

Diabetic Summit/ Geo Espinoza. 40min

Another interesting guest speaker was Dr. Espinosa who talked about men's health that not many doctors do not talk about. Dr. Espinoza is a naturopathic doctor, who specializes in urology. He recognized the top 10 doctors in men's health, and he published peer-reviewed articles as well. He states that diabetic patients most likely have urological problems, prostate problems, or even prostate cancer. Also, many diabetic patients have overactive bladder issues, because of damaged nerve issues, so they don't communicate anymore. Urethral malfunctioning, urinary and erectile dysfunction. He points out that over the years many young males have had prostate issues, and urinary bladder issues due to elevated blood sugar and insulin resistance.

Dr. Espinoza treats it with a holistic approach. In his practice, 80% of the time he does not use medications. Treating gut issues, and looking at C-reactive protein are good approaches for treating urological problems. Resveratrol and Nitric oxide are helpful for diabetes. For prostate health, zinc and copper, quercetin, curcumin, and proteolytic enzymes are beneficial.

I have gained a holistic approach to prevent urological problems in men's health.

Managing blood sugar via diet is the key for these patients. I will keep in mind treating insulin resistance by changing one's diet for better-managing prostate issues in men.