



To Your Health

Suicide a Growing Problem

Suicide is the eighth leading cause of death for Americans. 650,000 Americans will attempt suicide this year and 30,000 will be successful. Reportedly, a whopping 8.4 million Americans have contemplated suicide according to the National Mental Health Association. The U.S. government is now working on a plan to reduce these numbers.

The journal of the Gay and Lesbian Medical Association says, "Several recent studies of gay youth populations continue to report alarmingly high rates of suicide ideation and attempts among gay and bisexual youth. For example, Faulkner and Cranston (1998), found that rates of various measures of suicide ideation and attempts were three to seven times higher among gay and lesbian youth compared with heterosexual youth." Call your local suicide prevention agency to find out how you can help and send a donation to your local gay and Lesbian youth group.

Important Upcoming Dates for LGBT Medicine

National Lesbian Health Conference,

June 22-23, 2001

LGBT Medical Conference,

September 29 – October 1, 2001

For more info on either go to www.glma.org.

Herbal Love Potions' hidden dangers

Gingko Biloba – Limited studies have shown it increases blood flow to the brain and genitals and generates a feeling of

arousal. 120-240mg is all that should be taken. Do not take Gingko Biloba if you have a clotting disorder or are on "blood thinners" or aspirin therapy.

Yohimbe – Stimulates the sympathetic nervous system (the system responsible for "flight or fight") to increase anxiety and possibly erections. This system also controls blood pressure, so don't use yohimbe if you have heart or blood pressure problems. Yohimbe has essentially not been tested in women.

DHEA – acts like testosterone in your body. Testosterone is responsible for sex drive in men and women. While researchers feel it could be useful in small amounts they have noticed liver tumors in lab animals given 2-3 times the normal dose. If you suffer from a low libido the safest thing to do is see your Dr. and get real testosterone if your levels are low. Testosterone is available in patch.

Horny Goat Weed - has a direct vasodilating effect." (an "opening up" of blood vessels so that they can transport more blood). Since a penis becomes erect by filling with blood, vasodilation is a good thing. Anyone taking blood pressure medicine or having problems with their blood pressure being too low (i.e. fainting) should avoid its use. Poppers also cause vasodilation so combining Horny Goat Weed and Poppers could be deadly.

The best advice when it comes to using herbal supplements is to use caution. The FDA does not regulate herbal supplements. Manufacturers are free to say anything as long as it isn't a specific medical claim. There

is no guarantee that you are getting the strength indicated on the bottle and no safety trials are required before a company begins selling an herb.

Preserving Sex after Prostate Surgery

Cancerous prostate glands have to come out. The problem is that the two cavernous nerves that control blood flow into the penis run right beside the prostate gland. If the cancer is caught early the nerves can usually be saved, but if the cancer is advanced portions of the nerves may have to be removed as well. Drs. at several universities are experimenting with using a portion of nerve taken from your ankle to patch the gap. If both of the nerves were cut during surgery, spontaneous erections will never occur again. If the nerve graft is used nearly one third regain this ability without the use of injections or drugs. Others are able to achieve erections with the use of injections and drugs such as Viagra and some remain unable to achieve an erection as if they had not had the graft. One major problem is finding men that are willing to participate in the control group of the study in which the graft is not used.

185,000 new cases of prostate cancer and 32,000 deaths from prostate cancer are expected this year. It is recommended that all men over 50 obtain annual prostate cancer screenings and men with a familial history of prostate cancer start obtaining screening in their 40s. Homosexual and Heterosexual men appear to be at the same risk for developing prostate cancer. The best advice is to avoid needing the nerve graft entirely by

obtaining a prostate screening as recommended.

HIV Not from Polio Vaccine

The British Journal, "Nature", reports new studies confirm HIV did not jump from monkeys to humans via a polio vaccine in the 1950s. Scientists have also recently completed an evolutionary analysis of HIV strains in the Congo and found that they all go back to a common ancestor that infected humans instead of monkeys. The polio vaccine theory would have required several transfers to humans. Scientists currently say information points to HIV first appearing in the 1930s.

Control of "self" pinpointed to area of Brain

An area of the brain was recently found to control a person's sense of self. Our sense of "self" is made up of our personality, beliefs, likes and dislikes, and possibly orientation. Drs. noticed that patients with a form of dementia called Pick's disease had tremendous changes in their personalities as the disease degenerated portions of the right frontal lobe of their brain. The frontal lobe was previously not considered, as it is a non-language area and language was thought to also play a role in defining "self".

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**Thank GOD!!!
There's Still ONE
Left!**



Look for our New Blue Boxes at:
Wild Oats @ 2501 E. Sunrise Blvd.,
Gateway Post Office @ 1775 E. Sunrise Blvd.
Brwd. County Courthouse @ 201 S.E. 6th St.
and The Express Office

Show your humane side.



Each year the Humane Society of Broward County receives thousands of animals who can no longer be cared for by their owners. That's why we always have a wide variety of mixed or purebred dogs and cats, all vaccinated, in all ages, colors, shapes and sizes... and all they want is someone to love. Pay us a visit soon and show us your humane side:
Adopt a friend for life.



Humane Society of Broward County

2070 Griffin Road, Fort Lauderdale

954-989-3977

www.showyourhumanside.com