

## ***For Men Only***

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#### ***Strengthening the Inguinal Muscles***

##### ***Exercise to counteract Prostate Enlargement/Atrophy***

A decade ago there were two over-simplified theories from Prostate cancer research. Plausibly from statistical analysis it seemed men were enjoying either too much sex or not enough. The main consideration was prostate muscle atrophy, simply through non-use. At St Corantyn's Hospital I remember from the distant past specializing in sexual problems, the notion of pelvic floor muscle stretching and strengthening used for a few sundry dysfunctional conditioned disorders.

May I suggest a modification for Prostate cancer prevention which of course would require proper trialing and experimental design but at least worked in my own case. To my horror on reading usual monthly CT reports during 5 months intensive chemotherapy, suddenly one revealed an enlarged prostate as well as a left kidney cyst of 50 cm diameter.

Here's what I did. Fortunately, the enlarged prostate disappeared by the next CT a month later.

An enjoyable but not too strenuous pelvic floor/thrust exercise could be casual and non-time consuming, when listening to music while driving. Men can pretend dancing to the music, sitting stationary of course but just flexing the inguinal muscles, maybe with a little extra imagination or motivation factored in, depending on the lyrics/beat.

For those who are more demure or conservatively old fashioned, the selected choice of musical accompaniment is necessarily imperative. Even a waltz or favorite memorable song will do the trick. In any case as a distraction, the idea certainly beats tedious driving. Providing one doesn't get too carried away with the music, legs remains stationary For Example "Mustang Sally" etc there is no embarrassment because potential onlookers, see nothing.

It's worth a try when introduced sensitively to patients. Less strenuous physical exertion as healthy exercise facilitates happy memories through visual imagery. We can be as young as we feel while aging gracefully and enjoyably and yet still "Let a few happy wrinkles come".