

June
2010



NEWSLETTER TO PATIENTS, FAMILY & FRIENDS OF THE Chiropractic Care and Longevity Center

CR2000 Collagen Supplements – New Protocol

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COLLAGEN – TYPE II

FEATURES: The only natural product in Canada to receive a patent from the U.S. Government to quickly treat arthritis and joint disease with no side effects. Success rate/results are 90+%. CR2000 Collagen is a reliable alternative to anti-inflammatory prescription drugs. This anti-inflammatory reduces and controls inflammation quickly with no side effects, (within 24 hours to 7 days) but also rebuilds articular cartilage - 70% more and at least 3x's faster than any typical Glucosamine and/or Chondroitin product. H.A. is essential to produce synovial fluids in the cartilage.

FOR BEST RESULTS- Take each of the following doses below **1 hour** away (before and after) from food, preferably bedtime. However, any prescribed medications should be taken **3 hours** away from the Collagen. **Always to be taken with least (1) 500 mg Vitamin C supplement.**

If you cannot do this, please discuss with your doctor.

BOTTLE #1:

Week # 1: Take 8 capsules once per evening on an empty stomach with at least (1) 500 mg Vitamin C supplement.

Week # 2: Take 6 capsules once per evening on an empty stomach with at least (1) 500 mg Vitamin C supplement.

Week # 3: Take 4 capsules once per evening on an empty stomach with at least (1) 500 mg Vitamin C supplement.

BOTTLE #2: *On 2nd consecutive bottle take 4 capsules once per evening on an empty stomach with at least (1) 500 mg Vitamin C supplement.*

COLLAGEN – TYPE I & III

FEATURES: Multi-Purpose Natural Protein Product. Over fifteen years of success in the U.S. Success rate/results are 90+%. Total body balance and maintenance product. Excellent before exercise. Gives you more energy in the daytime and helps you sleep better at night. This bone and tissue rebuilder strengthens bone structure, continue rebuilding cartilage, repair damaged tissue, tendons and ligaments to ensure that the inflammation does not resurface. Most reoccurring or residual pain people feel from arthritis or joint damage is not necessarily from cartilage damage, but from general inflammation and damaged, torn, or destroyed tissue. Collagen is a protein, and not a herb, mineral or vitamin.

FOR BEST RESULTS (After you've taken 2 consecutive bottles of Collagen Type II)

BOTTLE #3: Take each of the following doses below **1 hour** away (before and after) from food, preferably bedtime. However, any prescribed medications should be taken **3 hours** away from the Collagen. **Always to be taken with least (1) 500 mg Vitamin C supplement.**

If you cannot do this, please discuss with your doctor.

Maintenance protocol only to be completed after 3 bottles mentioned above have been taken. Consult with Doctor before continuing on to the maintenance protocol.

MAINTENANCE INSTRUCTIONS:

DO NOT START UNLESS YOU'VE COMPLETED 3 FULL BOTTLES

Take each of the following doses below **1 hour** away (before and after) from food, preferably bedtime. However, any prescribed medications should be taken **3 hours** away from the Collagen. **Always to be taken with least (1) 500 mg Vitamin C supplement.**

If you cannot do this, please discuss with your doctor.

Maintenance round 1

(Consists of one bottle of type I & III and one bottle of type II)

Day	Type	Quantity
Monday	Collagen II	4 Capsules
Tuesday	Collagen I & III	6 Tablet
Wednesday	Collagen II	4 Capsules
Thursday	Collagen I & III	6 Tablet
Friday	Collagen II	4 Capsules
Saturday	Collagen I & III	6 Tablet
Sunday	None	None

Maintenance round 2

(Consists of one or two bottles of type I & III and one bottle of type II)

Day	Type	Quantity
Monday	Collagen II	2 Capsules
Tuesday	Collagen I & III	3 Tablet
Wednesday	Collagen II	2 Capsules
Thursday	Collagen I & III	3 Tablet
Friday	Collagen II	2 Capsules
Saturday	Collagen I & III	3 Tablet
Sunday	None	None

Zeel®comp.

