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**Landshut** could be described as a mosaic of many colourful stones. Here, Gothic magic meets the lively atmosphere of a modern, flourishing city. In the heart of the town, the two boulevards of the Old and New Town run parallel to each other. They boast houses and buildings of different styles, from the Middle Ages to the Renaissance-Baroque.

At one end of the Old Town lies a landmark of Landshut: **St. Martin's Church**, which has the world's highest brick tower. There is a nice walk called "oxway" leading from the Old Town up a mountain to Trausnitz Castle.

Dating back to 1204, it was constantly expanded and offers a lot to discover. In addition, there is a fantastic panoramic view of the city and the Isar River from the castle's balconies.

Other sights downtown include the city hall with its large, ornate ceremonial room. And the ducal residence is known as the first Italian Renaissance palace built north of the Alps.

Landshut is also home to the largest European Middle Ages festival – the Landshut Wedding. Every four years, the marriage of Duke George and Hedwig, the daughter of the king of Poland, is remembered and celebrated at this festival.

## Landshut – land of promises



Dear Friends,

The President and Board of 41 INTERNATIONAL wish the Round Table Family all the very best for 2016.

The New Year is a fantastic time to take stock of our current position, and to implement some goals and plans for the upcoming 12 months. However, it can be a bit overwhelming when trying to think of things that will really help make a difference to our Organisation.

### 1. Get our Data More Organised

Good quality data is the lifeblood of an association, so it's vital that we're able to maintain accurate records. This can be difficult if we're not using an up to date membership management solution, but even more so if you're relying on spreadsheets and old database programmes. There are a few things we need to make sure are accurate at all times:

- Membership contact details
- Membership contact preferences
- Membership status and history
- Event history and upcoming event

### 2. Revamp our Communications

Now is a great time to assess the quality and effectiveness of our member communications.

Take stock of what we've done in the past, and review what works and what doesn't. If our key communication method is email, do we have a solution in place that enables us to track the success of this channel?

Understanding opens, clicks and engagement is vital if we want to improve this part of our marketing.

Also we can consider personalisation. This is a great way of instantly boosting the effectiveness of our communication – but this can only be achieved if we've got an accurate database of all our members.



### 3. Give Something Back to our Members

Associations often struggle with lapsing membership accounts because members find it difficult to fully understand or appreciate the value they gain from their membership.

By creating and publishing a Membership Value Statement, you can pull together a list of all the benefits each member has had since they joined. These can include things like training, networking events, discounts on products and goods, access to reports and research, mentoring, membership of special interest groups and committees, presentation opportunities and career support.

By pulling together a Membership Value Statement, we reinforce to each member why they joined and why they should remain a member.

If we're struggling to create value statements that look 'valuable' then it's time to assess the services we give to our members. Think about what else we can give them that they'd appreciate and make sure 2016 is the year that we step up our value statements.

### 4. Don't Make Do, Make New

If we have systems or solutions in place that aren't working, now is the time to start planning their replacements.

**Dr. Sid (Siddharthan)**  
**Secretary**  
**41 INTERNATIONAL**



Dear members of 41 International,  
 On behalf of the TCI Board 2015-2016 Vice President Anna Åkesson and I would like to wish you and your family a Merry Christmas and a Happy New Year. We wish to thank you for the continuous friendship that you have shown us for all combined events and side-by-side projects for the past year – it is continuously amazing and wonderful to see the difference that can be done when we put our strength together in friendship and service. We look forward to 2016, to contribute and to celebrate friendship!  
 Yours in continuous friendship

*Anna Åkesson*

Vice President

*Susanne Norager*

President



May the hinges of friendship never rust

## HEALTH WATCH-Prostate Enlargement

Essentially what this article will be doing is health promotion. Responsible health promotion must provide three things:

1. Information
2. Reassurance
3. A plan of action.

Let us start with a background on prostate health.

Everyone has a pair of kidneys. The job of the kidney is to remove waste.

It is the LAWMA (waste management company) of your body. Everyday your blood passes through the kidney several times to be filtered. As the

blood is filtered, urine is formed and stored in a temporary storage tank called the urinary bladder.

If there were to be no urinary bladder, as a man walks on the road, urine will be dropping.

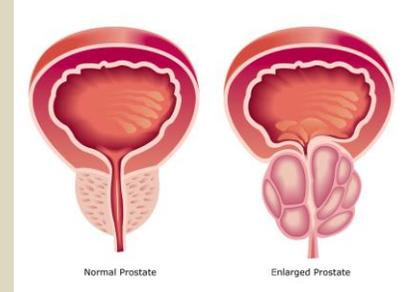
Now think of the plumbing work in your house. Think of the urinary bladder as the overhead storage tank.

From the storage tank, a good plumber will run pipes to other parts of the house, including the kitchen.

God in His wisdom ran pipes from our urinary bladder to the tip of the penis. The pipe is called the urethra.

Just below the bladder and surrounding the urethra is a little organ called the prostate gland.

The prostate gland is the size of a walnut and weighs about 20 grams. Its job is to make the seminal fluid which is stored in the seminal vesicle.



During sexual intercourse, seminal fluid comes down the urethra and mixes with the sperms produced in the testicles to form the semen. So semen technically is not sperm. It is sperm + seminal fluid.

The seminal fluid lubricates the sperm.

After age 40, for reasons that may be hormonal, the prostate gland begins to enlarge.

From 20 grams it may grow to almost 100 grams.

