The penis is a really excellent indicator of heart health. And that's because the penis, is the structure that is just principally comprised of blood vessels, little tiny blood vessel, like a tiny sponge-like matrix, fill up the chambers of the penises that give us an erection.

The health of all of those blood vessels mirrors exactly the health the bigger blood vessel in our body. So long before the coronary arteries, the arteries that feed blood to our heart.

This is Dr. Talks. Welcome, welcome back to Reversing Heart Disease Naturally Summit. We have an absolutely great first time interview. I'm so excited.

We missed them last year, but we had to get the best for this year. Dr. Aaron Spitz and Dr Aaron spits is the author of a wonderful book I have in my office.

And I felt badly, I didn't bring it to this interview, so I took a picture up and let me do that for a second. It's such a great thing. Can everybody see there?

What's the name of the book? Dr Erin spitz. If you don't penis book. A penis book. I'm going to clear right there. It's an eggplant. Dan, have you noticed the lapel of this handsome man in a moment?

We'll appreciate if you had to have some kind of a symbol that is not a bad symbol for a urologist to. So I already spilled the beans. This is a Urologists in Southern California, author of that great book, which I've read, it's amazing book and encourage everybody to read it.

He's a leading authority on the topic. We're going to talk about male sexual health, the connections to heart disease. But he also is an expert on fertility.

When The Doctors Show was recording and filming in Studio 29 at Paramount, Dr. Spitz was a regular there with Travis stork and the rest. And many of you know him because in the great documentary in 2019, the game changers, Dr Spits played a prominent role, uh, playing himself as a leading urologist, talk about the relationship between a diet and erectile function and three volunteer athletes.

It was an amazing part of the movie. Thank you for being here. Dr spits. Thank you, Joel. It's a real treat and it's actually an honor to be invited onto your program because I know how high quality the work you do is.

So, you know, I feel legitimated being invited to share information with your audience. Thank You. Kind of you. We feel excited too. And for anybody, let me just throw this out there.

Anybody listening, watching from Southern California, You are a busy urologist, but people can see you right? Yes. Yes, I have a practice in South Orange County, California, and we are a large urology group practice taking care of all aspects of urology, but I subspecialize in male sexual function and male fertility.

OK, important topics and there's even a report in the news this week about cell phone use and male fertility and the relationship is not a good one. So get that phone out of your pocket, guys.

But we'll have to talk about that on a different summit in more detail. So why do you think I invited you on a reversing heart disease summit? And I'm setting up a question, but you're taking histories from men all the time having erectile issues.

What's the connection that you as a urologist are aware of with your specialty and my specialty overlapping? Yes, well, you know, now that I've been in practice over 20 years, I really had a chance to dig into human physiology.

And I have come to the conclusion that the purpose of the heart is to pump blood to And so I imagine that is why- Wait, wait, everybody, just a minute.

Everybody write that down, please. That may be the sentence of the entire summit. So the purpose of a heart is to provide blood flow to the penis. Oh my God.

Yeah. I mean, it's a happy accident that it also provides bloodflow to other parts too, but that's principally the most important function of heart, at least in my world.

Amazing. So that explains the connection and where goes the health of the heart, goes to health to the penis, I think would be a reasonable conclusion, right?

Yeah, no, indeed. Of course I'm being a little facetious, but it does turn out that the penis is a really excellent indicator of heart health. And that's because the penis is structure that just principally comprise of blood vessels, little tiny blood vessel, like a tiny sponge-like matrix, fill up the chambers of the Penis that give us an erection.

And the health of all of those blood vessels mirrors exactly the heath of the bigger blood vessel in our body and especially the blood vessels that feed blood to our heart and keep our hearts pumping strong.

So long before the coronary arteries, the arteries that fed blood through our hearth start to clog up and get diseased, those little tiny bloodvessles in the penis show the signs of disease.

And that penis therefore is like a canary in the coal mine. When we start to see problems with the penis, it's not too late to save our hearts. It's also not to late turn things around for the penises itself.