- Treats arthritic symptoms
- Relieves pain
- Controls inflammation
- Reduces stiffness
- Clinically and scientifically proven efficacy
- Safer than conventional medicine
- An effective alternative to Vioxx® and Celebrex® in mild to moderate osteoarthritis of the knee²

Advantages of Zeel® comp.

- Clinically proven safety & effectiveness in long-term treatments
- Worldwide therapeutic use for over 10 years
- Very well tolerated (no known renal, gastric, central nervous system or cardiovascular side effects, unlike prescribed medications)
- Suitable for patients of all ages
- No known interactions with other prescription or natural medications
- Alternative to NSAIDs (nonsteroidal anti-inflammatory drug) such as diclofenac and Cox-2 inhibitors (Vioxx® and Celebrex®) in mild to moderate cases

Zeel® comp. is made of an optimal combination of natural ingredients intended to relieve pain associated with arthritic

conditions and improve joint mobility. According to the "2000 Canadian Community Health Survey", arthritis and other rheumatic conditions affected nearly 4 million Canadians aged 15 years and older - approximately 1 in 6 people. Nearly 3 out of every 5 people with arthritis were younger than 65 years of age.¹ All forms of arthritis share common symptoms such as pain, swelling or stiffness in or around the joints. If left untreated, these can affect the structure and functioning of the joints, leading to increased pain, disability and difficulty in performing everyday activities.

Although there is no known cure for arthritis at the present time, appropriate treatment (medication, exercise, physiotherapy, etc.) has been shown to prevent disability, maintain function and reduce pain.¹ Zeel® comp. is a homeopathic medication which can help control arthritic pain and slow down the degeneration of cartilage.^{2,3}

Scientifically proven effective

A recent trial involving 592 patients shows that Zeel® comp. (tablets) is as effective as the COX-2 inhibitors celecoxib (Celebrex®) and rofecoxib (Vioxx®) in the treatment of mild to moderate osteoarthritis of the knee. Moreover, it is significantly better tolerated than these two drugs. A notable improvement of all symptoms (pain, stiffness, etc.) was observed after only 4 weeks of administration and the effectiveness

of Zeel® comp. was rated equal to that of the COX-2 inhibitors after 6 weeks of treatment.² Another clinical study of patients with mild to moderate osteoarthritis of the knee found Zeel® comp. tablets to be as effective as diclofenac (a commonly prescribed drug for treating rheumatic pain) after 10 weeks of treatment.⁴ These studies show that Zeel® comp. offers a true alternative to conventional medicine in treating mild to moderate osteoarthritis. As Zeel® comp. is very well tolerated, it eliminates the need for secondary medication to control possible adverse effects.

General dosage*

Zeel Tablets (250 Tabs \$75.18):

In general 1 tablet 3-5 times daily or 1 oral vial 3-7 times weekly. For acute pain Use general dosage of Zeel® comp. in combination with Traumeel®. Allow tablet to dissolve in the mouth

Zeel Ointment (50 gr. \$27.05)

In general Apply to the painful area, massaging the ointment into the skin 2 times daily, or more often if necessary. A dressing may also be used when applying a thick coat of ointment.

Please ask front desk staff for more details.

Sequel Naturals Colostrum Strawberry Lozenges

Colostrum is truly nature's perfect immune-enhancing and anti-aging superfood!

The two main groups of components responsible for the beneficial effects of colostrum are immune factors and growth factors. These powerful, all-natural components work in concert to enhance immune system function and support cellular growth and repair.

As we age, our bodies gradually produce less and less of these powerful immune and growth factors that help fight disease, repair body tissue and promote energy and vitality. With the decline of these components over time, we age until we eventually die. Colostrum is the only natural source of these life-supporting immune and growth factors!

