

Hello Functional Medicine Discussion Group members:

Our next meeting will be **Thursday August 24 at 6:30** and we will be joined by **Dr. Karlis Ullis** will lead a discussion on **Male Sexual Health**. We will meet in the MultiPurpose room (UPSTAIRS) at the Santa Monica library at 601 Santa Monica Blvd. with the parking lot entrance on 7th Street. **Please let me know as soon as possible if you will be able to attend** by sending me an email with **Male Health RSVP** in the subject line. As usual, Metagenics will be providing some healthy food. If you have not done so already, please join the interesting discussions that we have been having on our closed Facebook page, **Functional Medicine Discussion Group of Santa Monica**.

For those who do not know Dr. Karlis Ullis, he has an incredible background and experience. After graduating from the Washington University School of Medicine in 1970, he did an internship and residency at the UCLA Department of Pediatrics and a Fellowship in Adolescent and Sports Medicine at the Univ. of Wash. School of Medicine in 1973. He was an Assistant Clinical Professor at the UCLA Department of Pediatrics from 1976 till 2003. Dr. Ullis was the Chief Medical Officer at the UCLA Pauley Pavilion Sports Medicine Clinic from 1978-1990. He has worked as a Sports Medicine Physician at various track and field meets, including for the US track team at the 1984 Olympic Games in Los Angeles and Head Doctor for the El Salvador Olympic team in 1988, and for the Latvian Olympic team in 1992 (summer games) and 1994 (winter games). Dr. Ullis was the co-director for an Anti-Aging Course for Professionals for the LA Gerontology Research Group and he is on the editorial board for the *Journal of Rejuvenation Research*. He has published a number of scientific papers, including Wrist Injuries in Roller-Skating in NEJM in 1979, Roller-Skating Injuries in *The Physician and Sportsmedicine* in 1980, Genital Infections with Herpes Simplex Virus in a University Student Population in *Sexually Transmitted Diseases* in 1980, An Analysis of Roller Skating Injuries in the *Am J of Sports Medicine* in 1982, and Anatomy of the Hip: correlation of coronal and sagittal cadaver cryomicrosections with magnetic resonance images (MRI) in *The Journal of Clinical Anatomy* in 1995. Dr. Ullis has written a number of books, including *Age Right-Turn Back the Clock with a Proven Personalized Antiaging Program* 1999, *Super T* in 1999, *Hormone Revolution Weight Loss Plan* in 2003, and he is now writing *Super T2: Doing Testosterone Replacement Therapy Right*.

Among other topics that will be covered will be how you can tell with a physical examination if someone has low testosterone, aka hypogonadism. Approximately 40% of men are affected by hypogonadism, though only 5% of them get treated for it. <http://www.bcmj.org/articles/testosterone-deficiency-practical-guidelines-diagnosis-and-treatment> Dr. Ullis will discuss which tests are most useful in diagnosis and to monitor men on treatment, including total testosterone, free testosterone, available testosterone, SHBG, FSH, LH, and prolactin. Ferritin levels should be checked to exclude hemochromatosis as a cause of hypogonadism. Elevated prolactin levels could indicate a pituitary tumor.

Dr. Ullis will cover some of the controversies about testosterone, including does it increase your risk of cardiovascular disease. This paper in NEJM concluded that testosterone supplementation does increase the risk of cardiovascular events: <http://www.nejm.org/doi/full/10.1056/NEJMoa1000485#t=article> This review paper found that testosterone replacement therapy did not increase cardiovascular risk, but the authors noted that you should carefully monitor hematocrit levels, which tend to increase with testosterone administration: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4709429/> Dr. Ullis will

also explain whether testosterone replacement therapy increases or decreases your risk of prostate cancer.

Additional questions that will be addressed will be the role that testosterone plays in libido, the benefits of testosterone replacement therapy, and what precautions can be taken to reduce possible adverse effects of using testosterone. Dr. Ullis will also discuss which diet and lifestyle factors can result in lower testosterone levels and which diet and lifestyle factors can increase testosterone levels naturally. See you on the 24th for an interesting discussion. And please plan to ask questions and participate in the discussion.