



Our first annual list of those physicians who have the knowledge, the experience, and the tools to maintain and repair the 21st-century man

By: Erin Hobday, Photographs by: Plamen Petkov

Men have had a rocky relationship with doctors since day 1. Don't remember? There you were, bobbing in a sea of amniotic security, when a masked man suddenly yanked you out, smacked your butt, and then, right before your traumatized eyes . . . cut your lifeline. Next time you saw the sadist, he was holding a scalpel and reaching for your penis.

Today, the indignities of the relationship remain (digital rectal exam, anyone?), though at least now you decide whom to trust with your life. But how exactly do you decide? How does a guy tell all the whitecoats apart, distinguish the merely competent doctors from the truly talented? Leave that to *Men's Health* and Castle Connolly Medical, a research firm that asks physicians whom they would go to and then exhaustively screens the results. Together we've compiled a directory of crack practitioners in the most vital specialties for men, from psychiatry to urology.



Click [here](#) to enjoy free access to an exclusive database of the top physicians in the country. Search for the top doctors in your area in more than 80 different specialties.

**DOWNLOAD a list of Top Docs by the 8 top specialties.**

Now do us a favor: Don't call to make an appointment just yet. See, we've also provided strategies for staving off the many illnesses that these M.D.'s treat, be it heartburn or heart disease, diabetes or depression. With any luck, the tips that follow will turn you into the perfect patient--the one even the best doctors never see.

#### Cardiology

**Top doc: Roger Blumenthal, M.D.**

If you listen to the party line on heart-disease prevention, there are just four main risk factors: cholesterol, blood pressure, smoking, and age. That's why Dr. Blumenthal stopped listening. "Young men think they're immune to heart disease to begin with," he says, "and then even if they follow the existing national guidelines for heart-disease risk, they'll miss the boat on preventing an attack." As director of the Johns Hopkins Ciccarone Center for the Prevention of Heart Disease, Dr. Blumenthal uses a comprehensive rubric to identify at-risk men, including weight, family history, blood sugar, diet, and cholesterol and exercise levels. "We were once a reactive institution, and now we take a proactive approach."

#### How to stay out of the doctor's office

**Walk it off.** In a National Institutes of Health study, men who internalized their anger were more likely to suffer hardened arteries and high blood pressure than those who vented. It's a fatal chain reaction: Being perpetually pissed increases stress hormones, which boosts blood pressure and damages arterial walls. Rather than stuffing what steams you, take a walk. Researchers at Aichi University, in Japan, found that walking once a day (try right after work) can slash anger and decrease diastolic blood pressure by 4 points in just 4 weeks.

**Go nuts.** If Clint Eastwood made a movie about your heart, you'd have the good (HDL cholesterol), the bad (LDL cholesterol), and the ugly (your arteries). Don't worry; you can write a different ending by eating a handful of hazelnuts. In a recent *European Journal of Clinical Nutrition* study, men who ate 1 ounce of hazelnuts daily for 1 month lowered their LDL by 30 percent and boosted their HDL by 12 percent, thanks to the nuts' monounsaturated fats and antioxidants. (If hazelnuts aren't your favorite, try walnuts or almonds instead-- they have a similar impact.)

#### Dermatology

**Top doc: Daniel Berg, M.D.**

No doctor wants to be forced into early retirement, but Dr. Berg would see an epidemiological upside: "It would mean men are doing more to protect themselves from the sun," says the director of dermatologic surgery at the University of Washington. As a leading skin-cancer surgeon, Dr. Berg has witnessed the fatal consequences of men skipping the sunscreen and ignoring unusual moles. "Melanoma is one of the three most common skin cancers in men," he says, adding that because the disease is so preventable, "when we lose a young man, it's very difficult." But it's also relatively rare, thanks to Dr. Berg's use of Moh's surgery, microsurgery that helps ensure that every malignant cell is excised.

#### How to stay out of the doctor's office

**Go on foot patrol.** Loyola University researchers found that people with melanoma on their feet or ankles were 32 percent less likely to survive for 5 years than those with melanoma elsewhere. The likely reason: a late diagnosis. Guard your dogs by watching for moles or markings that are larger than a pencil eraser, have irregular edges, or change shape or color. And before you slip on your sandals this summer, rub on Anthelios SX SPF-15 sunblock; it contains Mexoryl, one of the most powerful UV blockers available.

**Cover your blind spot.** Head-on collisions aren't the only way you can die driving. In a new St. Louis School of Medicine study, men were twice as likely as women to develop skin cancer on their left sides because of sun exposure through a car's driver's-side window. Glass blocks UVB rays but can't stop UVA rays, which are equally damaging to skin. If you have a long commute, have your windows coated with a film that filters 99 percent of UV rays, like the Crystalline Series from 3M. ([Click here](#), for additional brands.)

