

3. **Developing Your Own Understanding**



*“Everything I teach (Yoga and Life Coaching), everything I write about and any advice I give to people is based upon my personal experience and on what I do myself. I have taken a stand and declared that **my health is my responsibility.**”*

Sam Rao. Professional Yoga Teacher, LifeSuccess Coach with special interest in Health.

This is the third of five articles, available to download and study, in which we explore the issues around prostate cancer; how the prostate works; developing your own understanding; planning your protection strategy; and a woman's guide to supporting her man in looking after his health.

The Two Major Prostate Conditions

BHP (Benign Prostatic Hyperplasia/Hypertrophy)

Benign Prostatic Hyperplasia is a benign cancer condition and is the condition suffered by the majority of people with prostate problems. The prostate gland, without any specific reason, begins to grow and start to fill the confined spaces between the pubic bone at the front, the rectum and the sacral bones at the back and the urinary bladder above.

This swelling of the prostate, if left unchecked or treated, pushes against the bladder and the urinary valve and begins to restrict the flow of urine. The urinary valve that controls the flow of urine is located between the top of the prostate gland and the base of the bladder. As the pressure builds up in the confined space, sufferers begin to experience discomfort and develop the signs and symptoms as described in article two: *How Does the Prostate Gland Work?*

Malignant Cancer

Malignant prostate cancer usually grows slowly and, in the early stages, remains confined to the prostate gland, where it will cause some of the symptoms. Some types of prostate cancer grow slowly and may need minimal or no treatment, but other types are aggressive and can spread quickly.

If prostate cancer is detected early, when it's still confined to the prostate gland, you have a better chance of successful treatment.

If the symptoms are ignored and the cancer is left unchecked or untreated, it starts to spread to the nearby lymph nodes and hip bones. It may also spread to other lymph nodes, the bones, or other organs.

The results range from life saved - because of timely diagnosis and treatment - or death, because the cancer was left undetected until past the point of effective treatment.

Where Do You Fit In This Spectrum?

Research and papers show that African Americans have the highest prostate cancer risk in the world

(http://www.prostatecancer.org.uk/info/prostate_cancer/cancer_risk.asp)

Yet prostate cancer remains very low in Africa.

From (<http://dceg.cancer.gov/people/HsingAnn.html>) ... incident rates for clinical prostate cancer in western men are 30 to 50 times higher than those for Asian men.

From (<http://www.emedicine.com/med/topic3054.htm>) emedicine.com. A 200-fold difference in incidence exists between African American men (highest risk group) and Chinese men living in Asia (Lowest risk group).

Regardless of where you are in this mix, every man has the responsibility for his own health. It is clear from the range of recorded incidences that the high level of death from prostate cancer has come about due to a lethal combination of ignorance and embarrassment. This is when some men decide not to observe, and simply ignore the symptoms.

That this disease reaches far beyond the death of the man needs to be understood. A much larger number of people around the man also suffer, especially if the man is the main bread-winner of a family.

- In the United Kingdom alone there will be over 13,000 deaths from prostate cancer during 2009
- This equates to one man dying every 40 minutes every day, 365 days of the year.
- On a global scale it is estimated that there will be over 700,000 deaths from prostate cancer and most of these will be in the western countries where deaths from prostate cancer is the second highest cause of men dying from cancers.

What Should I Do Next?

Get a PSA blood count done

Whether or not you are currently experiencing any symptoms, if you are over 30, you should ask for an appointment with your GP and ask for a blood test to check your PSA count.

Do **NOT** accept the comment from your GP saying “you are in normal range”. ASK and record the numbers. You want to know the numbers.

Exercise

There are three specific postures that every man can do to help stretch and move the whole of the internal hip region. The prostate gland lies directly behind the pubic bone. There is no direct access to it, so the best way to exercise the whole hip region is to use yoga postures that stretch the muscles that run past the prostate gland, mainly the psoas and iliacus muscles.

Nutrition

Eat healthy nutritious food. I personally believe that the levels of nutrients in our agricultural soils are not only depleted but also the soil contains levels of chemicals detrimental to human health. Our bodies are very capable of managing in the worst of environments but they can only achieve so much without our help.

I am a vegetarian by choice. You do not have to be a vegetarian but a balanced diet is essential. However I am also a firm believer of providing vitamins and minerals through supplements to help and protect my body.

Study the benefits of supplements and ensure that your body is getting the nutrition it needs to maintain its health.

<http://www.shop.samraoyoga.com/index.php?cName=usana-nutritional-suppliments>



Where Can I Get More Information?

In my next article, *Planning Your Own Protection Strategy*, I describe the yoga postures that you can do to exercise the pelvic region and maintain prostate health; and talk about the nutritional supplements that can help protect the prostate gland.

I want men and women to have information on prostate cancer *before* the problem appears. These articles are about taking action ahead of any changes in the prostate gland.

I am writing a book which is planned for completion by June 2009 with a much more detailed plan of action. In the meantime, I urge you to download and study all the articles from my website, to gain all the information you need to protect yourself from prostate cancer and its effects on you and your relationships.

Make *your* health *your* responsibility.

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useful websites:

<http://www.prostate-cancer.org.uk/>

<http://www.cancerbackup.org.uk/Cancertype/Prostate>

<http://www.samraoyoga.com/information-prostrate.php>

Information on supplements:

<http://www.shop.samraoyoga.com/index.php?cName=usana-nutritional-suppliments>