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Welcome to the April 2014 issue of the

YOURology Update!

Spring has sprung, and everyone I know is happy that the warmer weather is finally on its way. . . it was unseasonably cold here this winter!

With the warmer weather comes the return of grilling outdoors. So we're sharing a recipe for an Italian Mixed Grill that involves 3 types of meat. Throw some potatoes and a vegetable on the grill with them and you're all set!

Ever want to know the secret to getting your child to set the table or tidy his/her room without constantly having to nag? Read our article for some of our favorite tips for teaching your child the importance of responsibility.

Did you know that in 1998, Burger King introduced a "Left-Handed Whopper" as an April Fool's Day prank? Read this and other famous pranks in our April Fool's Day fun facts article.

And on the health side, I'm sharing some articles regarding Testosterone and Heart Disease. The articles contains information that you won't want to miss!

We hope that you and your family are enjoying a prosperous year in every area of your lives.

- Dr. Shahram Shawn Gholami

"The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month."

~Henry Van Dyke

I have received numerous calls from men, who have symptoms of low testosterone, a documented decrease in their serum testosterone level, and who are receiving testosterone replacement therapy, regarding a study that recently appeared in PLOS One* relating testosterone replacement therapy and cardiovascular disease.

I have also received calls from my colleagues who are fielding calls from their patients on this subject. There are also numerous advertisements from attorneys who are attempting to start class action suits against the drug manufactures of testosterone. I am sending you this article with the hope that I can clarify some of the facts and misinformation surrounding this study.

Let's look at some facts.

The human body is always trying to achieve homeostasis, which is defined as "the ability or tendency of an organism or cell to maintain internal equilibrium by adjusting its physiological processes."

What does this mean? It means that the body is always trying to stay normal without deviations from the norm. For example:

- If a man drinks too much water, the kidneys will increase the excretion of water.
- If a man is dehydrated, the kidneys will try to conserve water to prevent the problems associated with dehydration.
- If a man has diabetes, the doctor will recommend a treatment to lower the blood sugar.
- If a man has high blood pressure, the doctor will recommend dietary changes, exercise, and perhaps medication to lower the blood pressure.
- If a man has anemia or a low blood count because of iron deficiency, the doctor will prescribe iron supplements.
- If a man has a deficiency in vitamin D, the doctor will recommend increasing the consumption of this necessary vitamin.

These actions are what we do every day; we attempt to achieve a normal equilibrium in the body as this is the best way to restore and maintain health.

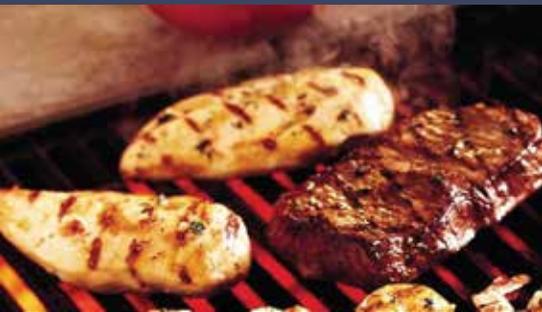


This same reasoning applies to men who are deficient in testosterone. Testosterone is a necessary hormone produced in the testicles that is responsible for a man's sex drive, muscle mass, energy level, bone strength, and even a man's mood, which may cause depression if the hormone is low and not returned to normal. The unstudied/published issue is what is the target value? Most experts feel that there is no absolute "correct" value, but rather treatment is targeted at relief of symptoms.

There are more than 13 million men in the United States who reportedly suffer from testosterone deficiency

For men who receive treatment, they usually report significant improvement in their symptoms. There are many conflicting reports about testosterone and heart disease. There are even studies that support that low testosterone increases the risk of heart disease and that treating the deficiency with hormone replacement therapy may be protective of heart disease.

Italian Mixed Grill



Herbed Lemon Oil

½ cup olive or vegetable oil
3 tablespoons lemon juice
3 tablespoons chopped fresh parsley
1 tablespoon chopped fresh or 1 teaspoon dried rosemary leaves
2 teaspoons chopped fresh or ½ teaspoon dried thyme leaves
½ teaspoon salt
¼ teaspoon pepper
2 large cloves garlic, finely chopped

Mixed Grill

4 Italian sausages
½ cup water
1 small onion, chopped
4 boneless skinless chicken breasts or thighs
1-lb beef boneless top sirloin steak, about 1 inch thick

1. In a small bowl, mix Herbed Lemon Oil ingredients, cover and let stand at least 1 hour.

2. In 2-quart microwavable casserole, place sausages, water and onion. Cover and microwave on High 5 minutes; rearrange sausages. Re-cover and microwave on Medium (50%) 5 to 7 minutes or until sausages are no longer pink in center. Remove sausages; discard onion and water.

3. Brush grill rack with vegetable oil. Heat coals or gas grill. Brush all sides of chicken, beef and sausages with oil mixture.

