

AOD or PSA? Boston Medical Group Releases the Top Terms That Matter Most to Men's Health

Health Organization Helps Public Make Heads and Tails of Those Confusing Health Acronyms

LOS ANGELES, June 14, 2010 -- [Boston Medical Group](#), a national physician network specializing in the treatment of erectile dysfunction and premature ejaculation, today released ten top acronyms that matter to men's health. From weight loss to mental, heart and sexual health, the medical lexicon can be confusing for patients, family members and healthcare professionals alike. Boston Medical Group is taking a step to dispel the confusion around men's health conditions and treatments in order to help patients move towards self-care as a crucial part of their overall health-care.

"We know that many health ailments are interconnected, with one condition often acting as a precursor or warning signal for another health issue. If a patient cannot describe or even understand their medical condition or available treatments, they are putting their health at great risk," said Dr. Barry Buffman, medical director at Boston Medical Group. "It is the medical community's responsibility to help give the general population some health smarts, and encourage men to take control of their own personal health to improve overall health outcomes."

Ten Important Men's Health Terms Include (listed in alphabetical order):

1. **AOD: Adult Onset Diabetes**, more commonly referred to as "**Type II Diabetes**," is a condition marked by high blood glucose and insulin deficiency. Because diabetes affects blood sugar levels and a man's vascular system, diabetes is often associated with other health conditions, such as heart disease and erectile dysfunction. Men will benefit by understanding the underlying health issues affecting all bodily functions and taking a holistic approach to healthcare, rather than treating a singular condition such as diabetes.
2. **BMI: Body Mass Index** is a number calculated using a person's height and weight. One's BMI is a reliable indicator of the various weight classifications, such as obesity, that can lead to other health problems. Once a man's BMI is calculated, he can take the diet and exercise measures necessary to improve his weight category and overall health.
3. **BP: High blood pressure**, or hypertension, occurs when the force of blood within an artery is unusually high. The risk of high blood pressure increases in a man's forties, and can cause a wide range of health problems, including aneurysms, heart failure, kidney failure and blindness. While high blood pressure is often genetic, a man can decrease his risk of hypertension by improving his diet and exercise level, and decreasing salt and alcohol intake.
4. **ED: Erectile dysfunction** is a condition that affects 30 million American men. According to the Massachusetts Male Aging Study, 52 percent of men between the ages of 40 and 70 report having some difficulty achieving or maintaining erections.¹ Many physicians point to the fact that the penis serves as the barometer of a man's overall health, with ED acting as an early sign of cardiovascular disease, diabetes and other physical ailments. Men with even mild symptoms of ED should examine their overall health to ensure longevity.

¹ Feldman HA, Goldstein I, Hatzichristou DG. Impotence and its medical and psychosocial correlates: Results of the Massachusetts Male Aging Study. J Urol. 151: 1994; 54-61.

5. **HDL/LDL:** HDL—or **high-density lipoprotein**—is known as “good cholesterol,” because it is thought to carry cholesterol away from the arteries to be processed by the liver and excreted from the body. LDL—or **low-density lipoprotein**—can form plaque in the arteries that feed the heart and the brain, increasing risk of clot formation and heart attack. Foods heavy in omega-3 fatty acids, such as fish oils, flax seeds, soy products and dark leafy greens have been shown to lower fat in the bloodstream and improve overall blood flow.
6. **ICP:** Used to treat erectile dysfunction and premature ejaculation, **intracavernous pharmacotherapy (ICP)** is a combination of FDA-approved medications that is injected into the spongy tissue of the penis, using an auto-applicator, to produce an erection within minutes. Because ICP is a localized treatment, many of the systemic risk factors that keep oral medications from being a safe treatment option for men affected with diabetes and heart conditions are not present with ICP.
7. **EKG:** Recommended for men over thirty-five, an **electrocardiogram (EKG)** is an important medical test that records the electrical activity of the heart. EKGs are used to detect abnormal rhythms and heart muscle damage.
8. **STI:** Sexually transmitted diseases, in recent years referred to as **sexually transmitted infections (STIs)**, are illnesses transmitted through sexual contact. Gone untreated, many STIs can adversely affect one’s immune system, organ function, blood cells and other health conditions. The most effective way to prevent STIs is by avoiding the transfer of bodily fluids; proper use of condoms also reduces risk of STIs. Both sexual partners should also get tested for STIs before initiating sexual activity.
9. **CDE:** In order to promote good health and strong bodily functions, it is important that the male diet is rich in vitamins and minerals. Three important vitamins for men include **Vitamin C** to strengthen blood vessels and muscles and protect against infection; **Vitamin D**, which is important for preventing some types of bone disease; and **Vitamin E**, an antioxidant that helps repair cell membranes that protect the heart.
10. **PSA:** A **Prostate-specific antigen (PSA)** is a protein secreted by the prostate--measuring one’s PSA level has been used for some time as a method of screening for prostate cancer.

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About Boston Medical Group

For over a decade, Boston Medical Group’s network of independent physicians has provided men with solutions to treat sexual health issues such as erectile dysfunction and premature ejaculation. The physicians provide therapies and treatment programs that can help men regain their sexual health and function, including those who are unable to take systemic oral medications. The Boston Method[®] involves personalized treatments that often induce an erection within minutes. In the last year alone, Boston Medical Group physicians treated more than 30,000 men across the United States.

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