

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

### **Index: Recent Snuffy Video 7aug13**

**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.

### **Statins + PCa**

Posted August 7, 2013

Muscle weakness is the most common side effect. Hypothyroidism contributes; get this under control before tackling muscle weakness. Statin cardio benefit far outweighs muscle weakness risk. Physical fitness outweighs statin benefit.

### **Prescription Omega 3 Fatty Acids?**

Posted July 31, 2013

Recent Fish Oil paper breached ethics by not citing available Rx (LOVAZA, 2004; VASCEPA, 2012) for safe fish oil FA and beneficial triglyceride effects. LOVAZA dramatically drops triglycerides but increases LDL. VASCEPA lowers triglycerides and LDL. And they do not increase PCa risk.