The immune factors in colostrum include antibodies that provide immunity from numerous microorganisms. Other immune factors work together to kill bacteria and viruses, regulate the thymus gland, control inflammation, protect against allergic reactions, balance and nourish the immune system.

The growth factors in colostrum are responsible for rebuilding and repairing cellular tissues. These growth factors also help to build lean muscle, increase metabolism, improve nutrient uptake, improve memory and mood, increase skin elasticity, balance blood sugar levels and increase energy.

Does this all sound too good to be true? Few natural supplements have as much medical research supporting its value as colostrum. There are literally thousands of published clinical and scientific research studies proving the health-benefiting properties of colostrum. Here are just a few of the documented benefits of colostrum:

Enhances overall immune system and helps boost natural resistance to illness and disease

Provides anti-viral, anti-bacterial and anti-fungal protection, creating unfavorable conditions for growth of numerous harmful microorganisms including those responsible for common health problems such as colds, influenza, diarrhea, ulcers, gum disease, and yeast infections

Regulates numerous auto-immune conditions including allergies, asthma, rheumatoid arthritis, lupus, multiple sclerosis, Alzheimer's disease

Improves state of chronic health problems such as diabetes, heart disease, colitis, irritable bowel, leaky gut syndrome, fibromyalgia, chronic fatigue, and HIV

Helps ward off and fight various types of cancer

Acts as an antioxidant to reduce the damaging effects of free radicals

Binds and transports iron in the body and is beneficial for iron-deficiency anemia

Heals digestive system and enhances nutrient absorption

Helps speed healing of wounds

Enhances lean muscle mass and increases metabolism of body fat

Canadian brand of genuine first milking bovine colostrum. The premium quality colostrum comes from the finest organic dairies in North America: The small, family-run farm where every cow has a name and product quality presides over production quantity.

Suggested Usage: **Take one lozenge twice daily.** Dissolve slowly in mouth for best results. Dosage may be increased as conditions require. Colostrum is a natural food product and is **safe for the entire family.**

Warnings: None.

Please ask front desk staff for more details. Colostrum Lozenges - \$33.60/Bottle of 90 tax incld.

Blood Clots/Stroke - They Now Have a Fourth Indicator, **the Tongue**

STROKE IDENTIFICATION:

During a BBQ, a woman stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) .she said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening Jane's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00 pm Jane passed away.)

She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke....totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough...

Know the Contents of Shaklee Herbal Supplements

Herbal Supplements are an important half of nowadays comprehensive health maintenance and have been used for hundreds of years in the treatment and prevention of diseases affecting every system within the human body. There are many important things one ought to take into account when purchasing herbal or botanical product and also the Shaklee line of nutritional supplements continuously offer the most effective value in herbal supplements.

Shaklee herbal supplements are manufactured during a utterly natural way using whole food processes, which means that entire active parts of flowers, plants or roots are used to formulate the product in a method that uses the entire spectrum of plant activity. Other herbal supplements are manufactured using chemical extraction or artificial synthesis of stand alone extracts.

Shaklee herbal supplements can provide not only the active ingredient from one botanical source, but a countless range of phytonutrients which are synergistic to the active ingredient. In addition, Shaklee products aren't prepared using high heat processing as many other supplements are. Shaklee herbal supplements are processed using cold processing to preserve the maximum amount of plant activity. Shaklee features a complete line of herbal supplements and botanicals containing such

RECOGNIZING A STROKE:

Thank God for the sense to remember the '3' steps, STRT. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to SMILE.

T *Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently)

(i.e. It is sunny out today.)

