

Why haven't you been told about the AMAS Test?

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By Lee Cummings

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With all the media talk about prostate surgery vs. taking drugs for prostate problems, you would think those are your only two options.

If information like this can save one more person from making a mistake with their prostate health, it will be worth taking the time to educate yourself on this important subject.

Are you aware that you can avoid surgery and drugs with proper testing in the first place?

Let's take a look at the facts when it comes to testing for prostate problems and look beyond the media headlines.

Better testing leads to more accurate information and a better diagnosis about the health of your prostate. And one of the keys is early detection with the RIGHT tests.

The most commonly MIS-used test is the PSA or Prostate Specific Antigen test.

Prostate-specific antigen – is a protein which is naturally produced by the prostate gland. Prostate tumors typically cause over-production of PSA, so when a blood test reveals an elevated level of the protein, it's a red flag that warns of possible problems.

Both cancer and benign prostatic hyperplasia or BPH which is a swelling of the prostate, can increase PSA levels.

What doctors usually do next is to recommend a biopsy. This is the next step toward trouble. Prostate biopsies are painful procedures that can result in bleeding and infection which only worsens your problem - if you even have one.

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And recent evidence shows that most of these biopsies are completely unnecessary.

In a 2003 study from the Memorial Sloan–Kettering Cancer Center in New York City, researchers set out to determine if fluctuations in PSA levels would reveal a single PSA test result to be unreliable on its own.

The conclusions of this 4 year study revealed that an isolated PSA screening with an elevated level should be followed with an additional screening several weeks later before proceeding with further testing or a biopsy.

Because the problem with a single PSA test is that PSA levels normally fluctuate and having just one test leads to over diagnosis of prostate problems.

Here is where the AMAS test is significantly better.

A more sensible and dependable way to screen for prostate cancer is a blood test called the anti–malignin antibody screen (AMAS). Anti–malignan antibody levels become elevated when any cancer cells are present in the body.

Most importantly, these levels rise early in the development of cancer cells, which means that cancer can sometimes be detected several months before other clinical tests might find it.

With an accuracy rate of more than 95 percent, the AMAS test is much more reliable than the PSA test. And the best way to detect prostate problems is a SERIES of PSA tests (as the Sloan– Kettering Trial concluded), WITH the AMAS test.

This powerful combination of tests will allow you to avoid false alarms which lead to painful biopsies, drugs and unnecessary painful surgery.

The more you learn about these tests, the more you will feel compelled to implement them.

You can find out more about the AMAS test at

.

As you can see, these are important tests to take over a period of time which can save you from unnecessary surgery and drugs.

Take control of your own health by educating yourself about tests, treatments and nutrition so that you can become more healthy and stay healthier in the long run.

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Lee Cummings has been helping people solve problems and feel better with proven nutrition for over 4 years. Lee publishes the monthly LC Nutrition newsletter. For a No cost Report –

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When To Take A Pregnancy Test

By Olinda Rola

Knowing when to take a pregnancy test will help you know whether or not you're pregnant. If you're wanting to know when to take a pregnancy test, the timing depends on the type of test.

There are two basic types of pregnancy tests – the urine test and the blood test. Both tests look for the hormone that is only present if a woman is pregnant. This hormone is called 'human chorionic gonadotropin', also referred to as 'hCG'. Blood tests can detect hCG about 6 to 8 days after you have ovulated. In general, urine tests can detect hCG about 14 days after ovulation. When to take a pregnancy test at home is done by many women using a pregnancy test that will test the urine to determine if they are pregnant. Home pregnancy tests are convenient, inexpensive and are private. The urine test should be done using your first urine when you awake in the morning. When you have a positive home pregnancy test result, you should then see your health care provider soon. Your health care provider will confirm your home test result with a blood test plus a pelvic exam.

When to take a pregnancy test is important, because if you test too early in your pregnancy, there may not yet be enough of the pregnancy hormone in the urine to provide a positive test result. Most of the home pregnancy tests will be 90% accurate if you wait and test yourself one day after your missed period is due. If you feel you are pregnant but the home pregnancy test is negative, repeat the test again in a week if you still have not had your period. And if you are still getting negative test results and think you are pregnant, be sure and see your health care provider right away.

Pregnancy is a wonderful event that is complex, frustrating, satisfying and exciting. Your desire to become pregnant and having a child will have even more significance to you if it means you'll be taking better care of yourself and your partner. Besides knowing when to take a pregnancy test, learn as much as you can about improving your own health so you'll be providing that special little one the very best start to life that is possible.

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– Olinda Rola is President of InfoSearch

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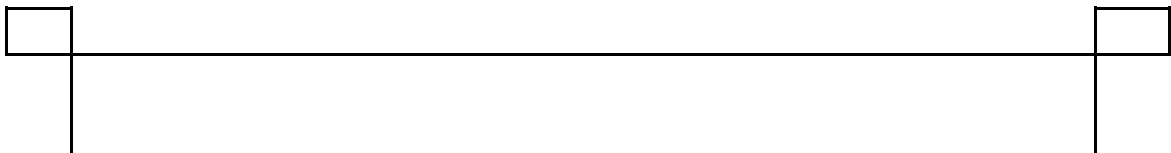
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