



'LIFTING THE KILT'

The new quarterly MHDU newsletter

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WELCOME

by Brad Butt

Welcome to our newsletter "Mens' Health Lifting the Kilt". We'll be sending out information with the latest news and tips and tricks, upcoming events and updates of what's happening at MHDU. In a world where medicine, connectivity and innovation is marching on, this seemed a great way to disseminate our learnings to you, our mates.

In this newsletter, we'll be focusing on the latest innovations in the field of Men's Health as well as an update on our podcasts and social media.

We hope you keep in touch, and as always don't hesitate to give us a call or pop in to see us should something particularly spike your interest.

MHDU PHARMACIST SPOTLIGHT



Thanks for taking the time Angus! Why did you decide to work in a men's health role?

I completed my internship at Cooleman Court Pharmacy, working under Brad Butt and Tim Stewart. It was here that I was introduced to Men's Health Downunder and the role that pharmacists can play in improving urological health outcomes for men.

Seeing firsthand the difference pharmacists can make led to my passion to work in a men's health role and improve the urological health outcomes for men in Dubbo, and Western NSW where I live and work.

The opportunity as a pharmacist to work in this area is something that is not commonly aligned with our scope of practice. To be able to continue to work in an area that broadens the scope of practice for pharmacists, whilst also being very rewarding, is something that I will continue to pursue.

How do men tend to manage their health?

Men, particularly in Dubbo and surrounding areas, often, unfortunately, don't prioritise their health issues and concerns. This can occur due to hesitancy and embarrassment to discuss issues such as incontinence and erectile dysfunction, which for many men affects how they perceive themselves and their manhood.

In saying that, there has been a limited support network for men with urological health issues in recent years. However, with the addition of a prostate cancer support nurse working full time as well as the increased services through men's health Downunder, hopefully this will see greater improvements in awareness for men to prioritise and better manage their urological health concerns.

What's your favourite part about being an MHDU Pharmacist?

The aspect I love most about being an MHDU pharmacist is the opportunity to sit down and chat with the blokes and feel like I am genuinely contributing to their health outcomes and improving their quality of life.

I strongly believe that the work of MHDU is providing an essential professional service that is currently unmet and with pharmacists being so accessible, it is an extremely valuable and important role that we can offer men in our community.

Additionally, it has been a great opportunity to work collaboratively with urologists, GP's, Physiotherapists and nurses to form a multidisciplinary team and work collaboratively

MHDU is providing an essential service, and with pharmacists being so accessible, it is an extremely valuable and important role that we can offer men in our community.

How has MHDU been received in Dubbo? What other avenues are there for guys in Dubbo and the central west to access help?

MHDU has been received well so far in Dubbo, and I have been lucky to work closely with Dr. Bala Indrajit, a urologist throughout the Western region as well as our local prostate cancer nurse to improve the health outcomes for men.

I currently run a men's health clinic out of Greater Western Urology one day a week. This clinic primarily focuses on primary erectile dysfunction, penile rehabilitation post-prostatectomy and Peyronie's disease. It has been extremely rewarding to see this work grow and the number of consultations increases both in the clinic and also through the pharmacy in which I work.

We are lucky in Dubbo now that there is ever increasing health services and support for men to gain help and assistance particularly in regards to their urological health. We now have a specialised prostate cancer nurse who works closely with urologists throughout the health service to assist patients with ongoing management, support and advice during what is an extremely difficult time for them and their families.

You can book an appointment with Angus in Dubbo [here](#)

PROSTATE CANCER 101 | BY BRAD BUTT

The original article first appeared in Healthscope News as part of Prostate Awareness Month. You can read the full version [here](#).

Prostate cancer sits (un)comfortably in first place in terms of men diagnosed with cancer in Australia. It is estimated that 18,110 new cases of prostate cancer will be diagnosed in Australia in 2021 and that over 3000 men will die as a direct result.

To put this into perspective, one in six men will be diagnosed with prostate cancer by the age of 85 - perhaps more revealing is that 63% of cases are diagnosed in men over 65 years of age - meaning that 37% of cases are in men under 65.