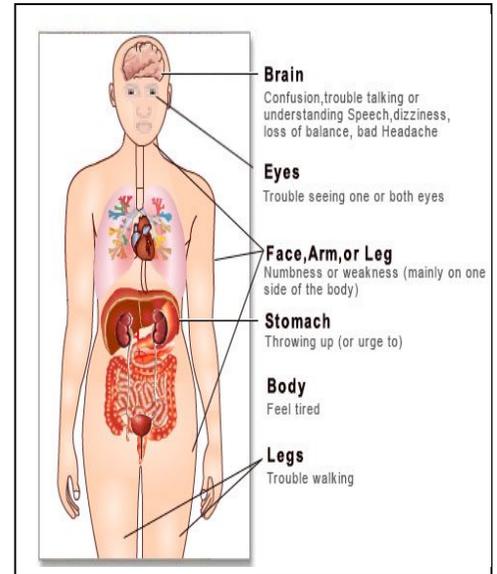
R *Ask him or her to RAISE BOTH ARMS.

T * New sign of a stroke, ask the person to stick out their tongue. The Tongue is the newest 'sign' of a stroke. When you ask the person to 'stick' out their tongue... If the tongue is 'crooked', (if it goes to one side or

the other), it is also an indication of a stroke.

If he or she has trouble with ANY ONE of these tasks, call an emergency number **immediately** and describe the symptoms to the dispatcher. Your knowledge to identify a stroke may save someone's life.

More Stroke Signals:



questions asked cash back guarantee if you are not utterly convinced. There are no higher quality, more potent herbal supplements available today than Shaklee products.

There are many [Herbal Supplements](#) available in the market. To learn more about the Herbal Supplements procedures and the products available to the consumer visit the website www.thenutritionnurse.com

Nervous System Check ups

The nervous system, communication between the brain and body, is what allows us to constantly and effectively adapt the internal environment of our body to the external environment that we live in. If this system isn't functioning well then chances are you are not functioning well? Wellness Chiropractors like the chiropractors at the Chiropractic Care and Longevity Center recommend check ups every 1-2 months, even if you don't suffer from any symptoms. This is due to the ever changing environments we are in. Stress – chronic in most people's lives – changes our ability to adapt so more frequent check ups are necessary. **Call to book your nervous system check up: (613) 264-0616**

*You can't control the wind,
but you can adjust your sails.*
– Yiddish proverb

Choice

John is the kind of guy some love to hate. He is always in a good mood and always has something positive to say. When someone would ask him how he was doing, he would reply, "If I were any better, I would be twins!" He was a natural motivator. If an employee was having a bad day, John was there telling the employee how to look on the positive side of the situation. Seeing this style really made me curious, so one day I went up and asked him, "I don't get it! You can't be a positive person all of the time. How do you do it?" He replied, "Each morning I wake up and say to myself, you have two choices today. You can choose to be in a good mood or ... you can choose to be in a bad mood. I choose to be in a good mood." Each time something bad happens, I can choose to be a victim or...I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or... I can point out the positive side of life. I choose the positive side of life. "Yeah, right, it's not that easy," I protested. "Yes, it is," he said. "Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people affect your mood. You choose to be in a good mood or bad mood. The bottom line: It's your choice how you live your life."

I reflected on what he said. Soon hereafter, I left the Tower Industry to start my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it. Several years later, I heard that he was involved in a serious accident, falling some 60 feet from a communications tower. After 18 hours of surgery and weeks of intensive care, he was released from the hospital with rods placed in his back. I saw him about six months after the accident. When I asked him how he was, he replied, "If I were any better, I'd be twins...Wanna see my scars?" I declined to see his wounds, but I did ask him what had gone through his mind as the accident took place.

"The first thing that went through my mind was the well-being of my soon-to-be born daughter," he replied. "Then, as I lay on the ground, I remembered that I had two choices: I could choose to live or...I could choose to die. I chose to live." "Weren't you scared? Did you lose consciousness?" I asked. He continued, "...the paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the ER and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read 'he's a dead man'. I knew I needed to take action." "What did you do?" I asked. "Well, there was a big burly nurse shouting questions at me," said John. "She asked if I was allergic to anything 'Yes, I replied.' The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, 'GRAVITY!'" Over their laughter, I told them, "I am choosing to live. Operate on me as if I am alive, not dead."

