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Welcome to the November issue of the

## YOUrology Update!

Winter is right around the corner and in many places there's a wonderful chill in the air. It's a sure sign that the holidays are upon us.

Tired of the same old side dishes on Thanksgiving? We're sharing a recipe for wild rice with cranberries that you can make in your slow cooker. You just add the ingredients and turn it on. It's a delicious twist on a side dish that leaves you free to tend to your other Thanksgiving festivities.

**Sure, the turkey, stuffing and pumpkin pie might be the stars of the show, but we all know it's really our loved ones who make Thanksgiving special. Embrace the spirit of the holiday this year by adopting a new tradition that highlights gratitude, giving and community (and have fun doing it). We're sharing our ideas for some new traditions.**

***At this time of year, we want to express our gratitude for wonderful customers like you. Without you, there would be no us...so thank you!***

- Dr. Shahram Shawn Gholami

*“Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse.”*

*~Henry Van Dyke*

# Are you worried that prostate cancer might affect your sexual desire?

A sedentary lifestyle and/or an unhealthy diet are factors that can lead to prostate cancer. If you have been ignoring the symptoms because you're afraid that surgery might affect your sexual desire or performance, then technology is here to prove you wrong.

The sad truth about prostate cancer is that it can affect men of basically any age. And it does have an unfavorable effect on an essential part of the male reproductive system - the prostate gland, which is responsible for the production of the fluid that carries sperm.

The cancer begins in this gland (about the size of a walnut) and then wraps itself around the urethra, which is the tube that releases urine from the body. The cancer typically grows rather slowly, but when the growth is more rapid, it can spread past the prostate. At this stage, it could require urgent medical attention and even be life threatening.

## Are you at risk?

Although men with a family history of the disease are more likely to develop it, other risks should not be ruled out. Men must monitor their diet, especially if red meat and other animal fats are a major part of their daily meals.



## What are the symptoms?

*The common symptoms are:*

- Delayed or slow start of the urinary stream;
- Leaking after urinating;
- Straining while urinating;
- Inability to urinate completely at one time;
- Blood in the urine or semen;
- Bone pain or tenderness (mostly in the lower back and pelvic bones).

Until recently, treatment of this disease was thought to be as bad as the disease itself. In the past, the only way your urologist could treat the cancer involved surgery, radiation or hormonal therapy that did have an effect on sexual desire and/or performance.

But a new non-surgical treatment - Magnetic Resonance-guided focused Ultrasound Surgery - has delivered relief to those suffering from the disease. The advantage of method include:

- No side-effects;
- No real recovery time required;
- Doesn't cost as much compared to older surgical procedures;
- Cancer is eliminated without affecting neighboring tissues;
- Fertility is not affected.

Your urologist will determine if you have prostate cancer through the use of a prostate biopsy. If you are experiencing any symptoms, please call our office today!

# Slow Cooker Wild Rice with Cranberries



## Ingredients

- 1 ½ cups uncooked wild rice
- 1 tablespoon butter or margarine, melted
- ½ teaspoon salt
- ¼ teaspoon pepper
- 4 medium green onions, sliced (1/4 cup)
- 2 cans (14 ounces each) vegetable broth
- 1 can (4 ounces) sliced mushrooms, undrained
- ½ cup slivered almonds
- 1/3 cup dried cranberries

1. In 2- to 3 1/2-quart slow cooker, mix all ingredients except almonds and cranberries.

2. Cover and cook on low heat setting 4 to 5 hours or until wild rice is tender.

3. In an ungreased heavy skillet, cook almonds over medium-low heat 5 to 7 minutes, stirring frequently until browning begins, then stirring constantly until golden brown and fragrant; set aside. Stir almonds and cranberries into rice mixture. Cover and cook on low heat setting 15 minutes.

*Expert Tips:* Many supermarkets now carry a wide variety of dried fruits. Dried blueberries or cherries are delicious substitutes for the cranberries. Toasting the almonds not only enhances their flavor and color but also helps prevent them from becoming soggy after they are stirred into the wild rice mixture.

## Ways to Make Your Thanksgiving More Meaningful

Here are some fresh ideas to try this turkey day—and perhaps for many more years to come.

### 1. Create a banner you can use year after year.

Use what you have in the house to create a gratitude banner to decorate your dining room on Thanksgiving.

### 2. Invite someone who doesn't have a place to go.

Whether it's a work colleague or a friend of a friend, if you hear of someone who won't be able to go home this Thanksgiving, invite him or her to your home to share this special meal.

