

The Prescription

News you can use from the *Men's Health* team of expert advisors.



CARDIOLOGY

Heart Rate Variability Apps



"What if there were a way to go easier in the gym but still see the same results? With apps like Elite HRV and OmegaWave, you can. They measure your heart rate variability, or the time between heartbeats, so you can optimize your workouts.

Using the HRV data, the apps tell you when to train intensively and when to take it easy. A really fit guy will typically have a score over 70; if yours is under 60, you might need to ease up to allow for more recovery."

Alexander Koch, Ph.D., C.S.C.S., is an associate professor of exercise science at Lenoir-Rhyne University in North Carolina.

DERMATOLOGY

Turkey Neck



"A lot of men are self-conscious about having a wrinkly neck. But it's easy to

prevent if you apply a cream that contains retinol, such as Neutrogena's Healthy Skin Anti-Wrinkle Cream. For a more dramatic change, consider a skin tightening procedure. Dermatologists use devices with small needles that apply radio-frequency (which is the same as microwave energy) to heat the skin and tighten it. Ask for the Infini or Intensif treatment."

Adnan Nasir, M.D., is the director of dermatology at Wake Research Associates.

DEPRESSION

Behavioral Activation



"Depression and anxiety are often overlooked in men because they try to tough

it out. But a new treatment, behavioral activation, is based on the theory that behavior changes can drive positive feelings. It involves engaging in meaningful activities you enjoy, like golfing. One study found that it works just as well as cognitive behavioral therapy, during which the client and therapist target unhealthy patterns of thinking."

William Pollack, Ph.D., is an associate clinical professor of psychology at Harvard Medical School.

EXERCISE SCIENCE

Tai Chi



"Many of us stare at screens all day, which can lead to chronic neck pain. But

a recent study found that tai chi could help relieve that persistent pain. Try this easy routine: First sit up straight. Then rotate your shoulders back. Pull your arms backward and try to pinch your shoulder blades together. Hold for a few seconds. Next, turn your head slowly to the right, hold for a few seconds, and return to center. Repeat on the left side."

Paul J. Christo, M.D., is an associate professor in pain medicine at the Johns Hopkins University School of Medicine.

The Horizon: Shock Away Your Erectile Dysfunction

"There's no cure for erectile dysfunction; we simply treat the symptoms. That's why low-intensity shock-wave therapy is interesting. It's already used to treat kidney stones; doctors use sound wave energy to create strong vibrations and break the stone into a million little particles. Now, doctors are focusing that low energy on the penis to spark something called neovascularization, a process that stimulates blood vessel growth and increases circulation. Although it's not yet FDA approved, it's already being used in Europe, and studies are being done in the United States."

Larry Lipshultz, M.D., is a professor of urology at Baylor College of Medicine.