He lived, thanks to the skill of his doctors, but also because of his amazing attitude... I learned from him that every day we have the choice to live fully. Attitude, after all, is everything. So choose!

Actual announcements seen in church newsletters:

Weight Watchers will meet at 7 PM at the St. Martin's Church. Please use large double door at the side entrance.

The Fasting & Prayer Conference includes meals.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be tryouts for the choir. They need all the help they can get.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

At the evening service tonight, the sermon topic will be "What Is Hell?" Come early and listen to our choir practice.

The Ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

The eighth-graders will be presenting Shakespeare's Hamlet in the church basement Friday at 7 PM. The congregation is invited to attend this tragedy.

*Chuck Norris decided to be a
chiropractor, he never got to try it
though, because when he walks
into the room, all the bones jump
into alignment.*

Healthy Recipe for June: Noodle Salad

Ingredients:

Noodle: 2 cups
Celery: 1/4 cup, chopped
Carrot: 1/4 cup, shredded
Cilantro: 3 tbsp, chopped
Roasted bell pepper: 1, skin removed, chopped
Sesame oil: 2 tsp
Sesame seeds: 1 tbsp
Teriyaki sauce: 1/4 cup (or to taste)

Directions:

1. Cook dried noodles in boiling water for the length of time specified on its package. 30 second before removing from the heat, add chopped celery to it.
2. Drain noodle and celery and wash with cold water.
3. Add all other ingredients and combine well.
4. Chill before serving.

30 Happiness Tips: Program Your Life for Optimum Enjoyment

For many of us, the goal of life isn't ultimate wealth, a massive amount of stuff, or the perfect car. It's happiness, plain and simple. Some people may be created happier than others, with enjoyment of life programmed into their hardwiring. For others, getting to happiness isn't always that simple. You weren't programmed that way. But like any programming, yours can be changed. Rewrite your life program to include as many of the following tips as appeal to you, and the ultimate goal of happiness can be yours. If you've already achieved complete happiness, well done!

Experiment to find out what makes you happy.

Different things make different people happy. If you aren't sure what your hot spots are, experiment. Try different things out. Find out what you enjoy most. The answers just might surprise you. Try a few of the following for starters.

Surround yourself with others who are happy.

If you are around angry, depressed or sad people, it will transfer to you. You can't help it. But if you're around people who are happy, that will also transfer to you. You'll also learn their habits, and learn to react the way they do when something bad happens. Slowly weed out the negative influences on your life and replace them with positive ones.

Count your blessings.

When something bad happens to you, try not to focus on it. Instead, take a minute to count your blessings. Everyone has good things in their lives, whether it is health or loved ones or whatever.

Gratitude sessions.

Along those lines, it is a good practice to have a daily gratitude session. Think about what you have to be thankful for, and silently thank those who have done something good for you in some way. If you have time, take the time to call them or email them to thank them.

Think solutions.

Instead of thinking about problems, move to the next step: how to solve it. When someone says to me, "Oh, this is so hard," or "Oh, I can't seem to do this," or "Man, we don't have any more of that," I just ask them, "Well, what's the solution?" If you develop solution-oriented thinking, you'll be much happier.

Connect with others.

As much as possible, spend time with those you love, and with others who you enjoy. It could be a simple phone call, or a short visit. Or take a day with the person or people you'd like to spend time with. Have a conversation, do things together, be intimate.

Accept things.

We are often unaware of it, but we usually want things or people or ourselves to change. And that's a sure way to lead to unhappiness, because we cannot control the world. We have to accept things as they are, try to understand them, even love them. Including and most especially ourselves: accept who you are, allow yourself to be yourself, try to understand and love yourself. Then do the same with the others in your life.

Take time to savor life.

