

## Health Buzz: Men on Flomax Face Eye Risks and Other Health News

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### Men on Flomax Should Beware of Eye Risks

Men taking Flomax, a drug that treats urinary problems associated with enlarged prostates, face more than twice the risk of suffering serious complications after cataract surgery, the New York Times reports. Flomax, which is thought to work by relaxing prostate and bladder smooth muscle, may also relax muscle in the eye. A new study looked at a group of 96,128 men, ages 66 and older, who had cataract surgery. Among those who had taken Flomax in the two weeks before surgery, 7.5 percent had a serious complication like retinal detachment or inflammation of the eye. Only 2.7 percent of patients who hadn't recently taken Flomax experienced such complications. Flomax's information for patients advises those planning to have cataract surgery to tell an eye surgeon they're on the medication. The study is published in today's issue of the Journal of the American Medical Association .

Common eye problems like macular degeneration and cataracts can come on with age. Learn what risks increase your chances of having eye problems and how dementia and age-related macular degeneration may have a common cause.

### 6 Ways to Relieve Vaginal Dryness

A new survey finds that 40 percent of post-menopausal women experience vaginal dryness and pain, yet only 3 out of 10 are seeking advice from a gynecologist or family physician. Dryness can occur after pregnancy and is common in breast cancer patients because it can be a side effect of their medication. To relieve the burning and pain that often accompany the condition, U.S. News offers six tips that include avoiding personal hygiene sprays that can be irritating and drinking lots of water to stay hydrated.

Learn how to cope with 5 common sex problems and 5 natural ways to boost sex drive. Consider Dr. Ruth's advice on improving your sex life, and be aware that therapy can help your sex life.

### Got a Skin Rash? How to Tell Eczema From Seborrheic Dermatitis

"Rash" may be an easy catchall description of those annoying itchy patches of skin, but it barely scratches the surface of a diagnosis. Rashes come in all shapes and

sizes, but their causes can be confused, even by trained doctors. Two conditions, eczema and seborrheic dermatitis, resemble each other in terms of rash symptoms: Both cause an itchy rash that comes and goes. In fact, it's possible to have both seborrheic dermatitis and eczema at the same time. It could even be that there's just one underlying condition that manifests itself in two different ways, says Jason S. Reichenberg, associate program director and assistant professor of dermatology at the University of Texas Medical Branch-Austin.

The problem is, the two conditions respond to different treatments. Eczema, for example, can be treated with an over-the-counter hydrocortisone cream. But seborrheic dermatitis, an inflammatory condition believed to result from a hypersensitivity to a yeast (a kind of fungus), is best treated with an antifungal solution. U.S. News's January Payne suggests some ways to distinguish between eczema and seborrheic dermatitis and discusses several treatment options.

Here are 8 ways to spot skin cancer before it kills and tips on how to safeguard against malignant melanoma. Also, read how dermatitis can have many causes.

—Megan Johnson

<http://health.usnews.com/articles/health/2009/05/20/health-buzz-men-on-flomax-face-eye-risks-and-other-health-news.html>