But several years before a heart attack or stroke, a man will notice a weakening of erections. So a erectile dysfunction, you called it a canary in a coal mine.

And there's going to be people that are wondering, what the heck is that analogy? Can you just break that little statement down a bit? Yeah. Many, many, years ago, before we had all the advanced technological sensors that we have now, coal miners would bring canaries with them to sense toxic fumes down in the mines.

And the canary was much more sensitive to the fume than the humans were. So if they saw that canarie drop dead in a cage, well, it was too late for the Canary, but it wasn't too later for miners that could get out of there and be safe.

So when we see our penis drop dead, it's still not too late for our heart and our brain. We can back out of whatever bad habits or bad foods we've been eating that led to that canary in the coal mine dropping over and start to get healthy and restore.

You can't bring the cannery back in a cage, but you can bring your penis back. So, you know, that's the difference. A lot of people are listening saying, this is the most time I've heard the word penis in five minutes.

Just get used to it. It's okay. We're two doctors talking with each other. So many people listening in are females and females, no males. Please don't ignore this topic.

You might be married to one, you might friends with them, be working with him. Yeah. You know, you might hear this conversation and it's been decades at this relationship with this early warning detector system, no heart symptoms, No clue to heart disease, but the penis isn't working.

And you know the visit to the urologist is important, But not all urologists are keyed in like Dr. Spitz. I wish they all were. That it is not just a prescription for a medication or a blood test for your testosterone.

It's a thought about your heart. Just tell us a little bit. You mentioned about, you know, blood flow being the key to healthy erections, which all of us are listening to this because at one point somebody had a healthy direction and

led to a pregnancy.

So, uh, it's all normal, normal life. Yes. Tell us little more about art or healthy arteries and a male sexual health. I mean, just any comments. Yeah, absolutely.

So an erection is basically a hydraulic event. There are these two chambers that are in the shaft of the penis, like my two fingers side by side. Inside the chambers is this sponge-like matrix of tiny blood vessels.

there are arteries that pump blood into the penis. And of course, those arteries eventually are branches from your aorta off your heart. As the blood fills those spongy spaces, they expand with blood.

they stretch out the lining of that chamber and they make the line wider and the make their lining longer and that's what an erection is. It's those two chambers getting longer, and getting wider because they're being filled up with blood.

And the reason that that spongy space can expand as it fills with what is because the cells that line all of those spaces are tiny little muscle cells they can stretch our nice and wide.

as we age and as our body gets deteriorated from poor lifestyle choices, poor dietary choices and age itself or perhaps other medications, disease states, what have you, those little muscles that can stretch get fibrotic and they can't stretch anymore.

And so even though the artery is pumping blood into those two chambers, The blood can only fill it up so much and it's only a partial expansion. It's a only partial lengthening.

And that's what erectile dysfunction is. So if we can keep those tiny little spongy blood vessel spaces nice and stretchy, which means keeping them healthy, keeping the youthful, we preserve our erections longer.

But those changes in those spaces can happen as early as in our 30s. We may not notice it yet, but then by our 40s, about half the men are starting to notice some weakening in their erection.

By their 60s 60%, 70, 70%, 80, 80%. And that's because those spongy spaces are now fibrotic and won't expand anymore. Not only do they have to expand to fill up the chamber, blood that goes in will drain right back out if they don't expand so much that they squeeze off the veins that are returning the blood out of the penis.

And so some men can get a partial erection and then lose it right away because it wasn't enough not only to fill the chambers but to pinch off When the penis fills up, that blood actually gets trapped in there temporarily.

It's not just pumping, pumping pumping like a big blood vessel. The artery to the penis, it too can get disease. It can clogged up with atherosclerosis just like the arteries to your heart and the artery's to brain.

But well before that happens, just those little tiny blood vessels themselves becoming fibrotic is the most common reason that we have trouble with erections.

That was an incredible explanation and I hope everybody gets it. The plumbing, the hydraulics. I keep thinking of the Woody Allen movie, everything you wanted to know about sex and that great scene where he was dressed up as a sperm.

