

Supplement May Cut Men's Cancer, Heart Ailments

A recent study found that men who took a combination of selenium, lycopene, cligopyrocyanidin, vitamin E, and zinc developed fewer prostate cancers than predicted and no other types of cancer.

This study surveyed men who have taken a supplement containing the five listed ingredients plus beta sitosterol beginning in 1999.

All men in the survey were at high risk of cancer and cardiovascular events due to aging. Their ages are from 51 to 90-plus.

Instead of 14 or more new cases of prostate cancer predicted, only six were reported. Of these, three men were treated and consider themselves cured. The other 3 men chose conservative management to avoid surgery and radiation.

No other cancers of any type have been found.

Cardiovascular research has found that men with high blood pressure are 81 percent more likely to die prematurely than men free from such pressure.



Nearly 45 percent of the surveyed men reported taking up to four drugs to control cardiovascular threats, disclosing their high risks of heart/brain attacks (strokes).

Instead of finding 13 to 18 heart/brain attacks in these high-risk men, actual cases were one heart attack and one stroke.

Both men reported full recovery.

Other parts of the Malegard 2005 Survey include the use of PSA "velocity."

: as an improved, more accurate test for prostate cancer, especially men with low PSA levels,

: to manage failed therapies.

The report also covers prostatitis and the actual experience of 41 men in their own words.

For a free copy of the Report, call 1-800-685-4912 or write to Ross Z. Pierpont, M.D., Box 450, Camp Meade Rd., Linthicum, MD 21090.

Ross Z. Pierpont, M.D., F.A.C.S., Chief of Surgery has been at a teaching hospital more than 15 years.

—NAPS

Move Over, Rover! Make Way For Muffin

June Is The Month To Celebrate The Ever-More-Popular Cat

To the dismay of the country's dog lovers, the domestic cat is giving "Man's Best Friend" a run for his money as the most popular pet in American households—without even breaking into a pant.

According to the American Humane Association, cat owners now make up 34.5% of the nation's total population, a mere one percent less than dog owners, based on statistics from the Pet Food Institute. The rising popularity of the cat makes American Humane's Adopt-A-Cat Month®, June 2005, the perfect time to adopt.

While the dog may remain the country's icon of the Family Pet (a la *Little Rascals* or *Lassie*), recent shifts in the nation's pet populations indicate that what people look for in a pet might be changing.

"Most Americans live busier, faster-paced lives than our parents, and our world is more urbanized," says Marie Belew Wheatley, president and CEO of American Humane. "Humans need pets now more than ever. Pets bring companionship, love, and a sense of calm to the end of a hectic day."

More and more people are discovering what cat lovers have always known: Cats have as much to offer their humans as dogs. "It's just different," says first-time cat owner, Joseph Fitzpatrick. "Cats are more interested in sharing your company than being the center of your attention. My cat doesn't hang out with me because he's waiting for me to throw the ball or take him to the park."

Like many Americans who grew up in dog-owning families, Fitzpatrick considered himself a "dog-person"—until the day his wife brought home a gray tabby from the nearby shelter, and everything changed. The couple has since added two more cats to their family. According to Fitzpatrick, the most difficult thing about his new preferred pet, "is trying to make the bed with three cats in the house. It's impossible! But it's the funniest part of my day."

Thinking about adopting a cat? Consider these cat facts: June is American Humane's Adopt-A-Cat

Month. Throughout the summer, animal shelters are inundated with homeless cats and dozens of litters of kittens. Tragically, about 71% of them will have to be put to sleep because of a lack of homes. You can help by supporting Adopt-A-Cat Month and visiting your local shelter to adopt a pet.

Loving a cat every day will keep the doctor away! The health benefits of having a pet include: living longer, lower stress, and fewer heart attacks. In fact, stroking a cat can lower one's blood pressure.

No more baths! (Now that *will* lower stress.) Cats spend 30% of their waking hours grooming themselves. **Cats appreciate simple pleasures.** From flashlights to feathers, the simplest items provide hours of entertainment. **Cats have heart!** Cat hearts beat twice as fast as human hearts. This means they have twice the love to share! **Raining cats and...more cats.** There are more than 500 million domestic cats in the world, and 33 different breeds...And just as many reasons to adopt one!

