velvet cushion."*

*~ Henry David Thoreau*

# Kegel Exercises For Men- Non-Medical Treatment of Overactive Bladder

For decades, women have been doing Kegel exercises (named after the gynecologist who invented the exercises) to help control urinary incontinence. Now we know that regular, daily exercising of pelvic muscles can improve, and even prevent, urinary incontinence even in men.

Kegel or pelvic muscle exercises are discrete exercises that work the perineal or pubococcygeus muscles. In the past, they have been largely promoted by physicians to their female patients in an effort to aid with stress incontinence following childbirth.

However, these same exercises are now being promoted to men in an effort to improve urinary incontinence, fecal continence, and even sexual health such as the treatment for erectile dysfunction and premature ejaculation.

Unlike typical exercise routines, these exercises don't require the participant to buy any weights or expensive machines. You don't need a trainer, a gym membership, or any special equipment.

Kegel exercises primarily aid men with urinary incontinence. Besides preventing embarrassing urine leakage, they also decrease the urge to void. Secondly, they have been shown to help male sexual health by allowing some men's erections to last longer when affected by sexual dysfunction and premature ejaculation. These benefits all equate to a better quality of life.

These exercises are often recommended to patients with weakened pelvic floor muscles such as patients with diabetes, patients having had a prostate surgery in the past such as a radical prostatectomy, or obese patients. It should also be mentioned that these exercises have not been scientifically proven to increase penis size and are thus not recommended solely for this purpose.

Kegel exercises are harmless if performed correctly. Chest and abdominal pain have been reported in some, but these occurrences are the result of inappropriately performed exercises.

## How can men perform Kegel exercises?

Prior to beginning the exercises, it is important to correctly localize the pubococcygeus muscles. To achieve this, one can simply attempt to stop his urine flow midway through. The muscles allowing for the pause in urination are the ones targeted by the Kegel exercises.

There are many different techniques that can be used to efficiently strengthen one's pelvic floor muscles. Women often use Kegel balls or Kegel weights to perform the exercises, but those are unnecessary for men.

The first technique requires a contraction of the anus muscles as if trying to hold in gas. The feeling of a pulling or lifting sensation on the anus tells you that you are performing the exercise correctly.

The second exercise is used to observe the movement of your penis vertically without moving the rest of your body. An elevator analogy can be used to illustrate the exercise. The anus, in this case, can represent an elevator. The goal of the exercise is to bring up the elevator over 5 seconds to its maximal level and then to bring it gradually back down to the resting level.

The techniques are interchangeable. Men can perform a different technique each day. However, the important thing is to always use only the pelvic muscles. When men first start performing these exercises, they may use other muscles to help them. Often, they may use their abdominal or gluteal maximus (buttocks) muscles. It is thus important to become aware of which muscles are being contracted. It is also important to avoid holding the breath or crossing the legs.

Arguably, one of the strongest points of Kegel exercises is that they can be performed anywhere without anyone but the participant noticing. Unlike typical core exercises for men requiring sit-ups, planking, or other unusual positions, Kegel exercises can be performed during a variety of activities such as shaving, sitting at one's desk, or even while driving. This feature allows them to be universally accepted by men.

Men are accustomed to exercises such as push-ups or sit-ups. However, a very small proportion of them know how to efficiently perform Kegel exercises. This is unfortunate since many doctors recommend incorporating these into one's core routine.

Unlike typical workouts for men, when it comes down to Kegel exercises, there is no magic number of sets one should do in a day. It is recommended, however, for men to perform at least two sessions of Kegel exercises every day.

To keep things simple, men should perform their first session in the morning and their second at night. A session comprises of 10 to 30 individual contractions and relaxations exercises. Each exercise should last 10 seconds divided into 5 seconds of contraction and 5 seconds of relaxation.

Once a man excels at performing these, he can do them in different positions. Of the 10 to 30 exercises, he can do one-third while laying down, one-third while sitting, and one-third while standing. Counting out loud certainly helps and as time goes by many men are surprised at the ease with which they can perform the exercises that at first seemed unnatural to them.