If you've missed that movie please go back and watch it, it's got to be at least 35 years ago. Two quick questions as we wrap up our first segment of this interview.

From a urologic perspective, a 45-year-old man walks in your office and says, my family doctor, I should talk to you. I'm having erectile dysfunction for the past year.

Just forget the cardiology implications, the canary. What are you going to recommend in you're starting workup of

that situation? Well, The foundation of treatment is going letting him know that this is something that he can improve with natural means, diet, exercise, and habits.

One of the keys to healthy blood vessels, those little spongy blood vessel being nice and stretchy is that they have plenty of nitric oxide. Nitric Oxide is this very important molecule that gets released and it lasts for a few moments.

And it actually triggers the relaxation and the stretching of bloodvessel and allows for an erection to happen. Nitric oxides is what is harnessed by Viagra and Cialis, these pills.

the reason they give erections is because they allow nitric oxide to last longer and work better. But you can naturally increase the nitrous oxide in the penis with dietary choices.

So vegetables and fruits give you much more nitroxide than animal products do, particularly the green leafy vegetables. And When you're a young man, 20s up to mid 30s, you make all the nitric oxide you need.

You don't actually have to supplement it, but you start hitting your mid-30s. Your cells stop making enough nitrous oxide and you really do need to it with what you are eating.

And so one thing for this guy is, hey, what kind of diet do you have? Let's move you into more of a plant-based diet. Secondly, exercise. When you're exercising and your muscles are contracting, it will release molecules that help protect nitric oxide in your bloodstream and even boost nitrous oxide.

Just the sharing force of blood pumping through your arteries faster causes a release of nitroxide into those blood vessels and also to into the penis tissues.

So get off the couch, make sure you are doing regular vigorous exercise. Are you drinking a lot? Are your smoking? Or are you doing a marijuana? A lot of people in California are doing marijuana because it's legal.

Constant chronic use of marijuana, smoking cigarettes, drinking excessively, all these things kill your erection. They damage the nerves, they damage your blood vessels.

So let's limit that because a typical 45-year-old may be not realizing that the amount of recreational substance using he's doing is really actually all that harmful for him because in his 20s and his 30s, frankly, he was pretty bulletproof, but now it's starting to catch up to him.

Now, once we've addressed all of that, and we're taking a look at his medication list, maybe by now he has had some high blood pressure, and he's on an antihypertensive like a beta blocker or a hydrochlorothiazide, that's going to hurt his erections too.

Maybe he can get shifted to a different anti-hypertensive or maybe with the same diet and exercise and lifestyle recommendations, he could get rid of this high blood pressure and get off those medications.

Also, is his sugar under good control? Diabetics have nerve damage and blood vessel damage of the tiny little nerves and tiny, little blood vessels like the kind that are in the penis.

is your sugar under tight control? And if not, let's get it under control. That'll help your erections too. And sleep, are you getting enough sleep at night?

Because testosterone is a key molecule for penis health. If a man's testosterone level is too low, those little blood vessels, they also get fibrotic and they don't stretch real well.

The only time a men is making testosterone, is when he's in REM sleep, deep sleep when he's dreaming. And if guy's not getting enough sleep at night, he is not giving enough REMs sleep.

At night. His testosterone level might be lower than normal, or if he has got sleep apnea, which is constantly at a

subconscious level, waking him up.

He may not be consciously awake, but he can't get into that deep REM, sleep if it's got a sleep Apnea. left untreated, that's depriving him of making normal levels of testosterone.

And not only that, the stress of the sleep apnea is making his body release a bunch of adrenaline to cope with that suffocation that is happening through the night.

That adrenaline causes those little spongy spaces in the penis to constrict. Just as the muscles can relax from nitric oxide, adrenaline constrics them down and keeps the blood from flowing in.

These are all the sort of the natural approaches, the non-pharmaceutical approaches. But even so, men often still need in the short term anyway, and sometimes in a long term, pharmaceutical intervention.

