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Welcome to the January 2014 issue of the

YOUrology Update!

and Happy New Year!

The ball in Times Square has dropped and so has the temperature outside. And with the big game right around the corner, we thought we'd share a recipe for a different type of party food that's easy to make and satisfyingly delicious. It's our Slow Cooker Buffalo Chicken Wraps.

Speaking of the big game, do you know which team was the first team to win 5 Super Bowls? Find the answer to this question and more in our fun facts section. Have you made any New Year's Resolutions? If so, compare your list against our list of the top 10 most common ones through the years.

Valentine's Day is next month and I'm sharing a few ideas to put Cupid back into your bedroom and also an article describing a prescription for passion in women.

We are grateful to be entering the New Year with you and hope that for you and your family, 2014 is filled with happiness, fun and prosperity.

- Dr. Shahram Shawn Gholami

"Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties."

~Helen Keller

When Culprits Send Cupid Out of the Bedroom

February is the month Valentine's Day and the day that couples think about love and intimacy. However, there are relationships where the love and affection have left the bedroom. Here are some suggestions for getting Cupid to fire a few arrows your way. There are many culprits that can affect intimacy between a man and a woman.

There are literally hundreds of medications that can impact a man's or a woman's sex life. Medications that are prescribed for stroke issues and heart issues can have devastating effects on sexual functioning. In addition, researchers have found that a family of antidepressants known as selective serotonin-reuptake inhibitors (SSRI) can take the winds right out of your sexual sails. These drugs include Prozac, Zoloft and Paxil.

Doctors can often reduce the dosage of these offending drugs or can change to another drug that can accomplish the same result without the side effect of a sexual problem. People of both sexes can develop pain disorders as they get older, and that can have a big effect on sexuality. Arthritis and chronic back pain are just two examples. Those who suffer from chronic pain are advised to find the time of day when pain is at a minimum to engage in sexual intimacy.

Also, those who suffer from chronic pain may need to take a pain pill before attempting to have sex. There are positions such as side by side that actually puts the least amount of stress on your joints and your back and may make it possible to have successful intimacy.

Sex does not always equal intercourse.

There are many successful relationships that do not have penis-vaginal intercourse. However, they are able to engage in intimacy by sensual touching, massage and mutual masturbation.

The National Sleep Foundation recommends getting seven to eight hours of shut-eye a night. But with the stress of work, kids, bills and, oh yeah, your marriage, who can think about fitting in time to have sex, much less sleep?

Cupid likes to be included on regular dates. Plan some sex dates around times that you know you feel more energetic. You plan other things in your life and you don't complain about it. You can do the same with sex.



Menopause and the accompanying decrease in sex drive or libido and vaginal dryness can wreck havoc on your sex life. Menopause results from a decrease in estrogens. The solution is as simple as applying a vaginal cream of a lubricant such as K-Y jelly or estrogens, which can be administered by a pill, a patch, topical gels, a vaginal ring, or a vaginal area. Fix: Creams And Lubricants

The lead often comes out of the pencil and Cupid may be MIA. It's the one part of aging and sexuality that gets the most attention: erectile dysfunction, which is often rooted in some large physical problem, including heart disease, high blood pressure, diabetes, and obesity.

The majority of men with erectile dysfunction or impotence can be helped. There are pills such as Viagra, Levitra, and Cialis that can increase the blood supply to the penis and produce an erection adequate for vaginal penetration. There are also injections, external vacuum devices, and surgical procedures that can bring Cupid back into the bedroom.

If you aren't in the mood, you may be suffering from testosterone deficiency. This applies to women as well as men. Women also make low doses of testosterone and if the hormone is deficient, women may not be in the mood for sexual intimacy. The application of topical gel or the insertion of a small pellet under the skin may quickly solve the problem of lack of sex drive.

Bottom Line: Valentine's Day is just one day a year. However, Cupid can be your best friend the other 364 days of the year. Try a few of these ideas to put Cupid back into your bedroom. It's the best three-some in the world!

Slow Cooker Buffalo Chicken Wraps



Ingredients

- 2 lb. boneless skinless chicken thighs
- ½ teaspoon salt
- ¾ cup buffalo wing sauce (from 12-oz jar)
- ¾ cup ranch dressing
- 1 package (11.5 oz.) Old El Paso® flour tortillas for burritos (8 tortillas)
- 3 cups shredded lettuce

In 1 1/2-quart slow cooker, place chicken; sprinkle with salt. Cover; cook 6 to 7 hours (if slow cooker has heat settings, use Low).

With slotted spoon, remove chicken from slow cooker and place on cutting board; discard liquid in slow cooker.

In slow cooker, mix buffalo wing sauce and 1/4 cup of the ranch dressing. With 2 forks, shred chicken. Return chicken to slow cooker; stir gently to mix with sauce. To serve, spread each tortilla with 1 tablespoon remaining ranch dressing; top each with about ½ cup chicken mixture and about 1/3-cup lettuce. Roll up tortilla; secure with toothpicks.

