

Health Bulletin



A New Approach To Men's Health Problems

(NAPSA)—A growing number of men are looking for ways they can improve their health and prevent or delay the onset of a number of life-threatening conditions.

Many are embracing changes in lifestyle that include more exercise and a healthier diet. For others, however, this is not enough. Their preventive strategies may include taking a nutritional supplement designed to address a particular male health problem.

One such problem is an enlarged prostate. The prostate starts to enlarge around the age of 40. Non-cancerous prostate growth—what's known as Benign Prostatic Hyperplasia, or BPH—is known to weaken urination control and require help.

While some men have benefited from taking supplements that feature vitamin E or selenium, one of the newest approaches is to combine vitamin E and selenium with other ingredients that can reduce risks of prostate cancer up to 66 percent.

One such product is called Malegard. Manufactured and sold by Lifespan Health Products, it contains several types of vitamin E, selenium, zinc, beta-sitosterol (the active ingredient in saw palmetto), lycopene and Activin.

In a recent study, over a third of the users of Malegard reported increased urination control. Over half of those tested also reported lower PSA levels.



Dr. Ross Z. Pierpont. "A combination of supplements can promote prostate health."

PSA (Prostate Specific Antigen) is usually considered the best marker available today to indicate that prostate cancer may exist.

A PSA level of up to 4.0 ng/ml is generally considered "normal." In the test, nearly one-third of the users of the product maintained a PSA below 2. Over 40 percent reported PSAs below 3.

The formula for the combination of supplements was developed by Ross Z. Pierpont, M.D. Pierpont is the former chief of surgery at a teaching hospital, taught anatomy at the University of Maryland Medical School and is the author of the book "Never, Never, Ever Give Up."

To learn more, visit the Web site at www.gempro.com.