And that's where pills come in like Viagra, Cialis, Levitra. You know them by the generic name, Sildenafil. to dalafil, bardanfil, and they all work in a very similar way.

And what they do is they let the nitric oxide that is getting into the system, even though it's less than it used to be, last much longer and activate those muscles much long to stretch and open up than they normally would.

That's how it works. So I may well provide that man with a prescription for one of these pills. Oh, that was absolutely one of the best, you know, concise explanations.

And I learned, I did not know about the REM sleep. I mean, people can wear an aura ring if they want to track that and work on it. people get information from their updated Apple watch on REM sleep or just don't go to bed at four in the morning and some better sleep hygiene and the sleep apnea component.

It's very easy now to do a home sleep Apnea test. So talk to your provider if you have concerns and a low testosterone. So we've been speaking with the author of the penis book, Dr.

Aaron Spitz from SoCal. And I think it's been a wonderful description about the canary in the coal mine and why on a reversing heart disease summit, we also want to reverse erectile dysfunction because of this tight, tight connection.

We're going to go a little bit longer with Dr Spitzer who's I've been very generous with his time and his knowledge, the author of the penis book, a practicing neurologist in Southern California and the star of The Game Changers movie.

I'm sure you all watched it, but watch it again. And you say, yeah, he was a, it was great in that natural. There is a game changers too, coming up, isn't there?

Yes. That's what I have heard. Okay. But they haven't signed a contract with you yet. No, but I'll tell you something interesting. The scene that we did in the movie for people who haven't seen it was we took three college athletes.

We gave them meat burritos for dinner, pork, chicken, and beef. And then we put a device on their penis to measure how many erections and how hard those erection were while they were asleep, because men get erecussions spontaneously while their asleep.

They can't control it. It's just a normal natural function. Then we take those same three guys and we gave then vegan burrito. And we recorded that same with that saved device directions that night.

And we compared if there was going to be any difference. I mean, these guys were normal, they had normal erections, but could one meal affect the erection's different from another meal?

You know, plant-based versus animal-base. And lo and behold, what we saw in these three guys was like three to

five times increase in the number of ereptions they have that night.

But that's just three-guys. Joel, you and I know that that not robust science. That's not a true clinical trial. So what I'm excited to tell you is that there is now a true clinical trial underway in Maimonides Hospital with Dr.

Robert Ostfeld as the lead investigator. And we're looking at many young, healthy medical students and we are doing the exact, well, just about the same experiment to see with robust science Does this difference really play out?

I suspect it will, but we'll see what the data really shows. And it's very exciting that we've been able to actually go from, you know, a very flashy movie scene to now really taking it to scientific scrutiny.

So I'm excited to see how that plays out. Yeah, that is very exciting. And although there's been a lot of growth of vegetarianism and veganism, if we can prove this point, we'll catch them below the waist.

If we catch him above the waste in terms of healthy prevention messaging. Great. Well, the last few minutes here, since you're such a wealth of knowledge, There's been in the news cycle constantly a gentleman that I did interview for the summit, Brian Johnson and a multimillionaire tech executive who has been focusing on reversing his age and uses a plant-based diet, but sort of humorous.

His last name is Johnson, and he spends a lot of time talking about his Johnson as is commonly described. trying to anti-age his sexual health as much as he's trying anti age his entire health and he is achieving great reversal of whatever measures of age.

I believe he wore the same device that you used in the movie. He has the financial capacity to buy it and I think he did buy the device. And he has been using in addition to a plant-based diet and exercise and optimal body fat and lean muscle mass, He's been going through a procedure that's officially called low intensity shock wave therapy, also commercially sometimes known as gains wave.

You have experience with it. Why don't you give us a urologist perspective that maybe the diet and the exercise in the REM sleep and reversal sleep apnea didn't do it all.

And some guy wants, you know, a mechanical solution. So where does that fit in? Yeah, no, it definitely has a role. I actually do perform low intensity shockwave therapy for my patients as well, because it does work.

