

About Me:

- ▶ William J Terry Jr MD
- ▶ Married to Marlee
- ▶ Father to Eleanor, Sally, Lida, Grayson
- ▶ Private Practice in Mobile, AL
 - ▶ Urology Associates of Mobile
- ▶ Interests: Men's Health, PCNL, Advanced Prostate Cancer Care



About Me:

- ▶ William J Terry Jr MD
- ▶ Medical Director at The Connexus Clinic in Mobile, AL....

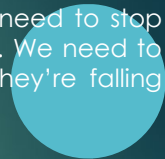
If your doctor prescribes you medication without first asking about ...

- your diet
- your sleep
- your exercise routine
- your water consumption
- whether you have any structural issues &
- the stress in your life

Then you don't have a doctor, you have a drug dealer

"There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they're falling in."

—BISHOP DESMOND TUTU





Men's Health – Traditional Scope of Consideration

- ▶ Medical practice dealing with men's:
 - ▶ Sexual function (PDE5is, ICI, prosthesis)
 - ▶ Urinary function (PDE5is and alpha blockers)
 - ▶ Hormonal status (endo and exo TRT)
 - ▶ Reproductive function (semen analysis and advanced techniques)
 - ▶ Cancer Screening (PSA)


• Men's Health – Old Influences
(and still amazing! – read the unabridged versions!)

Non-Oncology Guidelines

BENIGN PROSTATIC HYPERPLASIA	CRYPTORCHIDISM	DISORDERS OF EJACULATION
ERECTILE DYSFUNCTION	INCONTINENCE AFTER PROSTATE TREATMENT	INTERSTITIAL CYSTITIS/BLADDER PAIN SYNDROME
KIDNEY STONES: MEDICAL MANAGEMENT	KIDNEY STONES: SURGICAL MANAGEMENT	MALE INFERTILITY
MICROHEMATURIA	NEUROGENIC LOWER URINARY TRACT DYSFUNCTION	OVERACTIVE BLADDER
PEYRONIE'S DISEASE	PRIAPISM	RECURRENT URINARY TRACT INFECTIONS IN WOMEN
STRESS URINARY INCONTINENCE (SUI)	TESTOSTERONE DEFICIENCY	URETHRAL STRICTURE

Men's Health – New Influences

Voices Such As:




OUTLIVE
THE SCIENCE & ART
OF LONGEVITY
PETER ATTIA, MD
WITH WILL BROWNE

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HUBERMAN LAB


**DR. B R D
STANFIELD**



DR. JAMES DINICOLANTONIO


Men's Health – Proposed Definition

- ▶ Medical practice dealing with men's:
 - ▶ Nutritional Biochemistry (Diet)
 - ▶ Exercise
 - ▶ Sleep Quality
 - ▶ Stress Management
 - ▶ Social Life
 - ▶ Life Purpose
- ▶ **AS THE PRIMARY INFLUENCERS OF MEN'S UROLOGY ISSUES**



Men's Health – Proposed Definition

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 - ▶ Social Life
 - ▶ Life Purpose
- ▶ **AS THE PRIMARY INFLUENCERS OF MEN'S EPIGENETICS**



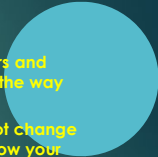
Men's Health – EPIGENETICS



Men's Health – EPIGENETICS

▶ Definition:

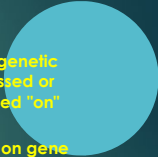
- ▶ Epigenetics is the study of how your behaviors and environment can cause changes that affect the way your genes work.
- ▶ Epigenetic changes are reversible and do not change your DNA sequence, but they can change how your body reads a DNA sequence.



Men's Health – EPIGENETICS


▶ Further Explanation:

- ▶ Instead of changing the DNA code itself, epigenetic modifications regulate how genes are expressed or activated, determining whether they are turned "on" or "off."
- ▶ These modifications can have lasting effects on gene activity and can be passed down through cell divisions and, in some cases, across generations.