Instead of rushing from one thing to another, resolve to have less to do each day, less appointments and

fewer tasks. Then do each thing slowly, with mindfulness and ease, and try to be present in the moment. And truly enjoy whatever it is you do, from talking to eating to walking to just sitting.

Notice small things.

Along the same lines, try to notice when you feel good, or you're not suffering, or you are tasting something really delicious, or you feel something cold or hot, anything. Noticing the little things will help keep you focused on the present.

Treat yourself.

Take a few minutes each day to give yourself a little treat, whether that's something like chocolate or berries, or a bubble bath, or walking barefoot in the grass, or taking a nap. Whatever it is, treat yourself. You deserve it.

This shall pass.

When bad things happen, and you're having trouble accepting it, think to yourself the same thing the ancients did: "This, too, shall pass." And it will. And you'll survive.

Volunteer.

When you give to others, whether that's money or the stuff you no longer need or your time and love, you become happier. It's true. Take 5 minutes today to call a charity and volunteer to donate some time sometime this month. It will make a big difference in your life.

Follow your passions.

If you do what you love to do, especially for a living, you will be extremely happy. This is one of the best things you can do. If it seems impossible, don't give up. Others have done it and you can too.

Look at your achievements.

Instead of looking at what you haven't done, or what you've failed at, think about what you have done. Many times that's much more than we realize.

Laugh.

Just the simple act of laughing can make you happier. Watch a funny movie, tell jokes, read a book by Douglas Adams or Terry Pratchett, go to humor sites on the Internet. And laugh your head off.

Realize that you deserve it.

You deserve happiness. That simple statement is actually profound for many people, as they don't believe they really deserve to be happy. It's often unconscious. If you feel that within yourself, you need to first realize that you deserve happiness. Repeat it if necessary.

Get into the flow.

There is a state of doing known as Flow, which is when you completely lose yourself in a task and forget about the world around you. It leads to happiness, and productivity. Set yourself up for it by clearing distractions, giving yourself a challenging (but accomplishable) task, and making it something that you like doing. Then try to lose yourself in that task.

Have a goal.

Too many goals will lead to ineffectiveness. Try to choose one goal and really focus on it. And work to accomplish it. Goals lead to happiness, if you make

progress on them.

Get inspired.

Take time to read blogs or books or magazine articles about success stories related to what you want to do. It will get you energized.

Celebrate.

When you do something right, when you accomplish something, when you feel like it, reward yourself. Celebrate. Have fun, and pat yourself on the back.

Autonomy.

Try to have at least one area in your life where you have autonomy. It's best if this is at work, but if not, find another place, such as a hobby or civic activity. You need to be in control of what you do to be happy.

Spend time doing something you love.

Make room in your life by eliminating some of the commitments you don't really like doing, and replacing them with something you truly love.

Show little acts of kindness.

Each day, try to be kind to others in little ways, opening doors, smiling, giving up your place in line.

Exercise.

Just a short walk or run could lift your spirits and reduce stress. Nothing difficult. Just get outside and move.

Catch negative thoughts.

Monitor your thoughts. When you catch negative ones, try to think of something good instead. Corny, but it helps.

Jealousy doesn't help.

Many people obsess about others who are successful or happy. That gets you nowhere, fast. Instead, be happy for them. Then focus on yourself, and what you do right.

Stop watching and reading news.

Sure, this sounds like a head-in-the-sand suggestion. But really, if you give this a try, you won't miss a thing. And instead, you can focus on reading books and listening to music that lifts you up.

Learn something new.

It's strange how many of us are afraid to try new things, or admit we don't know something. But learning new skills or new information is one of the most fun things there is to do. Give it a try.

Check out nature.

Go and watch a sunrise or sunset. Watch the water, whether that's a river or ocean or lake. Watch the stars, or the clouds. Watch animals. Watch people. Watch children. And be inspired by it all.

Laugh some more.

