



## 7 DANGER SIGNS MEN SHOULDN'T IGNORE!

MEN are notorious for ignoring health symptoms and are reluctant to visit the doctor, even though they die younger than women, say experts.

San Francisco psychotherapist Dr. Will Courtenay, author of *Dying to Be Men*, tells GLOBE, "This helps explain why their diseases are often advanced and deadly when they finally get care."

One reason guys balk is they think they're invulnerable and see themselves as independent and self-reliant, says Courtenay.

Here are seven danger signs men should not ignore:

● **Fat belly:** Dr. Gabe Mirkin, author of *The Healthy Heart Miracle*, tells GLOBE abdominal fat may signal metabolic syndrome that puts men at increased risk for heart disease, diabetes and stroke.

● **Chronic constipation:** This can signal a lower bowel tumor that's blocking waste. If the situation doesn't clear by taking a mild laxative or adding more fruit and fiber to his diet, he should have a thorough check-up which may include a colonoscopy.

● **Too much sun:** Skin cancer is the most commonly diagnosed cancer in both men and women. Protect your man by applying sunscreen and encouraging him to get

regular examinations from a dermatologist.

● **Indigestion:** If your guy suffers from chronic acid reflux at least twice weekly, he may have gastro-esophageal reflux, or GERD, which can lead to inflammation, bleeding and ulcers of the esophagus and even cancer.

● **Constant thirst:** Unquenchable thirst can signal diabetes, an incurable metabolic disease that raises blood sugar levels. Other symptoms include frequent urination, extreme hunger, unexplained weight loss or gain, nausea and blurred vision. Dr. Walter Gaman, of Executive Medicine of Texas, tells GLOBE a "simple yearly blood test at his doctor's office can measure glucose levels and diagnose diabetes."

● **Pain when urinating:** This may be a symptom of enlarged prostate or prostate cancer. The Prostate Cancer Foundation says 1-in-6 men will develop prostate cancer and it's important to rule it out by routine screening.

● **Troubled sex life:** A recent Mayo Clinic study finds men who had erectile dysfunction in their 40s and 50s were 50 times more likely to have future heart trouble than those who don't. Early detection means treating heart disease before something serious happens.

- LYNN ALLISON

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Belly fat is a major risk factor men should not disregard

Update

### Dancing fights Parkinson's!

➤ **THE tango can be a victory dance over the debilitating symptoms of Parkinson's, new research reveals.** Washington University School of Medicine scientists had people with Parkinson's take hour-long tango lessons twice a week, and after a year, the volunteers enjoyed significant improvement in balance and mobility over patients who did conventional exercises. Irish step dancing has also proven effective.

### 3D mammograms better than X-rays

➤ **NEW 3D mammograms found 22 percent more breast cancers than traditional X-ray screenings, says a University of Pennsylvania study.** In addition, the new scanners resulted in lower recall rate due to false positives that required women to undergo additional imaging or even biopsies. "It's the most exciting improvement to mammography that I've seen in my career," says Dr. Emily F. Conant, chief of breast imaging at the hospital's Department of Radiation.

### Rose hip eases arthritis pain

➤ **ARTHRITIS sufferers can banish pain by adding a tablespoon of rose hip to a daily smoothie, says an expert who suffers from the agonizing joint disease.** The powder, also available in capsules, is as effective as powerful painkillers. Says Dr. Marc Cohen of Australia's University of Melbourne: "I have arthritis, but I'm not bothered by pain because I make myself a smoothie with rose hip every morning. It has a pleasant but not overpowering taste."