

Book Review

Review by Kathleen Head, ND

Maximize Your Vitality and Potency
by Jonathan V. Wright, MD, and Lane Lenard, PhD
Smart Publications, PO Box 4667, Petaluma, CA 94955
Fax: 707-763-3944; website: www.smart-publications.com
256 pages; soft-cover; \$14.95 U.S./\$22.95 Canada

Finally the book everyone's been waiting for, a book that brings male menopause out of the shadows of myth and into the light of scientific fact! There is a preponderance of books available on the effect of declining hormone levels in women, while the effect of declining hormone levels in men has been largely overlooked. An age-related decrease in male testosterone levels can result in many of the same symptoms as declining hormone levels in women – reduced libido, disturbed sleep, increased risk for cardiovascular disease, osteoporosis, fatigue, thinning skin, poor wound healing, poor memory, etc. Drs Wright and Lenard clearly document this phenomenon in this extremely informative and entertaining book. From historical perspective to current scientific studies, the use of natural testosterone, as well as herbal and nutritional supplements for preventing and reversing many of the effects of aging, is discussed. In addition, the dangers and side effects of synthetic testosterone and commonly used drugs for impotence (Viagra) and prostate health (Proscar) are well documented.

Probably one of the most confusing issues facing health care providers treating the mature male is the effect of testosterone and dihydrotestosterone (DHT) on the prostate. A controversy is raging over whether decreasing testosterone and especially DHT is desirable when treating benign prostatic hypertrophy and prostate cancer. While the common belief is that elevation of these two hormones is responsible for growth of the prostate, there is increasing evidence (mainly European research) indicating this may not be so. This book explores this issue in depth, shedding new light on commonly held beliefs. While the definitive answer to the question of whether testosterone contributes to or prevents prostate cancer can not yet be answered definitively, this book goes a long way in sorting fact from fiction.

In addition to natural hormones and supplements for the prevention and treatment of sexual dysfunction and prostate problems, the book examines their effect on prevention of other conditions common to the aging process, including cardiovascular disease, depression, and osteoporosis. Besides being well-referenced and thoroughly researched, the book is full of interesting historical facts and anecdotes, making it an informative and entertaining read for health practitioners, as well as the general public. It should be on the shelves of all health care providers who treat men, all men over forty, and every woman who lives with a man over forty.