When you are in the middle of a bad situation, look around you, realize the absurdity of the situation, and just laugh. In a year, no one will care. In two years, you'll be laughing at this anyway. So laugh now, and be happy now.

The Chiropractic Care & Longevity Center

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If you have any comments or suggestions about our Monthly Newsletter please email them to Hanna Murphy at:

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hmurphy@primus.ca

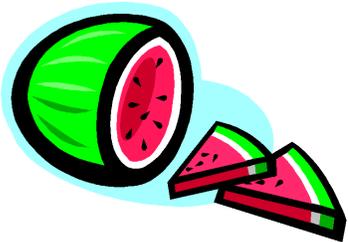
Thank you for reading our office newsletter!

We're on the Web!

See us at:

www.chirolongevity.com

**HAVE A SAFE
AND HAPPY
SUMMER!**



June is Men's Health Month

This year, an estimated 675,300 American men or boys will be diagnosed with cancer. More than half of those handed this devastating news will beat the disease.

The three male-only cancers - prostate, testicular, and penile - have high survival rates even though the long and short term side effects of treatment can have significant effects on quality of life.

Men have a higher incidence than women of other cancers such as lung, liver, bladder and kidney cancer. It is not uncommon for these cancers to have progressed by the time they are detected.

Because early detection is the key to long-term survival with most cancers, regular screening in at-risk populations and vigilant attention to changes in one's own body are supremely important.

SYMPTOMS TO WATCH FOR

Prostate Cancer

More than 220,900 cases of prostate cancer are expected to be diagnosed this year.

Early prostate cancer is usually detected through a digital rectal exam (DRE) or PSA (Prostate Specific Antigen) test because there are rarely symptoms. DRE and PSA testing is recommended annually for men over 50 or men with a history of prostate cancer in the family.

Advanced prostate cancer can manifest as trouble urinating, blood in the urine, impotence, pain in the pelvis, spine, and ribs. While other benign conditions can also mimic these symptoms, any new symptoms should be checked by a physician immediately.

Testicular Cancer

The American Cancer Society estimates there will be 7,600 new cases of testicular cancer identified this year.

Testicular cancer is often detected early because of symptoms such as a swelling of a testicle or development of a lump in a testicle. Men may experience a feeling of heaviness or aching in the groin or lower abdomen area.

Sometimes, a tenderness of the breasts or reduced sexual desire is reported as a symptom of testicular cancer because the tumors produce sex hormones or a chemical which leads to breast development.

While more than 60% of cancers are diagnosed in people over 55 years of age, testicular cancer can strike young adults. Testicular cancer is the most common solid tumor in men between the ages of 25 and 35 years. Cyclist Lance Armstrong was only 25 when he was diagnosed with metastatic testicular cancer.

Physicians will usually exam the testicles during general exams. Men can also perform self-exams just as women perform breast self-exams.

Testicle Self Exam

Check yourself right after a hot shower. The scrotal skin is then relaxed and soft.

Become familiar with the normal size, shape and weight of your testicles. One testicle may be lower than the other, and one may be slightly larger. This is normal.

Using both hands, gently roll each testicle between your fingers. Identify the epididymis, a rope-like structure on the top and back of each testicle. This structure is not an abnormal lump.

Be on the alert for a tiny lump under the skin, in the front or along the sides of either testicle. A lump may remind you of a kernel of uncooked rice or a small, hard pea.

Report any swellings or lumps to your doctor..

Penile Cancer

Some 1,400 American men will be diagnosed with penile cancer this year. Penile cancers occur most commonly in uncircumcised men. Although malignant lesions have been found in young men, most patients are over 50 years.

A physician should be seen if there are any of the following problems:

- growths or sores on the penis
- thickening of the skin
- unusual discharge near the head of the penis
- bleeding

Men may be reluctant to see their physician about these symptoms but should know that penile cancer is highly curable if caught early. If allowed to advance, the prognosis is less promising.

Experience the Benefits of Monthly Chiropractic!