1 in 6 men will be diagnosed with prostate cancer by the age of 85, but the survival rate is 95%

It's nice to recognise that largely when diagnosed early, prostate cancer is no longer the death sentence it used to be. The five-year survival rate for prostate cancer is 95% which is, with all things considered, very promising. This can be attributed to improved surgical techniques, better and more accessible imaging and diagnostics, and the research, medication and techniques used by radiation and medical oncologists are prolonging life.

So what is prostate cancer?

To understand prostate cancer, it's worth first refreshing our knowledge of the prostate. The prostate is a walnut-sized gland located between the bladder and the penis, and it sits just in front of the rectum. The urethra, which links the bladder to the penis and the outside world, runs through the center of the prostate (which is why when there is something happening with the prostate it can affect one's ability to urinate normally/comfortably).

The prostate is involved in the secretion of fluid that nourishes and protects sperm; during ejaculation, the prostate squeezes this fluid into the urethra, and it is expelled with sperm as semen. Screening is largely a tried and tested process today with a prostate-specific antigen (PSA) blood test being the most likely starting point.

Stages of prostate cancer

Early (localised) prostate cancer refers to cancer cells that have grown but do not appear to have spread beyond the prostate.

There are then two stages of advanced prostate cancer: locally advanced prostate cancer where cancer has spread outside the prostate to nearby parts of the body or glands close to the prostate, and metastatic prostate cancer where cancer has spread to distant parts of the body. The best course of management will depend largely on this description and would be discussed with your urologist.

LIFTING THE KILT ON PROSTATE CANCER | BY BRAD BUTT

How is it diagnosed? What is this PSA test I've heard about?

The first step is a PSA is a test for a protein produced by normal (and cancerous) cells, of the prostate gland. This alone is not enough to make a diagnosis. If your GP feels the PSA pathology results are not as expected, they will refer you to a urologist for further investigation to guide future management. They might also look at other pathology tests to better understand what is happening.

As for a prostate cancer diagnosis, this would generally be made by the urologist after conducting a number of tests. This could include:

- A digital rectal exam - where the urologist feels the prostate for lumps and bumps. This would generally be done before any biopsy was done.
- An MRI - a scan that uses a powerful magnet and radio waves to build up detailed pictures of the inside of the body. The urologist may suggest an MRI to help determine if a biopsy is needed. It can also provide insight as to whether cancer has spread from the prostate to nearby areas. Finally, it can help guide a biopsy needle.
- A biopsy - during a biopsy, small samples are taken from the prostate using a special needle. The samples are then sent to a laboratory where the pathologist checks them for cancerous cells.

Further tests might include; having a bone scan to determine whether the prostate cancer has spread to the bones, a CT scan which may show whether cancer has spread to lymph nodes, and a PET scan to help detect cancer that has spread or come back.

Treatment options

When the result of the above is suggestive of prostate cancer there are a few options. Treatment methods may include:

- For localised or early stage:
 - active surveillance
 - surgery or radiation therapy or both
 - watchful waiting
- For locally advanced:
 - surgery or radiation therapy or both
 - androgen deprivation therapy (ADT) may also be suggested.
- For advanced or metastatic (at diagnosis):
 - usually androgen deprivation therapy (ADT)
 - sometimes chemotherapy or radiation therapy
 - watchful waiting may be an option
 - newer treatments as part of a clinical trial

The final say

We are lucky here in Australia to have a wonderful team of experts who can support patients make the best informed decision for them. Please don't hesitate to get in touch if prostate cancer has touched your life or the life of a loved one.

LIFTING THE KILT ON MEN'S HEALTH PODCAST

About the podcast



Lifting the Kilt on Men's Health is our new podcast series where each episode we discuss all things men's health. We cover everything from prostate and prostate cancer, to erectile dysfunction, men's health services more generally, and everything in between! Scan the QR code to find the latest episodes.



Top Episodes in 2021



Men's Health Downunder

Our number one most listened-to episode in 2021 provides a intro to MHDU, how and why it was started and creates a safe space to answer all the questions you have, but may have found hard to ask.



Erectile Dysfunction

Are we surprised that this one came in at number two? Probably not. ED affects many men. In this episode, Brad breaks down ED, its physiological and psychological causes and treatment options.



The Prostate

A classic introduction to the work we do here at MHDU. In this episode, Brad highlights the red flags to look out for, when and where to seek help, and what is really going on when you have a prostate exam.

