

Section 9 - Men's health

9.1. Choose the most correct combination of statements from column A and B – (choose the correct pairs) relating to Introduction to Male Anatomy

9.1.1	Vas deferens	A	A sac which houses and protect the testicles as well as help control their temperature
9.1.2	Testes	B	The seminal vesicles, prostate and bulbourethral glands that produce alkaline fluids
9.1.3	Accessory glands	C	The sperm duct which moves sperm from the testes to the ejaculatory duct
9.1.4	Scrotum	D	The male equivalent of the female ovaries, this is where sperm are produced
9.1.5	Prostate gland	E	Neutralizes acid urine the urethra before semen arrives
9.1.6	Bulbourethral glands	F	Makes 30% of semen volume and promotes sperm motility

9.2. State TRUE or FALSE for the following statements about The Prostate Gland

9.2.1. It makes prostatic fluid which is highly alkaline and promotes sperm motility

- True | False

9.2.2. Has a pumping action in the process of ejaculation and is important in the erectile response

- True | False

9.2.3. The prostate typically enlarges in men from 40 years of age

- True | False

9.2.4. The prostate is typically the size of an orange in healthy men

- True | False

9.2.5. Because the urethra runs through the prostate it may affect urine flow and bladder emptying

- True | False

9.2.6. PSA is the substance the prostate makes which stimulates the swimming action of sperm

- True | False

9.3. State TRUE or FALSE for the following statements about Benign Prostatic Hypertrophy (BPH)

9.3.1. It is non-cancerous enlargement of the prostate

- True | False

9.3.2. Common prescription drugs for BPH often cause abnormal ejaculation or erectile dysfunction as unwanted side effects

- True | False

9.3.3. BPH is common in young men below the age of 30

- True | False

9.3.4. Typical symptoms include, frequent urination, hesitancy, slow and weak flow, dribbling urine and having to strain to empty the bladder

- True | False

9.3.5. Foods with a protective effect include pumpkin seeds, broccoli and cruciferous vegetables, berries and tomatoes

- True | False

9.3.6. Men with enlarged prostates have an increased risk of erectile dysfunction

- True | False

9.4. State TRUE or FALSE for the following statements about A.Vogel Prostasan

9.4.1. Prostasan has been shown to improve prostate symptom scores (IPSS) by 52%

- True | False

9.4.2. Men with sexual dysfunction as a result of enlarged prostate improve by 40% in when taking Prostasan

- True | False

9.4.3. The dosage is 1 capsule three times daily

- True | False

9.4.4. Like chemical drugs for BPH, Prostasan may also cause erectile problems as a common side effect

- True | False

9.4.5. In addition to improving symptoms of BPH, laboratory research found there to be a protective effect against prostate cancer cells

- True | False

9.4.6. The active ingredient is Saw palmetto also known as Sabal serrulata or Serenoa serrulate

- True | False

9.5. State TRUE or FALSE for the following statements about Male Endocrinology and Andropause

9.5.1. Testosterone is made in the Leydig cells of the testes

- True | False

9.5.2. A lack of REM sleep may contribute to lower testosterone levels

- True | False

9.5.3. Regular beer consumption may reduce testosterone by 6.8% in men

- True | False

9.5.4. Exposure to xenoestrogens brings on puberty in boys much sooner

- True | False

9.5.5. Men with andropause may have, hot flushes and night sweats, low energy and moods, loss of muscle mass, development of breast tissue and increased abdominal fat

- True | False

9.5.6. Resistance exercise promotes testosterone in men

- True | False

9.6. State TRUE or FALSE for the following statements about the treatment/management of Benign Prostatic Hypertrophy

9.6.1. A.Vogel Prostate Formula is a homeopathic medicine for supportivesymptomatic relief of mild disorders of the male urinary tract – it can be used initially with Prostan for quick symptomatic relief of BPH symptoms

- True | False

9.6.2. Lycopene, and vitamin C should not be given to men with enlarged prostates

- True | False

9.6.3. Limiting red meat, dairy, caffeine, alcohol and sodium may be beneficial for men with enlarged prostates

- True | False

9.6.4. Certain medicines can make BPH symptoms worse such as decongestants, diuretics, and some high blood pressure medicines

- True | False

9.6.5. There is extensive historical evidence of Saw palmetto leaves and roots in treating BPH.

- True | False

9.6.6. Patients can be started on A.Vogel Prostate Formula and Prostan for the first month, then maintained on Prostan alone.

- True | False