Now, It's important to know that this therapy, like any therapy works on many, but it doesn't work on all. So as with anything, always be aware of claims that, you know, this will, make you 18 again, no matter what.

That's not true, and that's true for Viagra, that is not for any remedy. But for well-selected patients, it truly does improve erections. And the way it works is that there are these low-intensity sonic impulses, shock waves, we call them, hit the penis.

About 1,500 to 2,000 of these impulsa are delivered over the course of a treatment session, which might last about 20 minutes. And what these impulses are doing is fake injuring the penis.

What I mean by that is it doesn't actually injure the penis at all, but the tissues inside the Penis respond as if they were injured with a healing mechanism.

So growth factors are released, stem cells are mobilized and the blood vessels of the PENIS are rejuvenated and even some new blood vessel grow as well.

When our body's injured, we have a healing response to grow new blood vessels, to grown new tissue. And this low intensity shockwave is tricking the penis into having that same kind of a killing response.

So all those little spongy spaces of those muscle cells in there that are starting to get fibrotic from age, get

rejuvenated and the fibrosis goes away and they get more stretchy again and new cells grow as well.

And so the penis then can fill with blood and expand and widen and lengthen better after the shockwave therapy. However, it won't work on everybody. It'll work best on men who have mild to moderate disease of their penis, mild to moderate degrees of this fibrosis.

If it's real severe, it is not sufficient to reverse it enough to where you can have natural erections. It may downgrade how much medicine you need But if you want to get to natural erections and off pills, it's best in that mild to moderate category.

If a person is in the younger age range, what I mean by that, 40s to maybe mid 60s, It's going to work better in population than a guy in his 80s. So it is important to have realistic expectations and it important for me as a urologist to select my patients appropriately too.

But If you look at all comers, for lack of a better word, it works in about 65% of men. So that means it doesn't work in 45% men also it causes no harm.

That's the nice thing is that even if it does not work, if doesn t get the desired outcome it's not going to hurt the man. And When it works, it can last for a few years, but we don't stop aging and those changes keep happening.

And so eventually the beneficial effect of it may wear down, But it could be done again and you can get booster therapy. One of the tricks with this for the patient is knowing which practice to go get their care from.

It's not covered by insurance and it's quite pricey. but not all low-intensity shockwave therapies are the same. There are devices that are touted as providing low intensity shockwaves, but they don't actually provide the true low intensive shock wave energy.

And so those growth factors and those stem cells are not being mobilized. They still make impulses. And they look like the machine and they sound like a machine, but they're not the machines.

And so it's important to be careful where you select to have your therapy. Our practice has a best-in-class device. Typically, you're going to find best in class devices in urologist practices.

But when you venture outside of urology into naturopaths and chiropractors and aestheticians, More often than not, those machines are not the real ones.

Why don't they get the really ones? Because the ones cost about three times as much. Also, they may not have the sophistication and the medical understanding to know that they're not using the Real Ones.

They may have all the best intentions unwittingly purchasing a device that's not really going to be very effective. So it's an important thing to understand and to choose wisely if you're going All right.

Real wisdom from the expert, the author of the penis book, The Star of The Doctor Show. Although I missed that show. I know it's for a couple of years, but it was a great one.

When it on a run, I had the pleasure of being on it a number of times. And of course the Game Changers movie. So Dr. Spitz, thank you for taking your time and recording this really relevant information.

You know, I think the message is guys and women that are in relations with guys, erectile dysfunction is a heart event. It's a hear warning and go see your knowledgeable urologist, but also be sure you follow up with your primary care doc or arrange an appointment with a preventive cardiologist and get the full cardiac workup.

Don't miss the clue, right? Absolutely. I rely heavily on my cardiology partners when I'm managing my men with erectile dysfunction. And I want to know that that's been covered.

If I am not a cardiologist, I understand the relationship and I wanna know my patients are in good hands from a heart standpoint. Good. Okay. At that, a comment, we'll leave it there and say goodbye to Dr.

Spitz and wish you a wonderful day. Thank you. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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