

Prostate Health in Older Men

Older men who practice extreme exercise shouldn't expect to have much interest in sex as what little testosterone they've been left with will be rapidly metabolized as available steroid for muscle building and repair.

The following observations were made from a yearlong exercise regimen by a man undertaken during his 69th year of life.

Extreme exercise in the form of walking, 50 miles a week or more, has the beneficial side effect of reducing the size of an enlarged prostate by up to half in older men and restoring a youthful urine flow, although the constant articulations of walking necessary to reshape the prostate back into its anatomically designed allotted space will temporarily cause a mild elevation in P.S.A., around two points, while simultaneously reducing the amount of seminal fluid produced by the gland as long as the exercise persists and several months thereafter.

Sedentary lifestyleism beginning in middle age or earlier is suspected of being a major contributing factor to the development of an enlarged prostate as men age, although this thought is worthy of further study. Up to this time prostate enlargement has been associated with aging without comment on underlying causative etiology.