This is of greatest importance for men undergoing prostate surgery, either for prostate cancer needing radical prostatectomy (complete prostate removal) or for benign prostate hyperplasia (BPH) needing transurethral resection of the prostate. Both of such surgeries reduce the resistance to the bladder, which can result in postsurgical urinary incontinence. As we can see from the following image, the anatomic changes reduce bladder outlet resistance. As such, strengthening the pelvic floor and sphincter are of paramount importance and Kegel exercises can help.

*Bottom Line: Kegel exercises may be of assistance to men with overactive bladder. The exercises are easy to accomplish and results are available in weeks or months.*

Slow-Cooker  
**Pork Chops**  
with Apple Chutney



4 center-cut bone-in pork loin chops, 1 inch thick  
¼ teaspoon salt  
¼ teaspoon pepper  
6 tablespoons packed brown sugar  
2 tablespoons cider vinegar  
1 teaspoon ground ginger  
1 teaspoon ground cinnamon  
¼ teaspoon ground red pepper (cayenne)  
¼ cup sweetened dried cranberries  
2 medium baking apples, peeled, chopped (2 cups)

1. Spray 3- to 4-quart slow cooker with cooking spray. Sprinkle pork with salt and pepper; place in cooker.

2. In small bowl, mix brown sugar, vinegar, ginger, cinnamon, red pepper and cranberries. Spoon over pork in cooker; top with apples.

3. Cover; cook on Low heat setting 4 hours to 4 hours 30 minutes.

## Want To Prevent Prostate Cancer? Cut the Fat

I recently attended the annual meeting of the American Urologic Association in Orlando. One presentation that caught my attention on the risk factors for prostate cancer was conducted at the Veterans Association in Durham, NC.

The study reviewed the diets of 400 men with prostate cancer. The men completed questionnaires to track the amount of carbohydrates, proteins and fat in their daily diets. The study showed that men who received more of their calories from carbohydrates rather than protein or fat, reduced their risk of prostate cancer. High fiber intake also appeared to reduce prostate cancer risk as well.

The study also pointed out that men who had two or more risk factors for metabolic syndrome, i.e., high cholesterol, hypertension, obesity, or diabetes mellitus, increased their risk of prostate cancer over 30%.

Take home message: Restrict your intake of fat calories to about 30% of your total caloric consumption. So if you consume 2000 calories a day, limit your fat calories to 700 calories a day.



# Halloween Safety Tips For The Whole Family

Parents and kids alike can get so caught up in the fun of Halloween that they might forget some simple safety ideas. Here are a few common sense tips that can help families have a fun and safe Halloween.

- If you can't personally take your kids trick or treating, know the route they'll be taking or find another adult to accompany them.
- Make sure you set a time for them to be home and stress how important it is.
- Explain the difference between tricks and vandalism. Throwing eggs at a house may seem like fun but they need to know that if they are caught vandalizing, there will be consequences.
- Help your child pick out or make a costume that will be safe . . . it should be fireproof and the eye holes should be large enough for unobstructed vision.
- If you set jack-o-lanterns on your porch with candles in them, make sure that they are far enough out of the way so that kids' costumes won't accidentally catch on fire.
- Treating your kids to a fun Halloween dinner will make them less likely to eat the candy they collect before you have a chance to check it for them.
- Teaching your kids basic everyday safety such as not getting into cars or talking to strangers, watching both ways before crossing streets, etc., will help make them safer when they are out trick or treating.



## Pumpkin Fun Facts:

- The largest pumpkin pie ever made was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.
- In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.
- Colonists sliced off pumpkin tips; removed seeds and filled the insides with milk, spices and honey. This was baked in hot ashes and is the origin of pumpkin pie.
- The largest "official" pumpkin ever grown weighed 1,340 pounds.
- Pumpkins are 90 percent water.
- Eighty percent of the pumpkins supply in the United States is available in October.
- Native Americans flattened strips of pumpkins, dried them and made mats.

