

## **CHAPTER 8—Dr. Chas E. Myers' Weekly Videos**

### **Index: Recent Snuffy Video...10apr13**

**Access To Videos:** Google "Prostate Forum Myers". Click "Ask Dr. Myers Blog". First time: Register for Free Videos to your Inbox. Note the button at bottom left for "Older Entries" when you reach the bottom of the current roster; repeat for each roster.

### **Avodart: BPH + Active Surveillance**

Posted April 10, 2013

Numerous clinical trials support effectiveness of Avodart and proscar to slow doubling times without increasing risk high grade disease. Thus adding Avodart to Active Surveillance improves AS as a treatment alternative.

### **Exercise Protects Your Brain**

Posted April 3, 2013

Stem cells in brain are continually replacing dying cells. Physical exercise and problem solving activity are vitally important to ongoing brain repair. Results can be seen in 10 weeks.