



Men's Health Chairman Report



*Richard Pelman, MD
WSUS Men's Health Chairman*

Coming soon in April: The One, The Only, The Original Guide to Men's Health Podcast

The first season of the Washington State Urology Society's "Original Guide to Men's Health" podcast will launch and be published in the next few weeks (April 2019).

Watch for two (2) or more episodes to be released each week until the first season is fully published on iTunes, Google and the WSUS web site.

The Original Guide to Men's Health Podcast:

Host: Richard S. Pelman, MD, Clinical Professor of Urology, University of Washington School of Medicine, Director of Men's Health, Washington State Urology Society.

Prologue to Men's Health

Guests:

- Board Members of the Washington State Urology Society;
 - Una Lee, MD staff urologist at Virginia Mason Medical Center, Seattle, WA
 - Jeffrey Evans, MD, urologist with Frankel, Reed and Evans, Burien, WA
 - Ken Berger, MD, staff urologist Lourdes Medical Center, Pasco, WA
 - Scott Van Appledorn, MD staff urologist Evergreen Hospital and Medical Center, Kirkland, WA
 - Mihai Alexianu, MD, urologist with Spokane Urology, Spokane, WA
- Kathleen A O'Connor PhD, Professor Emerita, Department of Anthropology, University of Washington, author of the Health Initiatives in Men Study.
- Kevin Loughlin, MD, Senior Surgeon The Brigham and Women's Hospital, Boston, MA Emeritus Professor of Surgery, Urology, The Harvard Medical School

Episode 1: Introduction to Men's Health

Guests:

- Martin M. Miner, MD, Clinical Associate Professor of Family Medicine and Urology, the Warren Alpert Medical School of Brown University, Co Director of the Men's Health Center, The Miriam Hospital Providence Rhode Island;
- Aaron Spitz, MD, Voluntary Faculty, Department of Urology, University of California, Irvine, Urologist with a specialty in Infertility and Men's Sexual Health Clinic with Orange County Urology Associates, Frequent guest on The Doctors Channel, author of the Penis Book, and lead Delegate American Urological Association to the AMA House of Delegates.
- Larry Goldenberg, MD, Professor of Urologic Sciences, University of British Columbia, Vancouver, BC, Fellow of the Royal College of Surgeons of Canada, Fellow the American College of Surgeons, Recipient of the Order of Canada for contributions for Men's Health, Chairman of the Canadian Men's Health Foundation.

2. Family Medicine - *Your Personal Healthcare Advocate*

Guest:

- Paul James, MD, Professor and Chair of Family Medicine, University of Washington School of Medicine

3. Young and Adolescent Men's Health (Part 1) - *Healthcare for the Young and Invincible*

Guest:

- Dennis Barbour ESQ, President and CEO, The Partnership for Male Youth

4. Young and Adolescent Men's Health (Part 2) - *Healthcare for the Young and Invincible*

Guest:

- Leslie Walker - Harding, MD, Professor and Chair Department of Pediatrics, Seattle Children's , Specialist in Adolescent Medicine

5. Diet - *Eat, Drink and Be Healthy*

Guest:

- Marian L. Newhouse, PhD, RD Fred Hutchinson Cancer Research, Program Head, Cancer Prevention Program Public Health Sciences Division, Affiliate Professor University of Washington, School of Public Health, Department of Epidemiology

6. The Exercise Journey

Guests:

- Dr. Mark DeDominico: CEO and founder of Pro Club and the 20/20 Lifestyle Program, Former CardioThoracic Surgeon, and co-founder of the Hope Heart Institute, Seattle, Washington, co-author of the book 20/20 Lifestyle a Metabolic Cure.
- Josh Fitchett: Senior Director of Fitness for the Pro-Club , a degree from Central Washington University in Fitness & Sports Management. He oversee's training

and fitness for the Pro Club. A triathlete and adventure racer, he continues to motivate the participants of the 20-20 lifestyle program.

7. Cardiovascular Health: *How to keep beat with your heart, Staying Alive*

Guest:

- Eugene Yang, MD: Cardiologist, Clinical Associate Professor, Division of Cardiology, University of Washington School of Medicine, Medical Director for the UW Physicians Eastside Specialty Center, Governor of the Washington Chapter of the American College of Cardiology. Director of the Cardiovascular Wellness & Prevention Program at the University of Washington

8. Testosterone - *Testosterone, Myth's, Fact's and Everything in-between*

Guests:

- Martin M. Miner, MD, Clinical Associate Professor of Family Medicine and Urology, the Warren Alpert Medical School of Brown University, Co Director of the Men's Health Center, The Miriam Hospital Providence Rhode Island

9. BPH - *Three letters that impact every man,- Benign Prostatic Hyperplasia*

Guest:

- Kevin McVary, MD, Professor Department of Surgery, Division of Urology Southern Illinois University School of Medicine, Chair of the American Urologic Association Guidelines on BPH, Director of the Male Pelvic Health Fellowship at Southern Illinois University School of Medicine.

10. Infectious disease - *Germ's, Cold's and Epidemic's*

Guests :

- Elizabeth Talbot, MD, Associate Professor of Medicine, Dartmouth Geisel School of Medicine, Division of Infectious Disease, Attending Physician Dartmouth Hitchcock Medical Center. Consultant to the CDC, New Hampshire Department of Public Health

11. Prostate Cancer: – *(Part 1) Detection, Diagnosis, and PSA*

Guest:

- Daniel W. Lin, MD, Professor Department of Urology, University of Washington School of Medicine, Chief of UW Urologic Oncology, and The Pritt Family Endowed Chair for Prostate Cancer Research.

12. Prostate cancer – *(Part 2) Therapy- Surveillance, Cure's and Control*

Guest:

- Daniel W. Lin, MD, Professor Department of Urology, University of Washington School of Medicine, Chief of UW Urologic Oncology and The Pritt Family Endowed Chair for Prostate Cancer Research.

13. Testis Cancer: The Young Male's Cancer:

Guests:

- Christopher Porter, MD, Director of Clinical Research at Virginia Mason Medical Center, Co- Director Urologic Oncology, Fellowship Director, Urologic Oncology, Virginia Mason Medical Center
- Nancy Balin, JD, Founder, The Family Jewels Foundation

14. Infertility: The Egg and the Sperm. What Males should know, tips toward health and reproduction.

Guests:

- Thomas Walsh, MD, Associate Professor of Urology, University of Washington School of Medicine and Director of Men's Health UW Urology
- Annie Kuo, Washington States Ambassador for RESOLVE, the National Infertility Association, Director of Public Relations , University of Washington Department of OBGYN

Future Podcast episodes:

- GI health:
 - Upper and lower GI tract cancer screening, Reflux disease, inflammatory bowel disease
 - You are what you eat, the role of Gut flora and your immune system
- Dental health
- Relationships
- Mental Health
- Mindfulness, Pleasure and Fulfillment
- Addictions and Dependency
- Pain- Modern theories and management
- Dermatological Health
- Smoking and Smoking Cessation
- Sports, Trauma and Injury Prevention
- Erectile Dysfunction
- Metabolic Syndrome, Diabetes
- Bladder Cancer and Bladder Health
- Pulmonary Disease
- Sleep Apnea, Evaluation and Management