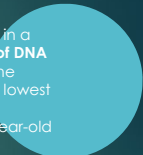
Men's Health – EPIGENETICS

- ▶ How is DNA modified for variable / situational expression?
 - ▶ **DNA Methylation**
 - ▶ **Histone Modification**
 - ▶ **RNA-associated Silencing**



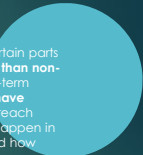
Men's Health – EPIGENETICS as a foundation for better patient care

- ▶ Example:
 - ▶ DNA methylation at millions of sites were measured in a newborn, 26-year-old, and 103-year-old. **The level of DNA methylation decreases with age.** A newborn had the highest DNA methylation, the 103-year-old had the lowest DNA methylation, and the 26-year-old had a DNA methylation level between the newborn and 103-year-old (1).
 - ▶ Heyn H, Li N, Ferreira H, et al., Distinct DNA methylomes of newborns and centenarians. Proc Natl Acad Sci U S A 2012; 109:10522-7



Men's Health – EPIGENETICS as a foundation for better patient care

- ▶ Example:
 - ▶ **SMOKERS VS. NON-SMOKERS VS. FORMER SMOKERS**
 - ▶ Smoking can result in epigenetic changes. For example, at certain parts of the **AHRR gene, smokers tend to have less DNA methylation than non-smokers.** The difference is greater for heavy smokers and long-term smokers. **After quitting smoking, former smokers can begin to have increased DNA methylation at this gene.** Eventually, they can reach levels similar to those of non-smokers. In some cases, this can happen in under a year, but the length of time depends on how long and how much someone smoked before quitting (2).
 - ▶ McCartney D, Stevenson A, Hillary R, et al., Epigenetic signatures of starting and stopping smoking. EBioMedicine 2018; 37:214-220



Men's Health – EPIGENETICS as a foundation for better patient care

▶ Example:

▶ **Exercise:** Physical exercise has positive effects on methylation patterns regarding tumor suppressor genes, cognition, metabolism, and ageing.

- ▶ Plaza-Diaz J, et al. Impact of Physical Activity and Exercise on the Epigenome in Skeletal Muscle and Effects on Systemic Metabolism. *Biomolecules*. 2022 Jan; 7:10(1):126. doi: 10.3390/biom7010126. PMID: 35052805; PMCID: PMC6773693.
- ▶ Coyle YM, et al. (February 2007). "Role of physical activity in modulating breast cancer risk as defined by APC and RASSF1A promoter hypermethylation in nonmalignant breast tissue". *Cancer Epidemiology, Biomarkers & Prevention*. 16 (2): 192-196.
- ▶ Sanchez-Gomez F, et al. (December 2012). "Physical exercise as an epigenetic modulator: Eustress, the "positive stress" as an effector of gene expression". *Journal of Strength and Conditioning Research*.

Men's Health – EPIGENETICS as a foundation for better patient care

▶ Example:

▶ **Sleep:** The link between sleep and the epigenome is only beginning to be elucidated, but clear evidence exists that epigenetic alterations occur following sleep deprivation.

- ▶ Gaine ME, Chatterjee S, Abel T. Sleep Deprivation and the Epigenome. *Front Neural Circuits*. 2018 Feb 27;12:14. doi: 10.3389/fncir.2018.00014. PMID: 29535611; PMCID: PMC5835037.

Men's Health – EPIGENETICS as a foundation for better patient care

▶ Example:

▶ **Diet:** At least a half of all tumor suppressor genes are inactivated through epigenetic mechanisms in tumorigenesis.

▶ Evidence suggests that dietary agents can affect epigenetic processes.

- ▶ Polyphenols in tea
- ▶ Sulfolauranes in cruciferous vegetables
- ▶ Isoflavones in soy, fava beans

- ▶ Hardy TM, Tolltschall TO. Epigenetic diet: impact on the epigenome and cancer. *Epigenomics*. 2011 Aug;3(4):503-18. doi: 10.2217/epi.11.71. PMID: 22022340; PMCID: PMC3197720.