#### Endocrinology

**Top doc: Martin J. Abrahamson, M.D.**

Men diagnosed with diabetes need more than a doctor, says Dr. Abrahamson, medical director at the Joslin Diabetes Center, in Boston. This may sound like a no-confidence vote against physicians, but it's more a sign of respect for the enemy. "A 15-minute visit to a primary-care physician isn't enough to help someone self-manage his diabetes," he says. "You need a team of experts to help you implement a whole new lifestyle to treat the disease." As a leader of one such team, he's seen the results: "We had one patient who lost 113 pounds, no longer needed insulin, and basically changed his whole life," says Dr. Abrahamson. "That's what it's all about."

#### How to stay out of the doctor's office

Bust your gut. Step off the scale and take out the tape measure. The most accurate barometer of your diabetes risk isn't your weight, it's your waistline. Johns Hopkins researchers discovered that men with 34-inch waists have twice the diabetes risk of those with smaller spare tires. Fight back by filling your cup with coffee every a.m. Japanese researchers found that as java drinking goes up, waist size goes down, while another study shows that 2 cups a day could halve a man's risk of insulin resistance, a precursor to diabetes. (Credit the caffeine.)

#### Gastroenterology

**Top doc:** Douglas Drossman, M.D.

Heartburn is like any smoldering fire--if you don't extinguish it early on, you're risking a catastrophic conflagration. "Untreated reflux predisposes you to esophageal cancer," says Dr. Drossman, codirector of the University of North Carolina Center for Functional GI & Motility Disorders. And all those Tums people pop? They don't help two hidden causes of heartburn: stress and weight gain. That's why Dr. Drossman looks beyond anatomical borders. "A gastroenterologist has to treat the whole person, not just one organ or system."

#### How to stay out of the doctor's office

**Hum away heartburn.** Stress causes heartburn by boosting acid production, slowing digestion, and disabling the muscle that keeps acid out of your esophagus. Turn on your iPod to turn off tension. In a Vanderbilt University study, the more music people heard, the less stress they felt. Office got you crazed? Use an Altec Lansing inMotion iPod dock; it folds so you can stash it in a drawer.

**Become more cultured.** A bacteria called *Helicobacter pylori* can cause ulcers, but other bugs may fend them off.

Researchers reporting in the *American Journal of Clinical Nutrition* asked 138 ulcer sufferers to snack on a yogurt containing *Lactobacillus* and *Bifidobacterium*, two strains of "good bacteria," daily. Four weeks later, the diet had eliminated nearly all *H. pylori*--even the antibiotic-resistant kind--from their systems. Stonyfield Farm Organic yogurt packs both bacteria, and no high-fructose corn syrup.

#### Neurology

**Top doc:** Helmi Lutsep, M.D.

Talk about a leap of faith--Dr. Lutsep took a Grand Canyon--size one back in med school. "When I decided to specialize in neurology, there was very little we could actually do to treat the brain," says the professor of neurology at Oregon Health & Science University. Lucky for us (and her career), the options have increased exponentially since then. For example, Dr. Lutsep is developing a stimulator to rewire connections in the brain. Still, she says, the best medicine is prevention. "Men in their 30s are in an ideal position to take action to keep their brains stroke-free."

#### How to stay out of the doctor's office

**Clot-proof your kitchen.** First, pitch foods with over 1,000 milligrams (mg) of sodium per serving--downing more than 4,000 mg daily raises stroke risk by 90 percent. Then fill your fridge with milk and produce. In a University of Ulster study, men who drank the most milk were half as likely to suffer a stroke as those who gulped the least. (Calcium can lower blood pressure.) And a Lancet study shows that eating five servings of fruits and vegetables daily lowers stroke risk by 25 percent. Can't fit in five? Eat an apricot; it's high in pressure-controlling potassium.

#### Psychiatry

**Top doc:** Richard Weisler, M.D.

Dr. Weisler hates to hear the f-word: "fine." As in the male client who says he feels fine, even though he's on the ropes. "Men deny their symptoms, which makes depression worse," says Dr. Weisler, a psychiatrist at Duke University. This is one reason men are at a greater risk of suicide and substance abuse than women are. It may also explain the gender divide in ticker trouble. "Not only does depression affect relationships and quality of life, but men underestimate the cardiovascular repercussions," he says. "It's a huge risk factor for heart attack."