Prescription For Passion-Testosterone Use In Women



Roberta is a middle-aged lady who has noted that her sex drive and interest in sex has been reduced to near zero. After watching the movie *Hope Springs* starring Meryl Streep, Roberta made the decision to go to her doctor and share her situation. She had a blood test that checked her testosterone level and found that she was running on empty. She received a small testosterone pellet under her skin and reports that her “sex light” has been flipped to the on position.

Testosterone is the most celebrated, feared and misunderstood of all human hormones. Our culture lauds this substance's leading role in male virility and casts it as the villain in acts of violent crime. In truth, testosterone is neither miracle nor monster, but rather, a key player in the complex chemistry of human hormones. When balanced by other hormones, testosterone, also known as androgen, plays a lead role in the health and wellbeing of both sexes.

Testosterone is known for decades as a male hormone. Testosterone is also made in small amounts by a woman's ovaries. Just like in a man, a woman's testosterone is highest around age 20 and slowly declines till it is half as high in her 40s. Women taking testosterone may have more sexual thoughts, fantasies, sexual activity, and satisfaction from sexual intimacy.

At the present time testosterone is not an FDA approved treatment used to raise a woman's sexual interest, arousal, and satisfaction.

Testosterone is available by using a skin patch, gel, cream, or a pellet inserted under the skin as I described for Roberta. Many supplements and herbal medicines, such as DHEA, may interact with testosterone. Be sure to tell your doctor about any nonprescription medicines, supplements, or herbs you are taking before receiving testosterone replacement therapy. Women with low testosterone levels who might benefit from low-dose testosterone therapy include those who:

- Have had their ovaries removed. This causes a sudden drop in testosterone, which may decrease sex drive and satisfaction.
- Have a low sex drive that does not seem to be caused by a medicine, nor by relationship or stress-related problems.

Testosterone should be avoided in women who could become pregnant, have or have had breast or uterine cancer, have high cholesterol or heart disease or have liver disease.

Like nearly every medication, testosterone use in women has side effects especially if excessive testosterone is used. You are taking a dose that is too high if you have acne or oily skin, male-pattern hair growth on the face and body, anger and hostility problems, shrinking breast size, hoarseness or a deeper voice, irregular menstrual cycles, if you have been menstruating, or an increase in the size of your clitoris.

Bottom Line: Testosterone is also a necessary hormone for women just as it is for men but at a much lower dosage. Testosterone replacement can be a boon for women with a low sex desire, decrease in fantasies, and decrease enjoyment from sexual intimacy. See your doctor, get your testosterone level checked and if it is decreased, talk to your doctor about receiving testosterone replacement.

For those who want even more information I suggest Dr. Susan Rako's book, "The Hormone of Desire: The Truth About Sexuality, Menopause and Testosterone."

Super Bowl Touchdown Fun Facts

• Which team has played in four Super Bowls but has never led at any point during the game?

–**The Minnesota Vikings**

• What is the name of the trophy for the winner of the Super Bowl?

–**The Vince Lombardi Trophy**

• Which player has won the Super Bowl MVP three times?

–**Joe Montana**

• If the Super Bowl is the 2nd most watched sporting event, what is the most watched sporting event every year?

–**Soccer Champions League Final**

• What company pays the MVP of the Super Bowl every year to sponsor their business?

–**Disneyland**

• Which team was the first team to win 5 Super Bowls?

–**The Pittsburgh Steelers**

• Which team won the first Super Bowl?

–**The Green Bay Packers**

• What current NFL team has never played in a Super Bowl? (There is 4 of them . . . can you name all 4?)

–**Detroit Lions, Houston Texans, Jacksonville Jaguars, and Cleveland Browns**



10 Most Common New Year's Resolutions... Are They On Your List?

- 1) Eat healthy and exercise regularly.** Generally, people use the holiday season as an excuse to binge one last time before the New Year.
- 2) Drink less. Drinking less kills many birds with one stone:** It helps you lose weight, it helps your insides stay healthier, and it helps you make better life decisions.
- 3) Learn something new.** The sky is the limit, and in this great world, there are so many fascinating things to discover.
- 4) Quit smoking.** To quit smoking is an ongoing resolution that reaches its peak at the start of the New Year.
- 5) Better work/life balance.** Working is great: it brings in income, the food on your table, and the vacation you take over the summer. But it's those who embody the intangible items in life that simply cannot be ignored for their job as an accountant, lawyer, writer, and so on.
- 6) Volunteer.** Spending a few hours at a city soup kitchen counts, so does visiting the old age home. It's rare you meet someone who hasn't been rewarded in some way after his or her volunteer efforts.
- 7) Set a savings budget.** Whether it's saving for retirement, a down payment on a house or eliminating debt, pay yourself first by setting aside a portion of each paycheck.
- 8) Get organized.** This might mean your kitchen, your bedroom drawers, your desk at the office, or your social life.
- 9) Read more.** It could be a biography of George Washington, it could be Fifty Shades of Grey, or it could be a picture book. Only things not allowed are textbooks, policy briefs, and the like.
- 10) Finish those around the house "to-do" lists.** Set a day aside, early in the year so it comes a bit more realistic to get done, before your first to-do list is on the master, later on to-do list.