### 3. Set up a never-ending gratitude list.

Unfurl a roll of butcher paper and set it on a side table or buffet with a cup of pens and a little sign encouraging guests to record the things they are grateful for.

### 4. Share the bounty.

Before the holiday comes, take stock of your own good fortune and see if you can afford to donate a few bags of muchneeded food to your local food bank or soup kitchen.

### 5. Have a potluck of objects.

Ask your guests to bring something to place on the table that is meaningful to them, whether it's a saltshaker bought on a special trip or great-grandma's gravy boat.

### 6. Share your family's treasured recipes.

If you always make a favorite dish that's been passed down through your family, this year take the time to copy it out on cards to give guests, along with the story behind it.

### 7. End the day outside.

Take a walk, play football or sit around an outdoor fire with a final glass of wine. After all of that cooking and eating indoors, it feels lovely to step out into the crisp air.



# Thanksgiving Trivia: Your Questions Answered

## What Is The Relationship Between Frozen T.V. Dinners And Thanksgiving?

Apparently, part of the reason that Swanson started creating T.V. dinners in 1953 was because it needed to find something to do with the massive amount of leftover frozen Thanksgiving turkeys.

## Was There Turkey At The First Thanksgiving?

There is no evidence that turkey was eaten at the first Thanksgiving shared between the pilgrims and Wamponoag tribe in 1621. It's more likely that they ate venison and a lot of seafood.

## Does Turkey Really Make Us Sleepy?

Not really. Tryptophan does make us tired and it is in turkey. But more of it can be found in soybeans, parmesan and pork. The huge serving of dessert could have an effect. Or it could be the amount of booze drunk midday.

## How Did The Macy's Thanksgiving Day Parade Begin?

The Macy's Thanksgiving Day parade began in 1924 with 400 employees marching off from Convent Avenue and 145th Street in New York City. During this time the parade was accompanied with live animals borrowed from the Central Park Zoo -- from camels to elephants.



## *The End Of Screening For Prostate Cancer In Men Over Age 75*

In a move that could lead to significant changes in medical care for older men, a national task force on Monday, September 30, 2013, recommended that doctors stop screening men ages 75 and older for prostate cancer because the search for the disease in this group was causing more harm than good.

The guidelines, issued by the U.S. Preventive Services Task Force and published on Tuesday in the *Annals of Internal Medicine*, represent an abrupt policy change by an influential panel that had withheld any advice regarding screening for prostate cancer, citing a lack of reliable evidence.

Screening is typically performed with a blood test measuring prostate-specific antigen, or PSA, levels. Widespread PSA testing has led to high rates of detection. Last year, more than 218,000 men learned they had the disease.

Yet various studies suggest the disease is "over-diagnosed" — that is, detected at a point when the disease most likely would not affect life expectancy — in 29 percent to 44 percent of cases. Prostate cancer often progresses very slowly, and a large number of these cancers discovered through screening will probably never cause symptoms during the patient's lifetime, particularly for men in their 70s and 80s.

At the same time, aggressive treatment of prostate cancer can greatly reduce a patient's quality of life, resulting in complications like impotency and incontinence.

Past task force guidelines noted there was no benefit to prostate cancer screening in men with less than 10 years left to live. Since it can be difficult to assess life expectancy, it was an informal recommendation that had limited impact on screening practices. The new guidelines take a more definitive stand, however, stating that the age of 75 is clearly the point at which screening is no longer appropriate.

Dr. Calonge said it was important that the guidelines not be viewed as "giving up" on older men. While the new rules should discourage routine testing of older patients, the recommendations will not prevent a man from seeking screening if he desires it, Dr. Calonge said. The new guidelines are not expected to alter Medicare's current reimbursement for annual PSA screening of older men.

The guidelines focus on the screening of healthy older men without symptoms and will not affect treatment of men who go to the doctor with symptoms of prostate cancer, like frequent or painful urination or blood in the urine or the semen.

While the verdict is still out on younger men, the data for older men are more conclusive, experts say. The American Cancer Society and the American Urological Association both say annual PSA screening should be offered to average-risk men 50 and older, but only if they have a greater than 10-year life expectancy.

Treatments for prostate cancer can cause significant harm, rendering men incontinent or impotent, or leaving them with other urethral, bowel or bladder problems. Hormone treatments can cause weight gain, hot flashes, loss of muscle tone and osteoporosis.

