



# The Secret Business of Men's Health: Benign Prostatic Hypertrophy (BPH) Functional Herbal Therapy Webinar Guide

## Benign Prostatic Hypertrophy BPH

- The most common benign proliferative disease in aging men<sup>1</sup>
  - 42% incidence in men 40-50 years old
  - Up to 90% in men over 80 years old
- Symptoms<sup>1,2</sup>
  - Storage or irritative: increased frequency, nocturia, urinary urgency, burning during urination, urge incontinence
  - Voiding or obstructive: reduced urinary flow, incomplete emptying, hesitancy, straining to void

## Clinical BPH is defined as having at least two of the following:

1. Moderate to severe LUTS (I-PSS score  $\geq 8$ ),
2. An enlarged prostate (total prostatic volume [TPV]  $>30$  mL)
3. Decreased flow rate ( $Q_{max} < 15$  mL/s)

## International Prostate Symptom Score (I-PSS)

- 1-7 mild
- 8-19 moderate
- 20-35 severe

## Etiology of BPH

- The recent understanding downplays androgens, both testosterone and dihydrotestosterone (DHT)<sup>3</sup>
- A higher estrogen/testosterone ratio could be a causative hormonal factor<sup>3</sup>
- Increased peripheral conversion of testosterone to estradiol by aromatase could be at play<sup>3</sup>
- Chronic inflammation is a common finding ( $\uparrow$  CRP,  $\uparrow$  growth factors)<sup>4</sup>
- Chronic inflammation also associated with fibrosis of the prostate which contributes to the bladder outlet obstruction<sup>4</sup>
- One theory has proposed that BPH is an immune-mediated inflammatory disease caused either by infection or autoimmunity<sup>5</sup>
- There is a strong link b/w chronic prostatitis and BPH<sup>6</sup>
- Another proposes that higher circulating insulin stimulates prostate growth<sup>7,8</sup>
- Metabolic syndrome, obesity,  $\downarrow$  physical activity, smoking, high protein diet<sup>9</sup>

## Module 19: Video 5 – Herbs for Benign Prostatic Hypertrophy

Key Herbs for BPH			
Herb	Tablets	Phytosynergist Liquid Blends	Liquid
Saw palmetto	ProstaCo Capsules	X	Saw Palmetto 1:2
Nettle root	ProstaCo Capsules	Fe-Max Iron Tonic Phytosynergist	Nettle Root 1:2
Crataeva	Cranberry Complex, ProstaCo Capsules	X	X
Pumpkin seed oil	ProstaCo Capsules	X	X
Tribulus	Tribulus	X	X

Prostate Herbs: Dosage Guide			
Herb	Dry Herb Equiv. Range (mg)	Extract Ratio	Extract Range (mg)
Nettle root	1,998	6:1	333
Saw Palmetto	3,210	10:1	321
Crataeva stem bark	2,700	10:1	270
Pumpkin seed oil			240

## Herbal Therapy Formula Considerations to Support Patients with BPH

### Core Herbal Therapy Formula:

- MediHerb – ProstaCo (3/day)

### Additional Formula Considerations:

- MediHerb – Crampless (3-4/day) to relax smooth muscle
- MediHerb – Tribulus (3/day) for added BPH support and where LOH is an issue
- MediHerb – Gotu Kola Complex (2-4/day) to reduce fibrosis
- MediHerb – Cranberry, Complex (3-4/day) for prostatitis and urinary tract infection along with immune herbs Echinacea and Andrographis (consider MediHerb Echinacea Premium and/or Andrographis Complex)

### References:

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4. Bushman WA, Jerde TJ. *American Journal of Physiology-Renal Physiology*. 2016 Jul 20;311(4): F817-21.
5. Kramer G, Mitteregger D, Marberger M. *European urology*. 2007 May 1;51(5):1202-16.
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9. Lee CL, Kuo HC. *Tzu-Chi Medical Journal*. 2017 Apr;29(2):79.