Men's Health – EPIGENETICS as a foundation for better patient care

▶ Example:

- ▶ **Stress:** Complex mechanisms associated with chronic stress, PTSD, depression and other mental / emotional stressors contribute to DNA methylation, histone modification and, RNA silencing.
- ▶ Vialou V, Feng J, Robison AJ, Nestler EJ (2013). "Epigenetic mechanisms of depression and antidepressant action", review. *Annual Review of Pharmacology and Toxicology*, 53: 59-87. doi:10.1146/annurev-pharmtox-010611-134540. PMC 3711377. PMID 23020296

Men's Health – EPIGENETICS as a foundation for better patient care

YOU GET THE POINT!
Our environments and behaviors very likely influence our gene expression

Men's Health – Proposed Definition

- ▶ Nutritional Biochemistry (Diet)
- ▶ Exercise
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- ▶ Cardiovascular
- ▶ Neurologic
- ▶ Metabolic
- ▶ Endocrine
- ▶ Oncologic
- ▶ Urinary Function
- ▶ Erectile Function
- ▶ Testosterone Status
- ▶ GU Malignancy

Men's Health – THE SILENCE

- ▶ This is where we have been **SILENT** in our Urology clinics
- ▶ We are ascribing "definitive" diagnoses of..... to symptoms of larger problems.
- ▶ We are not educating → equipping our patients to achieve their best possible health outcomes.

If your doctor prescribes you medication without first asking about ...

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- your sleep
- your exercise routine
- your water consumption
- whether you have any structural issues &
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Men's Health – The Four Horsemen

- ▶ Peter Attia, MD:
- ▶ The odds are overwhelming that you will die as a result of one of the chronic diseases of aging:
 - ▶ Heart disease
 - ▶ Cancer
 - ▶ Neurodegenerative disease
 - ▶ Type 2 diabetes and related metabolic dysfunction.
- ▶ **The Four Horsemen**

Men's Health – The Four Horsemen

- ▶ If our patients had better control of the horsemen, then their urology issues would drastically improve.
- ▶ **BPH**: has been associated with lower levels of exercise, poor nutrition, obesity, diabetes and alcohol intake.
- ▶ [Parsons JK. Modifiable risk factors for benign prostatic hyperplasia and lower urinary tract symptoms: new approaches to old problems. *J Urol.* 2007 Aug;178(2):395-401. doi: 10.1016/j.juro.2007.03.103. Epub 2007 Jun 11. PMID: 17561143.]
- ▶ [Sarrna AV, Parsons JK, McVary K, Wei JT. Diabetes and benign prostatic hyperplasia/lower urinary tract symptoms—what do we know? *J Urol.* 2009 Dec;182(6 Suppl):532-7. doi: 10.1016/j.juro.2009.07.086. PMID: 19246144.]

Men's Health – The Four Horsemen

- ▶ If our patients had better control of the horsemen, then their urology issues would drastically improve.
- ▶ **Prostate Cancer:** diet, environmental toxins, chronic inflammation, obesity, diabetes have all been associated with increased risk of more aggressive cancer states
- ▶ Also, evidence of gut microbiota influences on the development of lethal CaP
 - ▶ Richard CA, Neill RD, Wang J, Jia X, Li J, Stambler M, Klein DA, Nelson S, Sheth N. Gut Microbiome-Dependent Metabolic Pathways and Risk of Lethal Prostate Cancer: Prospective Analysis of a PLCO Cancer Screening Trial Cohort. *Cancer Epidemiol Biomarkers Prev*. 2022 Jun 31; |1-1172-1199. doi: 10.1158/1055-9965.EPI-21-0766. Epub 2021 Oct 26. PMID: 34711629; PMCID: PMC8395074
- ▶ Also, on the flip side... Many patients on treatment for prostate cancer are dying of CV events. ADT in particular is a known risk factor for coronary plaque destabilization and rupture

Men's Health – The Four Horsemen

- ▶ If our patients had better control of the horsemen, then their urology issues would drastically improve.
- ▶ **Erectile Dysfunction:** Clearly we are all aware that erections suffer if any of the 4 pillars of blood flow, nerve innervation, endocrine balance, and psychological health are not strong.
- ▶ **Hypogonadism:** Obesity, diabetes, alcohol consumption, chronic stress, sleep, sedentary lifestyle, environmental toxin exposure.

