

# Wellness Corner Connection

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## June is Men's Health Month

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

### Prostate Health Statistics:

If you don't know what your prostate is or what it does, you're certainly not alone: most men don't. But you really should.

Prostate Cancer is a major health concern for American men. The disease is rare before age 50, and experts believe that most elderly men have traces of it.

The American Cancer Society predicts that **220,800 new cases of prostate cancer** would be diagnosed in 2015. An estimated 27,640 men will die of it. African-American men are more likely to get prostate cancer and have the highest death rate. Other than skin cancer, prostate cancer is the most common cancer in American men. In other parts of the world -- notably Asia, Africa, and Latin America -- prostate cancer is rare. Prostate cancer is usually a very slow growing cancer, often causing no symptoms until it is in an advanced stage. Most men with prostate cancer die of other causes, and many never know that they have the disease. But once prostate cancer begins to grow quickly or spreads outside the prostate, it is dangerous.

### Risk Factors:

Prostate cancer affects mainly older men. About 80% of cases are in men over 65, and less than 1% of cases are in men under 50. **Men with a family history of prostate cancer are more likely to get it.**

Doctors don't know what causes prostate cancer, but **diet contributes to the risk.** Men who eat lots of fat from red meat are most likely to have prostate cancer.

Eating meat may be risky for other reasons: Meat cooked at high temperatures produces cancer-causing substances that affect the prostate. The disease is much more common in countries where meat and dairy products are common than in countries where the diet consists of rice, soybean products, and vegetables.

**Hormones also play a role.** Eating fats raises the amount of testosterone in the body, and testosterone speeds the growth of prostate cancer.

**A few job hazards have been found.** Welders, battery manufacturers, rubber workers, and workers frequently exposed to the metal cadmium seem to be more likely to get prostate cancer.

### Symptoms of Benign Prostatic Hyperplasia

Symptoms vary with each individual but may include:

- Frequent, often-urgent need to urinate, especially at night
- Need to strain or push to get the urine flowing
- Inability to completely empty the bladder
- Dribbling or leaking after urination
- Weak urine stream

### Help Lower Your Risk of Prostate Cancer

There is no evidence that you can prevent prostate cancer. But you may be able to lower your risk.

A diet that helps maintain a healthy weight may reduce your risk. American Cancer Society recommends:

- Limiting high-fat foods
- Cutting back on red meats, especially processed meats such as hot dogs, bologna, and certain lunch meats
- Eating at least 2-1/2 cups of fruits and vegetables each day
- Adding healthy food choices including whole-grain bread, cereals, rice, pasta, and beans

Antioxidants in foods, especially in fruits and vegetables, help prevent damage to the DNA in the body's cells. Such damage has been linked to cancer. **Lycopene**, in particular, is an antioxidant that has been thought to lower the risk of prostate cancer. It can be found in foods such as:

- Tomatoes -- both raw and cooked
- Spinach
- Artichoke hearts
- Beans
- Berries -- especially blueberries
- Pink grapefruit and oranges
- Watermelon

It's not clear whether lycopene actually helps prevent prostate cancer, and recent studies have not been able to show that it does. But no matter what, eating more fruits and vegetables is always a good choice!

*Recognizing and preventing men's health problems is not just a man's issue.*

*Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."*



*Happy Father's Day!*

# MEN'S HEALTH FACTS

## Health Facts:

Men die at higher rates than women from the top 10 causes of death and are the victims of over 92% of workplace deaths. (BLS)

In 1920, women lived, on average, one year longer than men. Now, men, on average, die almost six years earlier than women. (CDC)

## Folic Acid:

Men need folic acid too! Scientists are finding more and more evidence that high blood pressure, high cholesterol and low levels of the vitamin folate may increase the risk of developing Alzheimer's disease. Eat folate-rich foods such as fortified cereals and pastas, dark leafy greens, asparagus, broccoli and citrus fruits.



***Only 30% of a man's overall health is determined by his genetics.***

## Leading Cause of Death:

**HEART DISEASE:** 1.5x more men than women die from heart disease. Under age 65, 3x more men die than women.

**CANCER:** 1.5x more men than women die from cancer. Lung cancer is leading cause (2.5x more); Prostate cancer second; Melanoma kills nearly twice as many men.