About American Humane Founded in 1877, the American Humane Association is the nation's only organization dedicated to protecting both children and animals. Through a network of child and animal welfare and protection agencies and individuals, American Humane develops policies, legislation, curriculum, and trainings to protect children and animals from abuse, neglect, and exploitation. The nonprofit membership organization, headquartered in Denver, raises awareness about The Link® between animal abuse and other forms of violence, as well as the benefits derived from the human and animal bond. American Humane's regional office in Los Angeles is the authority behind the "No Animals Were Harmed..."® End Credit Disclaimer on TV and film productions, and American Humane's office in Washington, DC, is an advocate for child- and animal-friendly legislation at the state and federal levels.

Visit www.americanhumane.org to learn more.

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—Julie Morgenstern

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"Cheating...And Getting Past It?"

Clive had seen "the other woman" for months. Their meetings took place during his regular business trips to her city. When his wife Cheryl discovered the awful truth, she was devastated, angry and ready to split. All she could think of was hurting him back. In her rage she took off to hide out at her sister's home. For three months she refused to talk to Clive. When she had finally calmed down and felt more secure, she agreed to meet and talk. Clive, realizing his love for her, had tried hard to get her back. He apologized sincerely and sought her forgiveness. He explained that for many years he felt that he couldn't reveal his true feelings to Cheryl. He was afraid of her criticism and of her cutting judgments. **When he met a woman who made him feel safe, he opened up to her and found himself drifting into an affair,** though he still loved Cheryl.

His words struck a chord. Both realized that they had invested too much in the relationship to let it go and that they still loved each other. The marriage resumed, but Cheryl's wounds never quite healed. A year later, she was still consumed by suspicion every time Clive went out of town. She believed without reason that he saw the other woman and imagined the worst if she couldn't reach him on his cell phone immediately. She started spying on him, checking his phone bills and credit card receipts. **By constantly feeding her fears, she didn't give the relationship a chance.** Rebuilding trust, essential to a good marriage, requires **letting go of grudges and fears.** On the brink of divorce, she finally recognized that this time she was the one putting their marriage at risk.

The statistics on adultery are going up: *Newsweek* magazine reports that **up to 40% of married females are cheating on spouses versus 50% of men.** Obviously, with the divorce rate hovering around 50%, many couples resolve sexual infidelity by quitting.

For those who seek to save the marriage, here are some curative steps many therapists advocate.

- Understanding whether the infidelity was an isolated incident, an ongoing

psychological pattern or a liaison that evolved into an ongoing love affair is essential. Clearly, a singular "one night stand" is easier to deal with than an obsessive philandering partner that simply cannot stop cheating. Most difficult of all is repairing a relationship if your loved one has been involved in a longtime affair.

- In each case it is imperative for the couple to learn through open discussions without accusations and rancor what caused him or her to go astray. This is not easy and may require several sessions. Sometimes a crisis may open emotional doors that have been shut for years. Often the "deceived" partner learns that she or he may have participated in causing alienation and transgression. Both partners have to own up to their responsibilities in the breakdown. Endless accusations won't work.

- Sometimes the emotional issues are so complex and difficult to resolve, that the help of a therapist or marriage counselor is essential. A professional who has both partners' interests at heart may identify the underlying problems more easily and help you find the way to each other.

- Recriminations on both sides must stop to give the marriage a chance. Both partners must find it in their hearts to truly forgive each other. You cannot create positive feelings when negative ones fill your heart. The "trespasser" must be very understanding and offer more support than ever, and enough time for healing, no matter how long it takes. The partner who was deceived must do internal work to regain confidence and self-esteem. Both partners must make it their practice to be completely honest with each other. Words alone cannot rebuild trust. It is your deeds that count.

—Jacqui

E-mail your own question to Jacqui at: info@veryprivate.com or by regular mail to: PO Box 491341, Los Angeles, CA 90049. We never reveal or give out names or addresses. ©2005 Brandwynne Corp. All rights reserved.

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