Men's Health – The Four Horsemen

- ▶ When it comes to lifestyle → epigenetic prevention of the 4 horsemen, we are never going to have a robust set of **EVIDENCE BASED** prevention recommendations.
- ▶ These are CHRONIC disease states which are established over years of multi-variable living situations.
- ▶ However, we are beginning to accumulate some **EVIDENCE INFORMED** data which is helping patients improve their lives and risk factors.

Men's Health – Evidence Informed Interventions

- ▶ Nutritional Biochemistry (Diet)
- ▶ Exercise
- ▶ Sleep Quality
- ▶ Stress Management
- ▶ Social Life
- ▶ Life Purpose
- ▶ Exogenous Molecules



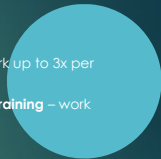
Men's Health – Evidence Informed Interventions

- ▶ Diet Goals
 - ▶ Eat unprocessed whole foods
 - ▶ Eat mostly vegetables
 - ▶ Eat high quality protein (mix of plant and animal)
 - ▶ Monounsaturated fats (avocado, coconut, olive oil)
 - ▶ Naturally Fermented Foods (Kefir, Kombucha)
 - ▶ Eat to 80% fullness – "Hara Hachi Bu"



Men's Health – Evidence Informed Interventions

- ▶ Exercise Goals
 - ▶ Find a way to safely begin **resistance** training – work up to 3x per week.
 - ▶ Find a way to safely begin zone 2 **cardiovascular training** – work up to 3x per week
 - ▶ Local trainers and gyms:
 - ▶ Next Level Fitness and Performance (251) 623-0130
 - ▶ Personal Edge Fitness, Mobile, AL (251) 341-0927
 - ▶ THRIVE Personal Training (334) 235-0367
 - ▶ Jason's Fitness (251) 661-4615
 - ▶ QuickFits (251) 319-3300



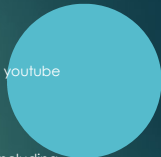
Men's Health – Evidence Informed Interventions

- ▶ Sleep Optimization Goals
 - ▶ 7-8 hours per night really is best in general
 - ▶ Consistent schedule
 - ▶ Dark room, Cool temperature
 - ▶ No screen 2 hours prior
 - ▶ No caffeine or alcohol after lunch
 - ▶ No exercise within 3 hours of bedtime
 - ▶ If night-time urination is a problem speak to the urologist about it
 - ▶ TRACK YOUR SLEEP (Oura ring, whoop strap, etc)



Men's Health – Evidence Informed Interventions

- ▶ Stress Management Goals
 - ▶ Everyone has stress – learn to manage it well
 - ▶ Guided meditation, breathwork, prayer (apps and youtube channels – ex: Yoga Nidra by Ally Boothroyd)
 - ▶ Journaling
 - ▶ Practice gratitude
 - ▶ Create a regular positive healthy morning routine including hydration, natural sunlight, exercise, cold shower if possible
 - ▶ Find opportunities to serve others
 - ▶ Find opportunities to "do hard things" on a regular basis – Japanese concept of Misogi




Men's Health – Evidence Informed Interventions

- ▶ Social Life Goals
 - ▶ Deep friendships with conversation
 - ▶ Find a regular meeting of like-minded individuals to provide interpersonal connection opportunities
 - ▶ Avoid being overcommitted
- ▶ Life Purpose Goals
 - ▶ Find a spiritual practice that works for you
 - ▶ Name and define 1-2 LIFE PURPOSES
 - ▶ WRITE IT DOWN and update it when necessary



Men's Health – Evidence Informed Interventions

- ▶ For a MUCH MORE in-depth guide to these basic interventions, please scan this and go to **General Health, Lifestyle, and Behavior**
- ▶ **BEST LIFE PROTOCOL v2.0**

William J Terry Jr.
Urologist —

Free patient education site - please scroll to the right for additional pages and content

Please find the folder below which relates to your Urology questions. Click on the folder to find valuable information on that condition, procedure, or supplement. The Fullscript supplement store is available if you are interested in seeing the counter supplements which may help with your condition. Finally, you may also schedule an appointment with Dr. Terry by clicking on that link.

