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Welcome to the June 2014 issue of the

YOUrology Update!

It's summertime and the living is easy. And along with the warmer weather comes the return to the grill, so we're sharing a recipe for grilled honey-cumin BBQ pork packs – it's a whole meal inside an aluminum foil packet that you make on the grill. Cook it outside and eat it outside!

It's also time for summer break from school. And although most teens are thrilled when summer break finally comes, it's not long before many are complaining that there's nothing to do...it's too hot...you know the drill. So, what can your teen do? We're sharing our list of ideas.

Don't forget the fathers in your life on Sunday, June 15. We've included some fun facts about the holiday that you may not be aware of. Why not do something special to celebrate Father's Day this year?

On the medical side, we're sharing some very important information on nonmedication solutions for urinary incontinence and some good news about your bedroom activities...they actually are heart healthy!

We hope that you and your family are enjoying the warmer weather and making the most of the longer days.

- Dr. Shahram Shawn Gholami

"The most important thing a father can do for his children is to love their mother."

~Theodore Hesburgh

Urinary Incontinence-Non-Medication Solutions

Millions of Americans suffer from incontinence. Americans are already “polymedicated” or taking far too many drugs. Many of my patients are trying to solve problems naturally without the use of medications. This article will discuss the treatment of urinary incontinence without prescription medications.

Incontinence is a symptom of a urinary tract problem, and there are different types of urinary incontinence. Women commonly have overactive bladder\urge incontinence or stress incontinence with the loss of urine with coughing, sneezing, or with exercise.

Men commonly experience dribbling after urination. This is associated with enlarged prostate — benign prostatic hyperplasia (BPH). BPH can squeeze the urethra and keep the bladder from completely emptying.

Whether you have stress incontinence or urge or overflow incontinence, there are natural steps you can take to support your urinary health and restore continence. If an enlarged prostate is causing your symptoms, you can learn how to promote a normal prostate size.

Following are several lifestyle changes you can make that will positively affect your bladder control and prostate health.

Manage Fluids: Drink pure water. While it’s important to stay properly hydrated, you want to avoid drinking in the two to three hours before bedtime.

Supplements: There are several natural supplements that support the urinary tract, and many supplements that shrink the prostate. Many men find urinary health benefits from quercetin, saw palmetto, curcumin, green tea extract, cranberry, stinging nettle and pygeum.

Fruits And Vegetables: These foods are high in antioxidants, vitamins, minerals and fiber, and they support prostate health and urinary tract health, as well as being good for the rest of you too.

Consume Healthy Fats: Healthy fats such as omega-3 fatty acids and monounsaturated fats help promote prostate health.

Avoid Food Additives And Sugar: Some foods and additives are harmful to the prostate and your urinary function. Try to avoid the worst ingredients in processed foods.



Maintain A Healthy Weight: Being overweight can worsen symptoms of urinary incontinence by putting excess pressure on the bladder. Exercise helps promote prostate health.

Kegel Exercises: Doing Kegels every day can help improve bladder control. Other alternative treatments such as physical therapy may also be of help.

Avoid Cigarettes And Excessive Alcohol: Smoking is a risk factor for stress incontinence. Alcohol increases urinary frequency, so try to limit or avoid it.

Drink Green Tea: Green tea health benefits come from its strong antioxidant and anti-inflammatory properties. Whether you drink it or take it as a supplement, look for caffeine-free green tea.

Minimize Caffeine Consumption: Coffee, tea and caffeinated sodas can promote urinary frequency. A study on incontinence in men and caffeine shows that men who consumed 234 mg or more of caffeine every day were 72 percent more likely to have some urinary incontinence compared to men who drink small amounts.

Avoid Foods That Irritate The Bladder: Foods and drinks that can irritate the bladder include citrus fruits, citrus juice, carbonated drinks and spicy foods.

Don't Wait-Go When You Need to Go: Don't hold your urine when you need to go. Holding it can irritate your urinary tract and possibly lead to a urinary tract infection.

Of course, there are medications and other treatments that can help with urinary symptoms of BPH, but they have some unwanted side effects. Before taking any medications, you should give some of the natural supplements and lifestyle changes a try. They may help and they won't hurt.

Bottom Line: The first step is to talk to your doctor about what is causing your urinary incontinence and to develop a plan for dealing with the problem. Learn as much as you can about urinary incontinence. If you suffer from urinary incontinence, try some of these non-prescription alternatives. They just might work and will decrease your dependence on Depends!