Unsure which episode to listen to first?

I'm looking for info on...

Prostate cancer and prostatectomies



Listen to...

Episodes 3-4: The prostate, Prostate Cancer and Post-prostate cancer recovery

Erectile Dysfunction and treatment options



Episodes 5-6: Erectile dysfunction and treatments

Other conditions, treatments and products



wink wink nudge nudge stay tuned for more

TOP 5 LATEST PRODUCTS | BY BRAD BUTT

MH DU is excited to be able to supply devices to Australia and New Zealand to help patients achieve not only superior results but improved quality of life. Let us introduce our favourite new products at the moment.

These products help patients not only achieve superior results, but improved quality of life

#1 Pacey Cuff

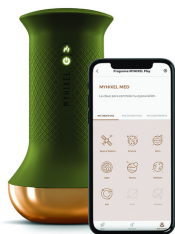


Best for men experiencing urinary incontinency who want something easy AND comfortable to wear.

It's special because this new age incontinence "clamp" gently causes urethral compression to minimise urine leakage while maintaining blood flow in the penis. It is unique in the market worldwide.

Also, it comes in 3 sizes. Designed by Dr Jack Pacey, Canadian vascular surgeon, it uses a urethral pressure pad (bottom) to apply pressure to stop the flow of urine, while the top allows for blood circulation

#2 MyHixel MED



Best for men who ejaculate in under 3 minutes during penetrative sexual intercourse and for whom this is a concern.

It's special because it is a cognitive behavioural therapy for ejaculation control that combines the exercise program "Play MED" with MyHixel to offer the most realistic sensation of penetration on the market.

Also, the combination gives patients education and training to achieve climax control and has proven to multiply sexual stamina by up to 7 times. This is a nice alternative option to medications

#3 ASTAR SONARIS S ULTRASOUND



Best for conjunctive management of erectile issues, Peyronie's disease or as part of a penile rehabilitation programs post-prostatectomy.

It's special because the sophisticated design and advanced software provides greater options for those looking for ultrasound therapy at home.

Also, all patients purchasing these devices receive a training and education session on its appropriate use and expectations to ensure optimal outcomes and patient safety.

#4 Viberec X3



Best for provoking ejaculation in men with spinal cord injuries (best response in men with SCI level above T10)

It's special because this handheld medical vibrator stimulates both the top and bottom of the penis simultaneously to improve stability and response.

Also, the Viberec X3 has a high frequency and an amplitude of stimulation of 3m - best suited for SCI ejaculatory conditions. Viberec X2 lower 2mm amplitude is ideal for men with mild-moderate dysfunction and post-prostate surgery symptoms.

#5 Penimaster



Best for men with Peyronies' disease.

It's special because it's one of the more effective and best-rated devices in terms of effect and comfort. The PeniMaster provides comfort, ease of use, size and the ability to wear discreetly.

Also, we recommend all patients getting a traction device also get a Peyronies disease assessment device (PDAD) to measure curvature. This enables a quantitative measurement rather than relying on a photo, allowing a more accurate measurement of progress at home.

KEEPING IN TOUCH

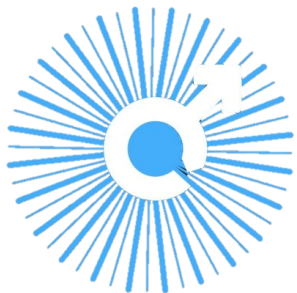


Upcoming events

We are excited to again host the Men's Health Downunder practitioner conference this year in **two locations - Sydney and Canberra. Watch this space.**

As always, the MHDU Conference is a lineup of well-regarded speakers covering topics largely around prostate cancer and its related issues affecting the quality of life and how we as healthcare practitioners can better assist our patients.

The patient forum will follow that same night in both cities allowing patients to come together and interact with the speakers in a Q&A style event.



Keep in touch

If you have any questions always **feel free to contact the team at MHDU** on **info@menshealthdownunder.com.au** or **1300 00 MHDU (1300 00 6438)**

Follow us on [Instagram](#), [Facebook](#), [LinkedIn](#) or visit our [website](#). Or scan the QR code below for more links.