General Health Lifestyle and Behavior

Men's Health – THE CASE AGAINST THIS TALK

- ▶ So of course, this whole area of modifiable risk factors and disease prevention is DAUNTING!
- ▶ Where would we even begin? Especially given that even the 4 Horsemen themselves are not true disease silos – they interact and influence each other in highly complex ways!
- ▶ We **aint** trained (and I would argue nobody is) to make perfect sense of this stuff for our patients.

Men's Health – THE CASE AGAINST THIS TALK

- ▶ And they certainly **aint** ready to absorb this volume of information and apply it to their lives.
- ▶ The other problem here is that we are hyper busy. Clinic visits are 10-15 minutes at the most. And, the OR is calling!
- ▶ Productivity is king.

Men's Health – THE CASE AGAINST THIS TALK

- ▶ The current Men's Health paradigm does not allow us to **BREAK THE SILENCE** and **SPEAK** to our patients about these promising, potentially life changing strategies....
- ▶ So, what must change?
- ▶ I believe we can structure our practices both on individual and institutional levels to better accommodate the **NEEDS** of our patients.
- ▶ And, I believe many of us have already done something like this.....

Men's Health – THE STRUCTURE WE NEED TO START SPEAKING

- ▶ In the modern Urology practice-scape – what do we do now which is.....?
 - ▶ Multidisciplinary
 - ▶ Highly organized
 - ▶ Contains one or more physician champions
 - ▶ Contains one or more nurse navigators
 - ▶ Utilizes AI to identify specific patient needs
 - ▶ Layers multiple complex therapies / recommendations
 - ▶ Is laser focused on optimizing patient outcomes

Men's Health – THE STRUCTURE WE NEED TO START EMPOWERING

- ▶ **ADVANCED PROSTATE CANCER CLINICS AS A MODEL FOR ADVANCED MEN'S HEALTH CLINICS**
- ▶ This new paradigm could allow us to break the silence we are currently offering our patients on the opportunities they have to attack the foundations of chronic disease in their lives.

Men's Health – THE STRUCTURE WE NEED TO START EMPOWERING

- ▶ The three main differences between an Advanced Men's Health Clinic and an Advanced Prostate Cancer Clinic are:
 - ▶ 1) the sheer volume of men eligible for the AMHC (literally everyone)
 - ▶ 2) the lack of EVIDENCE BASED recs for AMH vs APC.
 - ▶ 3) the fact that many of the recommendations given in an AMHC would be behavioral oriented and would require behavioral changes as opposed to simply swallowing a new pill.
- ▶ I acknowledge these differences.

Men's Health – THE STRUCTURE WE NEED TO START EMPOWERING

- ▶ 1) the sheer volume of men eligible for the AMHC (literally everyone) → **Start slowly... Do for one, what you wish you could do for everyone!** – Andy Stanley
- ▶ 2) the lack of EVIDENCE BASED recs for AMH vs APC. → **most of the recs are cheap and easy to implement, and it doesn't matter where patients "begin"**
- ▶ 3) ...many of the recommendations given in an AMHC would be behavioral oriented and would require behavioral changes as opposed to simply swallowing a new pill. → **We are not alone (robotics, medication, water in this talk). We have tools to help (wearable tech, social media, communication tech). Also with increased mental health comes increased capacity to make good decisions for one's self. This stuff works. People like to feel good and feel in control**

Men's Health – The Opportunity Before Us

- ▶ Dr Peter Attia outlines Medicine 1.0, 2.0, and 3.0:
- ▶ **Medicine 1.0:**
 - ▶ Hippocrates, blood letting and balancing the bodily humors, direct observations and guesswork; Identifying nature as the source of disease as opposed to the gods.
 - ▶ This kind of thing lasted 2000 years.

