

Benign Prostatic Hypertrophy

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Note: to have optimal response, all recommendations begin with **Ultra Vites**, **Ultra Omega-Linic**.

This information is intended for the use of health care professionals. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure or prevent any disease. You should consult a qualified health care provider for advice before beginning any new health care program.

Understand the pathophysiology of BPH to choose the proper nutrients..
The symptoms of BPH, Prostatic cancer and prostatitis can be identical.

Nutrient	Product	Quan
A good multi vitamin mineral	Ultra Vites*	2
High Essential Fatty Acids	Ultra Omega-Linic	4-12
Vitamin E mixed tocopherols	Vitamin E-400	1
Saw Palmetto herb	Saw Palmetto	3
Herbal Prostate support	ProstEase	2-4
Vitamin D3	Vitamin D3 5000	1

* use a multi without iron unless there is a known need for iron.

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SINCE THE SYMPTOMS OF BPH, PROSTATIC CANCER, AND PROSTATITIS CAN BE IDENTICAL, IT IS EXTREMELY IMPORTANT THAT AN ADEQUATE DIAGNOSTIC EVALUATION BE DONE TO PREVENT DELAYED AND INAPPROPRIATE TREATMENT.

It is estimated that 1 out of 10 men living to the age of 80 will require a prostatectomy for the relief of urinary obstruction secondary to benign prostatic hyperplasia (BPH). While the symptoms of BPH usually present after the age of 50, histological changes can be seen in the prostate of two thirds of the men between 40 and 49 years of age.

BPH is a heterogenous disorder and the causes are heterogenous: hormonal, growth factors, aging, and others yet to be determined. The enlargement of the gland is caused by hormonal factors resulting in overgrowth of the epithelial elements and resulting in mechanical obstruction. Difficulty

in starting urination, decrease in the size of the stream, straining to urinate, dribbling, and inability to completely empty the bladder are all signs of urinary obstruction at the bladder neck by the prostate. These cases respond well to 5 α - reductase inhibitors such as finasteride (drug) or **Saw Palmetto** (herb).

In some cases of BPH the gland is normal size or marginally enlarged with quite profound obstruction. Most of these cases have smooth muscle hypertrophy as the etiology of the obstructive symptoms. Symptoms that may be caused either by obstruction or irritation would include frequency, nocturia, pain on urination, and

urgency. Not surprisingly, they respond well to the α_1 -adrenergic antagonist, such as Terazosin. The nutritional support of BPH, as well as the use of saw palmetto, will be discussed below.

Life being what it is, some men will have both processes as the etiology of their symptoms, so both approaches may be necessary. Surgery, either transurethral or supra pubic, should be considered if you do not respond to a conservative approach.

Saw palmetto is not new to medicine. The mechanism of action which relieves the obstructive symptoms of BPH is the same as the drug Finasteride. The conversion of testosterone to dihydrotestosterone (DHT) is reduced by the inhibition of 5α -reductase. The direct binding of DHT is also inhibited. There is also an anti-inflammatory action via the inhibition of the arachidonic acid cascade.

Men with BPH experience a lot of swelling or inflammation of the Prostate. Since **Ultra Omega-Linic** is a powerful agent that reduces inflammation, it has been very useful in reducing symptoms of BPH. Ultra Omega-Linic, a combination of Wild Alaskan fish oil and Black Currant seed oil, is more effective for this purpose than straight fish oil alone. The essential fatty acids in Ultra Omega-Linic modulate both the cyclooxygenase and the lipoxygenase pathways of the arachidonic acid cascade - the major source of BPH inflammation.

As an aside, the word prostaglandin derives from the discovery that the prostate is very rich in prostaglandins. The gamma linolenic acid (GLA) in Black Currant seed oil is the precursor of the prostaglandin one series, which reduces

inflammation better than ANY fish or krill oil alone.

Vitamin D³ is associated with the physiology and pathologic processes in the prostate gland. It has been shown to be protective against BPH and prostatic cancer, as well as many other tumors and cancers. The addition of **Vitamin D3 5000** is very helpful. Use a high level of calcium and magnesium in a 2:1 ratio with this level of vitamin D. Consider Vitamins D + K if osteoporosis is a problem. Vitamin K should be used with medical supervision when taking anti-coagulation drugs like warfarin.

The normal prostate has very large amounts of zinc. Studies have shown that a product like **Ultra Vites**, which contains zinc, can reduce the abnormal size of a prostate and relieve symptoms in some cases.



Remember that zinc can cause copper deficiency, so copper should be included with supplementation containing zinc. In some instances it would be wiser to use a slightly lower dose and in conjunction with other nutrients. **Ultra Vites** meets this recommendation.

ProstEase is an Endobiogenic Concept™ product that may also be useful for prostate support. It contains a proprietary blend of alfalfa, eleuthero, African prune and witch hazel.

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