As it enlarges, it squeezes the urethra and the man begins to notice changes in the way he urinates.

### TERMINAL DRIPPLING

The man begins to notice that after urinating and repacking, urine still drops on his pants. This is the reason why after an older man urinates, he has to ring bell. A younger man simply delivers to the last drop and walks away. Just see an older man coming from the bathroom. Sometimes he may clutch the newspaper closely to hide the urine stains, particularly on plain colored trousers.

### HESITANCY

At this point you wait longer for the urine flow to start. There are 2 valves that must open for you to urinate – the internal and external sphincters. Both open but because of obstructions in the urethra, you wait long for the flow to start.

### INCOMPLETE EMPTYING

You have this feeling immediately after urinating that there is still something left.

As all these things happen, the bladder begins to work harder to compensate for the obstruction in the urethra. The frequency of urination goes up. Urgency sets in. Sometimes you have to practically run into the toilet. Nocturia also becomes common. You wake up more than 2 times at night to urinate. Your wife begins to complain.

-cont.

Men being men may not talk to anyone even at this point.

Then the more serious complications start.

Stored urine gets infected and there may be burning sensation when urinating. Stored urine forms crystals. Crystals come together to form stone either in the bladder or in the kidney. Stones may block the urethra.

Chronic urinary retention sets in. The bladder stores more and more urine. The size of the bladder is 40- 60 cl. A bottle of coke is 50 cl. As the bladder stores more urine it can enlarge up to 300 cl.

An overfilled bladder may leak and this leads to wetting / urinary incontinence. Also the volume may put pressure on the kidney and may lead to kidney damage.

What may likely bring the man to hospital is acute urinary retention. He wakes up one day and he is not able to pass urine.

Everything described above is associated with prostate enlargement, technically called **benign prostate hyperplasia**.

There is **bad news** and **good news**.

The bad news is that every man will have prostate enlargement if he lives long enough.

The good news is that there are life style changes that can help the man after 40 to maintain optimum prostate health.

**NUTRITION:** Look at what you eat. 33% of all cancers, according to the US National Cancer Institute is related to what we eat. **Red meat** everyday triples your chances of prostate disease. **Milk** everyday doubles your risk.

**Not taking fruits / vegetables** daily quadruples your risk.

**Tomatoes** are very good for men. If that is the only thing your wife can present in the evening, eat it with joy. It has loads of lycopene. Lycopene is the most potent natural antioxidant.

Foods that are rich in zinc are also good for men. **Pumpkin seeds** are recommended.

Zinc is about the most essential element for male sexuality and fertility.

**ALCOHOL CONSUMPTION:** As men begin to have urinary symptoms associated with prostate enlargement, it is important they look at alcohol consumption. More fluid in means more fluid out

Drink less. Drink slowly.

**EXERCISE:** Exercise helps build the muscle tone. Every man should exercise. Men over 40 should avoid high impact exercise like jogging. It puts pressure on the knees. Cycling is bad news for the prostate. We recommend brisk walking.

**SITTING:** When we sit, two-third of our weight rests on the pelvic bones. Men who sit longer are more prone to prostate symptoms. Do not sit for long hours. Walk around as often as you can. Sit on comfortable chairs. We recommend a divided saddle chair if you must sit long hours.

**DRESSING:** Men should avoid tight underwear. It impacts circulation around the groin and heats it up a bit. While the physiological temperature is 37 degrees, the groin has an optimal temperature of about 33 degrees. Pant is a no-no for men. Wear boxers.

Wear breathable clothing.

**SMOKING:** Avoid smoking. It affects blood vessels and impacts circulation around the groin.

**SEX:** Regular sex is good for the prostate.

Celibates are more prone to prostate illness. While celibacy is a moral decision, it is not a biological adaptation. Your prostate gland is designed to empty its contents regularly.

**Now there is a reason to cheer up.**



**Main RTI Events**

**RTI Half Yearly Meeting**

Hungary, 18-21 February 2016

**Round Table Day**

Worldwide, 14 March 2016

**Africa Meeting**

Kenya, 21-24 April 2016

**ASPA Meeting**

Sri Lanka, 27-29 May 2016

**EMA Meeting**

Tunisia, 14-17 July 2016

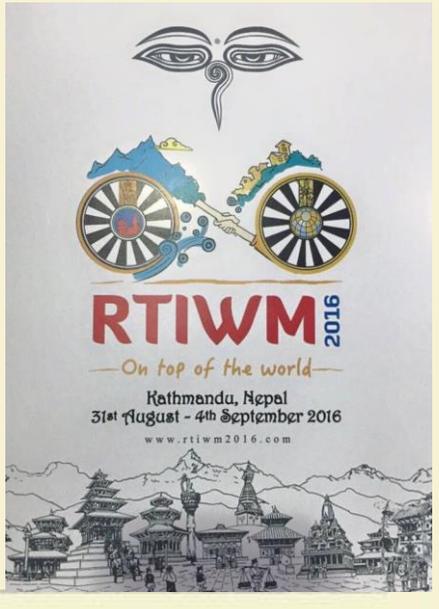
**RTI World Meeting**

Nepal, 31 Aug- 4 Sept2016



Gentle reminder for sending Nominations for Vice Presidency 2018-19, Secretary 2016-19, Resolutions for tabling And Bid for hosting HYM 2018 \* Last date 1<sup>st</sup> February 2016

**41 INTERNATIONAL  
AGM 2016  
LANDSHUT, GERMANY  
22. - 24. APRIL 2016**



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