SCIENCE OF AGING November 16, 2019
 #231 – AMA #41: Medicine 3.0, developments in the field of aging, healthy habits in times of stress, and more
 "We have reached the limits of medicine 2.0 capacity, and if longevity is something we are aspiring for, we need a new strategy." —Peter Attia

Men's Health – The Opportunity Before Us

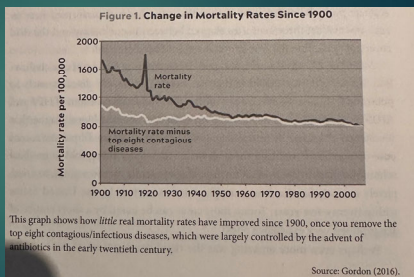
▶ Medicine 2.0:

- ▶ mid 19th century, germ theory of disease replacing the theories of "miasmas" (bad air).
- ▶ Pasteur, Semmelweis, Lister, Sir Francis Bacon and the scientific method. FF 300 years to the discovery of Penicillin! Vaccines! AMAZING!
- ▶ Development of the statistical machinery to enable randomized control trials (the "crown jewel of medicine 2.0)
- ▶ Great for ACUTE health issues
- ▶ But Med 2.0 stumbles still in the treatment of long term diseases such as cardiovascular disease, Cancer, Neurodegenerative diseases, and metabolic derangement (DM).

Men's Health – The Opportunity Before Us

▶ Medicine 2.0:

- ▶ Regarding human lifespan during Medicine 2.0... If you subtract out the gains made by eradicating the 8 most common infectious diseases – all cured by antibiotics and vaccines – human lifespan has not increased by much.
- ▶ Peter Attia MD, "Outlive" page 28



Men's Health – The Opportunity Before Us

▶ Medicine 3.0:

- ▶ Builds on its predecessor and focuses on **preventing** or at least delaying the long built chronic disease states responsible for most human deaths – the horsemen.
 - ▶ THRIVING NOT SURVIVING
- ▶ is basically predicated on **evidence informed** as opposed to **evidence based** guidelines
- ▶ It is predicated on absurdly early preventative measures for chronic conditions
- ▶ Medicine 3.0 has to be highly personalized
- ▶ Focused on maintaining healthspan
 - ▶ Example: CGMs, Best Life Protocol / Streams of Health



Men's Health – The Opportunity Before Us – *Urology 3.0*

- ▶ Nutritional Biochemistry (Diet)
- ▶ Exercise
- ▶ Sleep Quality
- ▶ Stress Management
- ▶ Social Life
- ▶ Life Purpose

- ▶ Cardiovascular
- ▶ Neurologic
- ▶ Metabolic
- ▶ Endocrine
- ▶ Oncologic

- ▶ Urinary Function
- ▶ Erectile Function
- ▶ Testosterone Status
- ▶ GU Malignancy

Men's Health – The Opportunity Before Us

- ▶ Again, If we do good work preventing the 4 Horsemen, many common GU maladies would greatly benefit – especially the **sexual and hormonal** issues men acquire as they age.
- ▶ And who knows what else...is it ridiculous to postulate that some basic lifestyle, behavioral, and dietary changes might even help reduce rates of GU malignancy, voiding dysfunction, chronic pain, stones, and infertility?

Men's Health – Winning the Fight Against Poser MHCs

- ▶ AMHCs should be as comprehensive, organized, and championed as the best advanced prostate cancer clinics out there.
- ▶ AMHCs should be as ADVERTISED as the "other" Men's Health Businesses out there currently.
- ▶ WE should take charge of that situation and DOMINATE IT by BREAKING OUR SILENCE and providing an EXCELLENT and much more affordable alternative.

