



## **What Most Doctors Won't Tell You (or don't know) about the Link between Erectile Dysfunction, Heart Attacks and other Health Risks**

*Dr. C.W. Randolph says any man over 40 who is suffering from erectile dysfunction can have his sex drive and performance restored naturally, without drugs, by losing belly fat and treating the underlying condition of estrogen dominance.*

Jacksonville, Florida ([PRWEB](#)) May 23, 2008 -- "If a doctor just focuses on erectile performance, they are missing the underlying health issue and, more than likely, are treating the symptom not the cause," says C.W. Randolph, M.D. "I encourage physicians to talk to their male patients about sexual performance problems and, then, treat the real culprit not just band-aid the symptom."

According to a paper published in the May 16th issue of The Lancet, doctors who ignore or misdiagnose sexual dysfunction in men may miss early indicators for heart failure, depression or other ailments.

"When a male patient comes to me complaining about erectile dysfunction, I immediately suspect he is suffering from an underlying hormonal imbalance which is medically termed estrogen dominance," says Dr. Randolph, co-author of the bestselling book FROM BELLY FAT TO BELLY FLAT. "I look at the size of his stomach even before I look at his lab work. Too much estrogen in the human system causes the body to pack on extra pounds around the middle. Belly fat is a key indicator of 'metabolic syndrome,' a cluster of abnormalities that include high levels of blood sugar, blood pressure, and triglycerides, as well as low levels of 'good' HDL cholesterol. This combination of risks has an impact on mortality from heart disease."

Multiple medical studies have shown that men with excess belly fat and a large waist are most at risk for what researchers call 'all-cause mortality' -- early death from any cause. The fact that belly fat can trigger cardiovascular problems is also why a large belly has been linked to erectile dysfunction.

"What's worse," continues Randolph, "is that belly fat doesn't just lay idle at your belt-line. Researchers describe it as an active 'organ' in your body -- one that churns out even more hormones, particularly estrogen, as well as other inflammatory substances. The result: as a man becomes fatter and more estrogen dominant, his sexual performance becomes even more impaired. Even worse, his risk for life threatening chronic diseases, such cardiac disease and diabetes, continues to soar. No wonder these men get depressed."

When asked how his treatment of these men differs from many of his physician peers, Dr. Randolph responded: "Unfortunately, when it comes to erectile dysfunction as a stand-alone symptom or a risk factor for heart disease or diabetes, most doctors were not trained in medical school to diagnose estrogen dominance. As a result, they band-aid the symptom with pharmaceutical manufactured drugs instead of treating the underlying health issue. I have men walking in my office everyday carrying a bag of prescription medications (such as Viagra or Cialis for erectile dysfunction, beta blockers for cardiovascular concerns, or statins for high blood pressure) when what they really need is help eliminating their bodies' extra estrogen load so that their symptoms of erectile dysfunction, as well as their risk for heart disease and diabetes, have a high rate of success to be resolved naturally."



In describing his natural approach to treating men with belly fat and erectile dysfunction, Dr. Randolph offers his unique 3-Step Process also outlined in his book FROM BELLY FAT IN TO BELLY FLAT:

1. Test hormone levels and restore a man's optimal hormone balance via bio-identical hormone replacement therapies. Most men don't know it but, if a man is over 40 years of age, his body's production of hormones has begun to shift. The medical term for this male menopause is andropause. Symptoms of andropause include change in libido, weight gain, depression, fatigue, and more.
2. Follow a nutritional program of foods and supplements (such as the one detailed in FROM BELLY FAT TO BELLY FLAT) designed to eliminate the body's extra estrogen load naturally through the bowel.
3. Stress less and sleep more. Most men aren't aware how stress and sleeplessness - at a cellular level - can sabotage waistlines, good health and, also, the strength of erections. "I don't expect any one to get rid of all the stress in this busy world we live in but, in working with hundreds of patients over the years, my wife and co-author Genie James and I have developed some straight forward lifestyle modification techniques that have helped our patients modify their stress levels and, also, sleep through the night. We also outline these in our book."

For more information, go to [www.hormonewell.com](http://www.hormonewell.com). Media Inquiries, contact Nanette Noffsinger at [nanette@burkehollowmedia.com](mailto:nanette@burkehollowmedia.com) or 615-776-4230.

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