



New Providence Internal Medicine Associates

Paul B. Zukoff, MD, FACP; James J. Hakim, MD, FACP
571 Central Ave.; New Providence, NJ 07974 (908) 464-7300

**Summer
2007**



VISIT US ON THE WEB AT
www.npinternalmed.com

An Ounce of Prevention



It is commonly said that men will take better care of their cars than they do of themselves. This is probably true. There are specific recommendations for general care and physicals (i.e. tune-ups) at certain frequencies based on age, gender, and ongoing health problems. The discussions also in this newsletter summarize screening for prostate and colon problems. A general physical is a good opportunity to review all aspects of one's health and to check for risk factors for cardiovascular problems or cancer. Please refer to our website for more specific detail. If it's been more than 10,000 miles, then you may be due for a tune-up!

In this issue we'll focus on health issues specifically for men. So, if you're a man, or have an important man in your life, pay close attention!



What about the Prostate?

The prostate is one of those body parts that we (i.e. men) don't think about unless we have to. The prostate will enlarge in every man over the age of 50. Symptoms of an enlarged prostate include reduced urinary stream, taking longer to empty the bladder, and waking up at night to urinate. Not every man with an enlarged prostate will have these symptoms, and the degree of symptoms doesn't always correspond to the

size of the prostate. There are several medications which can effectively treat the symptoms of an enlarged prostate. Much less common is cancer of the prostate. This is relatively easy to detect at its earliest stages with a combination of a blood test and a prostate exam. Early detection means better treatment. All men should have their prostate examined annually after age 40, and a PSA blood test annually after age 50.



Why look in my colon?

One of the few cancers which is almost entirely preventable is cancer of the colon. We know that all colon cancers come from colon polyps. It usually takes 8 to 10 years for a polyp to become a cancer. The current recommendation is that everyone (men and women) have a screening colonoscopy every 5 to 10 years beginning after age 50.

Colonoscopy is done with a long fiberoptic scope that directly looks inside the colon. If a polyp is found, it is removed with the scope. The procedure is done in the hospital or outpatient center under anesthesia (it won't hurt!). The most challenging part of the procedure is the preparation, which is a series of laxatives to completely clean out the colon. So, if you're over 50, and have a colon, you need a colonoscopy!