Men's Health – Starting to Build a Framework

- ▶ **STEPS TO ESTABLISH AN ADVANCED MENS HEALTH CLINIC:**
- ▶ ESTABLISH a physician champion for this in your practice
- ▶ CREATE a practice protocol and codify this for physicians, nurses, and patients in the form of a BEST LIFE PROTOCOL document.
- ▶ BEST LIFE PROTOCOL DOCUMENT should include expert opinions divided into sections on diet, exercise, sleep optimization, stress management, social life, and life purpose. Possibly Molecules as well.
 - ▶ It should be updated at least 2x per year to include new ideas.
- ▶ Create a STARTING POINTS goals worksheet (example provided on my mishake page)
- ▶ ESTABLISH A NURSE NAVIGATOR
- ▶ MEET with a billing / coding specialist
- ▶ EQUIP ALL PROVIDERS with this info so they can weave in as much as they can and talk it up to patients
- ▶ START YOUR OWN SOCIAL MEDIA UROLOGY / HEALTH PRESENCE to advertise the clinic AND promote healthy behaviors and interventions.
- ▶ START giving men the option to be seen in this specialty clinic
- ▶ Advertise to local PCPs

Men's Health – Starting to Build a Framework

- ▶ **PRACTICAL SUGGESTIONS FOR THE AMHC:**
- ▶ Ruthless verification of primary care providers
- ▶ Intentional optimization of EHRs to communicate clearly with PCPs
- ▶ Verification of relationship status – encourage the man to invite his spouse/partner to all future visits
- ▶ Discuss the patients' reading of the BEST LIFE PROTOCOL and help answer questions about how they might best implement those strategies to target their specific urology issues
- ▶ Discuss GLP-1 AGONISTS / SEMAGLUTIDE for weight loss and DM control
- ▶ Discuss CONTINUOUS GLUCOSE MONITORS and other wearable technology which may help implement new health behaviors
- ▶ Discuss HgA1c serum studies
- ▶ Discuss APOLOPROTEIN B and LIPOPROTEIN A serum studies
- ▶ Discuss SMOKING CESSATION (chamfix or bupropion)

Men's Health – Starting to Build a Framework

- ▶ **PRACTICAL SUGGESTIONS FOR THE AMHC CONTINUED:**
- ▶ Discuss how to STOP DRINKING ALCOHOL
- ▶ Discuss importance of SLEEP STUDIES
- ▶ Discuss concept of a HEALTHY MICROBIOME via whole food prebiotics and probiotics
- ▶ Discuss potential risks, benefits, and alternatives to TRT
- ▶ Discuss Positive / trusted / verified social media outlets. Lets face it, folks are addicted to the phones – we need to leverage this
 - ▶ Urology Care Foundation
 - ▶ Urology Care Podcast
 - ▶ Brad Stanfield MD
 - ▶ Peter Attila MD
 - ▶ Andrew Huberman PhD
 - ▶ James DiNicolantonio Pharm D
 - ▶ Rena Malik MD

Men's Health – Starting to Build a Framework

▶ PRACTICAL SUGGESTIONS FOR THE AMHC CONTINUED:

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Men's Health – Starting to Build a Framework

▶ PRACTICAL SUGGESTIONS FOR THE AMHC CONTINUED:

- ▶ CREATE A LOCAL DIRECTORY OF EXCELLENT:
 - ▶ PRIMARY CARE PROVIDERS
 - ▶ GYNECOLOGISTS
 - ▶ SEX THERAPISTS
 - ▶ COUNSELORS
 - ▶ PSYCHIATRISTS
 - ▶ SLEEP SPECIALISTS
 - ▶ CARDIOLOGISTS
- ▶ PHYSICAL THERAPISTS
- ▶ PERSONAL TRAINERS
- ▶ DIETICIANS
- ▶ AA MEETINGS
- ▶ We all know the best of the best in our hometowns...our urology patients should be seeing THESE folks.
- ▶ PRINT THIS OUT as a service to patients

"There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they're falling in."

—BISHOP DESMOND TUTU