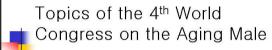
Topics of the 4th World Congress on the Aging Male



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(Prague, Czech Republic February 26-29, 2004) 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 Tesotos. on the circulation-Belfast, Ireland

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



Effects of Tesotos. 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.



Testoserone & 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).



Testoserone & 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 BPHaggravate bladder dysfunction in elderly Pts.
- TURP underwent in 12 Pts.

	<u>Pre-op</u>	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, exhausion, weakness, slow walking speed, low physical activity, Sx- instability, immobility, incontinence, intellectual impairment.



Prevention & treatment of Frailty

Food control *R*esistance exercise Prevention of Atheroma Avoid /solation 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:comobidity, High BP, cardiac & orthopedic problems, common LUTS, coexisting BPH, renal failure
- Factors affecting treatment modality -life expectancy, comobidity, 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 Dincrease 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.