4. Grill meats uncovered over medium heat, brushing frequently with oil mixture and turning occasionally. Grill beef 5 minutes. Add chicken and continue grilling. Grill beef 12 to 16 minutes or to desired doneness. Grill chicken 15 to 20 minutes or until juice is clear when center of thickest part is cut (170°). Add cooked sausages during the last 5 to 10 minutes of grilling to brown.

Testosterone and Heart Disease - Continued

The study recently reported a study of the risk of acute non-fatal myocardial infarction (MI) following an initial TT prescription (N =55,593) in a large health-care database. We compared the incidence rate of MI in the 90 days following the initial prescription (post-prescription interval) with the rate in the one year prior to the initial prescription (preprescription interval) (post/pre).

The results of this study in all subjects revealed the rate ratio (RR) for TT prescription was 1.36. In men aged 65 years and older, the RR was 2.19 for TT prescription. The RR for TT prescription increased with age from 0.95 for men under age 55 years to 3.43 for those aged ≥75 years. In men under age 65 years, excess risk was confined to those with a prior history of heart disease.

The study summary stated that in older men, and in younger men with preexisting diagnosed heart disease, the risk of MI following initiation of TT prescription is substantially increased.

Some comments about the study:

No follow-up or research was done on whether or not the men on testosterone therapy achieved therapeutic levels or if they stayed on treatment. It is not accurate to assume that all men treated had their testosterone levels elevated by therapy.

There is no documentation as to whether or not Endocrine Association guidelines were followed, including morning testosterone level assessments and repeating the test at least once.

In closing, a larger study in the Journal of Clinical Endocrinology and Metabolism showed that among male veterans over 40, those on testosterone had lower rates of death than those that did not. This certainly makes sense, since hypogonadism is associated with metabolic syndrome, which is associated with an increased risk of heart attack, stroke, and death.

Finally, the International Consultation in Sexual Medicine (J Sex Med 2010; 7: 1608) concluded that:

- Low endogenous testosterone levels correlate with an increased risk for adverse cardiovascular events
- High endogenous testosterone levels appear to be beneficially associated with decrease mortality due to all causes, including cardiovascular disease and cancer
- Testosterone supplementation in men is relatively safe in terms of cardiovascular health
- Testosterone use in men with low testosterone leads to inconsequential changes in blood pressure, glycemic control and all lipid fractions.

Bottom Line: Low testosterone levels are associated with increased atherosclerosis. Most studies confirm that administration of testosterone to men has neutral effects on cardiovascular risk factors and cardiac events. For men with a history of heart disease, a careful discussion between the doctor and patient should take place.

I hope you have found this information useful and if you would like additional material on this subject, please let me hear from you.

The Chore Challenge: Teaching Kids Responsibility

While chores are typically greeted with enthusiasm in the preschool years ("Look, I'm helping Mommy!"), by the time a child is 5 or 6 -- and genuinely ready for more responsibility -- his/her natural excitement wanes. To spur your child on to action, enlist the help of these motivational tricks from the experts.

Pull Out the Big-Kid Card

If you've never given your child chores before, he/she is going to wonder: Why is Mom making me empty the dishwasher or set the table now? So appeal to his/her desire to be more grown-up. "It can be as simple as saying, 'Now that you're 5, you're stronger, taller, and more careful. I bet you could put away the washed dinner plates.'"

Pitch in Together

Sure, you're not always going to want to do your chores at the same time as your child does. But saying something like, "Help me straighten up the house. I'll do my bedroom, and you do yours" will help get a reluctant child started.

Think Like Mary Poppins

That iconic nanny knew that chores don't have to be boring. By incorporating some fun into tasks, you can improve your child's attitude about helping with housework. Put on some music and encourage him/her to sing or dance while cleaning up.

Start a Reward System

Offer to do something special with your child when his/her jobs are done. At the end of a productive week, offer an extra story time or watching a movie of her choice together as a family. If you pay your child, it becomes difficult to persuade her to help with anything without giving her money.



Some Interesting Facts About April Fool's Day

- Google has been consistent in its April Fool's pranks. Some examples: "officially" changing its name to "Topeka" in 2010, and releasing a new product in 2011 called "Gmail Motion" that supposedly lets users send and receive e-mails using gestures.

Left-Handed
Whopper



- In 1998, fast food giant Burger King introduced a "Left-Handed Whopper" as an April Fool's Day prank. The burger supposedly included the usual condiments in Burger King's original Whopper sandwich, but these were "rotated 180 degrees" to suit left-handed customers.

- Two years before Burger King's prank, Taco Bell, pulled a huge prank on Americans. In full-page ads in major newspapers in the US, Taco Bell claimed it had purchased the Liberty Bell and renamed it the Taco Liberty Bell.

- In 1957, BBC pulled an April Fool's joke by reporting about "spaghetti crops." Millions were duped by the report, with many of them asking how they can grow their own spaghetti trees.