

## **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.

### **Testosterone Supplementation**

Posted April 24, 2013

TS is a hot topic on Internet. Clinical trials underway. TS builds higher red blood cells. TS decreases HDL2, a harmful cardio risk. TS combined with exercise combats frailty in over-age 80 patient. This video is a current tour of TS and its plusses and minuses.

### **More On Active Surveillance + PCa**

Posted April 17, 2013

If you are a Gleason 3+4, you are now a potential candidate for enhanced Active Surveillance with curative intent. Enhanced means the full monty of blood and urine tests, calculation of PSA doubling times, imaging, intermittent hormonal treatment, and diet and lifestyle changes. And regular Avodart or Proscar.

Dr. Myers again castigates the Task Recommendation to not do PSA testing as criminal.