Grilled Honey-Cumin BBQ Pork Packs



½ cup barbecue sauce
¼ cup honey
2 teaspoons ground cumin
4 pork boneless rib or loin chops, ¾ to 1 inch thick
2 large ears corn, each cut into 6 pieces
1 cup baby-cut carrots, cut lengthwise in half
2 cups (from 1-pound 4-ounce bag) refrigerated cooked new potato wedges
1 teaspoon salt

1. Heat coals or gas grill for direct heat. Spray half of one side of four 18x12-inch sheets of heavy-duty aluminum foil with cooking spray.

2. Mix barbecue sauce, honey and cumin in small bowl. Place 1 pork chop, 3 pieces corn, ¼ cup carrots and ½ cup potato wedges on center of each sprayed foil sheet; sprinkle with ¼ teaspoon salt. Spoon 3 tablespoons sauce mixture over pork and vegetables on each sheet.

3. Fold foil over pork and vegetables so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion.

4. Grill packets 4 to 6 inches from medium heat 15 to 20 minutes, turning once, until pork is slightly pink in center. Place packets on plates. Cut large X across top of each packet; fold back foil.

Good News For the Bedroom -Sex Is Heart Healthy

There are some men who worry that having sexual intercourse may cause a heart attack. Or men who have had a heart attack are at risk for another attack if they have sexual intercourse. Well, there's good news for men.

A recent study from England shows men who indulge in regular lovemaking are up to 45 per cent less likely to develop life-threatening heart conditions than men who have sex once a month or less.

In a report on their findings, researchers said the benefits of sex could be due to both the physical and emotional effects on the body. There are some who believe that sex in some forms has a physical activity component that might directly serve to protect cardiovascular health.

Also, men who have frequent sex might be more likely to be in a supportive intimate relationship and this might improve health through stress reduction and social support.

And there is good news for the women in your life as well: Regular sex can even boost a woman's sense of smell by triggering the release of a hormone called prolactin. This may be a mechanism to help moms bond with their new babies.

Bottom Line: No one disagrees that sex is good and sex might just be good for your health as well. So men, if you are looking for a reason to have regular sex, tell your partner to do it for your health and her health as well. It's a twofer!



Summer Break Ideas for Teens

Backyard camping. Grab a tent, some friends, and your sleeping bags, and get ready for a fun night laughing, telling stories, and more.

Chutes and Ladders Tournament. Find some friends who own it to have multiple games, get a bunch of people together, and setup a tournament bracket.

Volunteer some of your time for that 'Cause' you 'liked' on Facebook. Take a look at those causes, and find out how you can volunteer some of that free time you have for them.

Create a short movie or documentary. Why not get a group of friends together, write a screenplay and script, and put together a 5 or 10-minute movie?

Christmas in July. Get out your Christmas tree and garland, blast your favorite version of 'Holly Jolly Christmas', and host a Christmas party in July.

Whiffle Ball Homerun Derby. Go to your local store, get that thin yellow bat and white whiffle ball, and play in your front yard.

Slip 'n Slide races. How about 2 of them, side-by-side, so you can race? For an even bigger smile on your face, grab a pack of Yoo-hoo and some popsicles.

Make a scrapbook. If you're looking for something to do this summer, take some time to go through some old pictures or mementos and make your own scrapbook.

Learn something new. Summer vacation is a great opportunity to do something you always wanted to do but didn't have the time. You have about 3 months of free time on your hands; use it to learn something new.

Regardless of how you spend your summer break, be sure to make the most of it.



Father's Day: Did You Know?

- Today, some of the most popular Internet searches connected to the day include "Father's Day recipes", "Father's Day poems", and "Father's Day crafts."
- Roses are the official flower for Father's Day. A red rose is worn in the lapel if your father is living, a white rose if he is deceased.
- Father's Day is celebrated most places on the third Sunday in June, but not everywhere. In Spain and Portugal, for instance, fathers are honored on St. Joseph's Day on March 19. In Australia, it's the first Sunday in September.
- Nearly 95 million Father's Day cards were given last year in the United States, making Father's Day the fourth-largest card-sending occasion.
- Neckties are an old standby and lead the list of Father's Day gifts.
- Other items high on the list of Father's Day gifts include those items you may find in dad's toolbox such as hammers, wrenches and screwdrivers.