#### How to stay out of the doctor's office

**Grab a beer with your buddies.** And cry in it if you need to. According to a study from the University of the Ryukyus, in Japan, men who give or receive social support are less likely to develop depression than those who don't. A lager may help lift your mood, too. Researchers at University College London learned that men who drank one or two alcoholic drinks a day were 25 percent less prone to depression than were abstainers or heavy drinkers. (Booze can improve bloodflow to the brain.) But if you find the empties adding up, go to [alcoholscreening.org](http://alcoholscreening.org) for a shot of reality.

#### Sports Medicine

**Top doc:** Richard Steadman, M.D.

There's a long list of intangibles that separate good doctors from great ones, and chief among them is empathy--a trait that can be painfully hard-won. "When a patient tells me he's down due to an injury, I can say, 'I've been there,' and mean it," says Dr. Steadman, director of the Steadman Hawkins Clinic, in Vail, Colorado. "I was a runner, but that's not good for my joints anymore." Now he hikes, skis, and surfs instead. "I wish men understood that if an injury keeps you from what you normally do, there are other activities you can add to stay fit and happy."

#### How to stay out of the doctor's office

**Shore up your core.** From ACL tears to ankle sprains, most sports injuries that sideline men hit below the belt. Hit back by adding muscle to your midsection. A study of 60 male athletes in *Medicine & Science in Sports & Exercise* found that those with the strongest trunks were 20 percent less likely to end up on the DL. Check out "The Painproof Circuit," in this month's poster, for a complete core-building workout.

**Cover your back.** Roughly 80 percent of men experience back pain, and the need to succeed may be to blame. A University of Massachusetts study found that men who log long hours at the office are more prone to back pain than those who exit early. Makes sense: Stress plus fatigue plus lots of sitting equals agony. If you can't knock off early, stretch your legs daily. (Tight hamstrings beget bad backs.) Place one foot on the floor and the other on a chair. With straight knees, lean forward until you feel a stretch. Hold for 30 seconds, then switch legs.

#### Urology

**Top doc:** Jean Francois Eid, M.D.

If your doctor is soft on you now, you may end up limp later, says Dr. Eid, director of Advanced Urological Care at Weill Cornell Medical College. "A lot of my patients had high cholesterol at age 35, and their doctors told them to change their diet and exercise, but without urgency." Take heed, young studs who think your erections are invincible: High LDL,

blood sugar, and blood pressure will sabotage a man's sex life. Too late? Dr. Eid says, see one of our top urologists and confess your bad habits. "So we can treat the cause of the problem as well as the problem itself."

#### **How to stay out of the doctor's office**

**Sweat for sex.** It's quite simply the cheapest erection medicine a man can buy: extra-strength exercise. A new Harvard study of more than 22,000 men shows that those who sweated regularly were 30 percent less likely to develop erectile dysfunction than their couch-potato peers. (Physical activity spurs testosterone production and increases bloodflow.)

**Guard your gland.** Whether you eat it raw, steamed, or stir-fried, broccoli is the best produce for your prostate. Researchers at Mt. Sinai Hospital surveyed 1,000 men about their diets and found that those who ate the most cruciferous vegetables, such as broccoli and brussels sprouts, had the lowest risk of prostate cancer. Kudos go to sulforaphane, a compound that clobbers carcinogens. If you balk at broccoli, pour on marinara sauce; you'll doctor the flavor and your prostate, thanks to cancer-fighting lycopene.

#### **The Men's Health Honor Roll**

##### **Three doctors with lifesaving solutions to major problems in medicine**

##### **Wilmer Sibbitt, M.D.**

Needle biopsies are now 52 percent less painful, thanks to the "reciprocating syringe" invented by Dr. Sibbitt, an internist at New Mexico Hospital. "If a doctor loses control of the needle, it can lurch and deeply penetrate tissues." With the new syringe's pulley system, you push a button for smooth insertion.

##### **Jeff Port, M.D.**

Blood-soaked surgical sponges are easily lost inside a body, causing delays and possibly infection, says Dr. Port, a surgeon at New York Presbyterian Hospital. His fix: The RF Surgical Detection System, which uses radio-frequency tags inside sponges so a detection wand can quickly pinpoint their location.

##### **Robert Freedman, M.D.**

CPR can save you from cardiac arrest, but it can't help your head, says Dr. Freedman, a cardiologist at Tulane University. "When brain cells don't get oxygen, they self-destruct"--unless hypothermia can be induced. Enter his ThermoSuit, a plastic sleeping bag that circulates cold water around a body, to do just that.

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?site=MensHealth&chan](http://www.menshealth.com/cda/article.do?site=MensHealth&chan)



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