

Topics of the 4th World Congress on the Aging Male



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Presented by Dong Hwan Lee

Aging, Androgen & the metabolic syndrome(MS)–Phoenix, USA.

- MS–dysglycemia, obesity, dyslipidemia, hypertension
- 4 groups of 23–93 yrs old men(n=618) – under 40, 40–60, 60–80, over 80
– compared several factors associated with androgen

Results:

- T. & DHEAS decrease,
- SHBG increases with age.

Aging, Androgen & the metabolic syndrome(MS)–Phoenix, USA

- Glucose intolerance and hypertension risk increase
- Incidence of MS:
2, 30, 35, 38% of each
T. is strongly related to MS(T. was exerted mainly on obesity, less so on glucose & lipid, minimal on BP.
Concl–high T. lowers prevalence of MS.

Effects of Testos. on the circulation–Belfast, Ireland

- Lower T. in ischemic heart disease
- In animal model, T. relax coronary a.
- In chronic stable angina, exercise–induced myocardial ischemia is reduced by low dose of T.
- To clarify whether exercise increases serum T.



Effects of Testos. on the circulation-Belfast, Ireland

- 15 mid-aged men(39~57 yrs) with Avg. 30 of BMI-brisk walk for 45 min.
- Resulted in a rise of T. immediately after post exercise, maintained 1 hr, disappeared at 24 hrs
- Concl.:Regular exercise is beneficial in reducing cardiovascular risk.



Testosterone & Alzheimer's disease(AD)-Oxford, UK

- Sex hormone potentially protect the brain against AD.
- Lower Testos. in men with AD compared with control have been found.
- FSH,LH,Testos,SHBG in AD(n=60) were compared with control(n=132).



Testosterone & Alzheimer's disease(AD)-Oxford, UK

- No difference in FSH,LH,SHBG
- Testos. was 13+6 nM in AD, 17+8 nM in control(p<0.005).
- Conc.: TR for hypogonadal men at risk for dementia may be indicated.



Successful Tx of Parkinsonism(PD) with HCG-Warsaw, Poland

- 1% of over 70 years old, men>women
- Close relation between PD and sex hormone
- HCG Tx in 16 Pts. of PADAM & PD(64-78 yrs), F-U 1~4 yrs



Successful Tx of Parkinsonism(PD) with HCG-Warsaw, Poland

- Motor slowness, hand & muscle tremor, leg rigidity clearly improved or disappeared. Possible standing & walking alone
- Daily activities(eating, dressing, hand writing) improved.
- In 3 Pts, libido & potency improved.



Successful Tx of Parkinsonism(PD) with HCG-Warsaw, Poland

- QoL hugely improved for both Pts. & families.
- Withdrawal of Tx. resulted in the return of Sx. at the level of prior to the start of Tx.
- E-mail:andy@medan.pl

TURP in treatment BPH in Pts. with diabetic cystopathy – Moscow, Russia

- Diabetic cystopathy with BPH– aggravate bladder dysfunction in elderly Pts.
- TURP underwent in 12 Pts.

	Pre-op	Post-op
Qmax	8.1+3.2	17.0+5.1
PVR	244.3+35.6	49.6+26.8

- Pre-op UDS performed in 3 Pts.
 - decreased detrusor contractility, kept after TURP.

Conclusion: TURP improves voiding parameters in BPH with diabetic cystopathy.

Frailty–Morley, S.L Univ. USA

- –precursor of functional deterioration leading to recurrent hospitalization, institutionalization and death.
- Definition: restricted daily life by wt. Loss, exhaustion, weakness, slow walking speed, low physical activity. Sx– instability, immobility, incontinence, intellectual impairment.

- Prevention & treatment of Frailty

Food control

Resistance exercise

Prevention of Atheroma

Avoid Isolation

Limit pain

Tai chi or other balanced exercise

Yearly check for Testos.

Tx of Prostate ca. in elderly(over 80)– Madrid, Spain

- Aging itself is a risk factor.
- Problems in the Tx. Of Pca dignosed after 80: comorbidity, High BP, cardiac & orthopedic problems, common LUTS, coexisting BPH, renal failure
- Factors affecting treatment modality –life expectancy, comorbidity, mental & cognitive status


Tx of Prostate ca. in elderly(over 80)– Madrid, Spain

- Early hormonal Tx or Ext. beam RadioTx may be optional
- Tx. Should be started early in high PSA, young age, high Gleason score(7–10)
- Concl.: Tx can be changed by Pts' personal status.




Prevention of Pca: role of diet & nutrition-Belgium

- In EU, 50,000 new Pts/yr, 1 death per 10 min.
- 43 % of Pca – under 55 yrs old
- high incidence-NA, EU, Australia
intermediate – Africa, middle east
low incidence-Asia, China



Prevention of Pca: role of diet & nutrition-Belgium

- Vit E(50 mg/day)- 32% decrease
- Selenium- effective
- High calcium diet-decrease Vit D-
increase Pca(death rate by Pca:
north-high, south-low due to sun
light[increase Vit D-decrease Pca])



Prevention of Pca: role of diet & nutrition-Belgium

- Recommended diet:
 1. Low animal fat
 2. Increase Vit E, vegetables, beans, fish(for protein)
- Proverb: Good health spends more money, poor health spends much more.