

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

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**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.

### Thyroid Function + PCa

Posted September 18, 2013

Symptoms of underactive thyroid – hypothyroidism – include fatigue, weight gain and depression. One study indicated that over 9% of the population has an elevated TSH level that signifies an underactive thyroid. Additionally, people with hypothyroidism have increased cholesterol that can lead to heart disease. Also, an increased risk of diabetes and poor control of existing diabetes. Finally, a deficiency of thyroid hormone blocks the efficacy of hormonal therapy for prostate cancer. Dr. Myers recommends that all men on hormone blockade, have a TSH blood test.

### Aging Gracefully With PCa

Posted September 11, 2013

He reiterates the long known goals of weight control with a healthy Mediterranean style diet, exercise, cessation of smoking and drinking alcohol only in moderation. Muscle weakness around the hip girdle is a primary reason why men over 80 stop ambulating and end up in a nursing home. So keep exercising, especially the hips.