

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

Index: Recent Snuffy Video...3apr13

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.

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.

New Drugs Confusing Your Doctor?

Posted March 27, 2013

The flood of new agents requires "out of the box" oncologic thinking, not typically found in community hospitals. Establish a relationship with a university oncology group.