**ACCIDENTS:** 2.5x more men as women die in motor vehicle accidents; 5x more males die by drowning.

## Depression and Suicide

Depression in men is undiagnosed contributing to the fact that men are 4x as likely to commit suicide.

- ◆ Among 15– to 19-year olds, boys were 4x as likely as girls to commit suicide
- ◆ Among 20– to 24-year olds, males were 6x as likely to commit suicide as females
- ◆ The suicide rate for persons age 65 and above: men 28.5% and women 3.9%

## Drinking:

Those who consume 4 to 10 drinks a week at most have a lower risk of developing Type 2 Diabetes. Drinking more than 10 drinks a week **almost doubles** your risk of getting Type 2 Diabetes.



***70% is controllable through lifestyle!***

## Where do you carry your weight?

More than women, men gain weight around the middle; that's due to the male hormone testosterone. If your waist measures more than 40 inches around, it's time to shed some pounds. This fat around the waist is typically buried deep in the abdomen and increases your risk for diabetes, heart disease and dementia.

## Energy Food:

Since men have more muscle and are typically bigger than women, they require more calories throughout the day. Moderately active males should eat 2,000 to 2,800 calories per day. Your energy needs depend on your height, weight, and activity level.

Eat red meat less frequently. Focus on more fruits, vegetables, and low-fat dairy. This is not only to help keep weight off but keep your blood pressure down. (eatright.com)



## Healthy Bones:

Men need 1,000 milligrams of calcium a day. Men over 70 years of age need 1,200mg, and teens need 1,300mg a day.

Men also need 600 IU of vitamin D each day. After age 70, this increases to 800 IU.



## Sleep:

Men who sleep 7-8 hours a night have about 60% less risk of fatal heart attack than those who sleep 5 hours or less.

## Prevention:

Women are 100% more likely to visit the doctor for annual examinations and preventive services than men. (CDC)

## Summer Sun Safety

**SKIN CANCER**  
IS THE **MOST COMMON**  
OF ALL CANCER TYPES

1 in 5

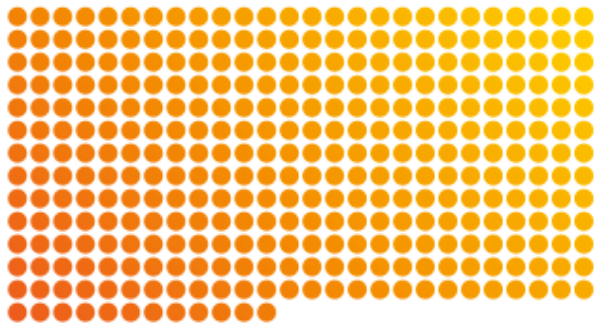
Americans will be diagnosed with skin cancer in their lifetime.



### NEW CANCER CASES IN THE U.S. THIS YEAR

○ = 10,000 cases

SKIN CANCER (non-melanoma) | 3,500,000



PROSTATE CANCER | 220,800



BREAST CANCER | 234,190



LUNG CANCER | 221,200



COLORECTAL CANCER | 132,700



3.5M cases of non-melanoma skin cancer diagnosed in 2.2M people, with some patients having more than one diagnosis.

Skin cancer cases don't just outweigh these four cancers — they outweigh all cancers combined!

Choosing the right sunscreen can help reduce the risk of skin cancer and early skin aging caused by the sun.

### SUNSCREEN IS AN IMPORTANT TOOL

in the fight against skin cancer, including melanoma, the deadliest form of skin cancer.



The American Academy of Dermatology recommends consumers choose a sunscreen which states on the label:

• **SPF 30 OR HIGHER**

• **BROAD SPECTRUM**

Means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer.

• **WATER RESISTANT**

For up to 40 or 80 minutes. Sunscreen can no longer claim to be waterproof or sweatproof.



**ONE OUNCE OF SUNSCREEN,** enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body.



To learn more visit [SpotSkinCancer.org](http://SpotSkinCancer.org)





## Grilling Tips for Back Yard Fun Resource: Health.com



Grilling protein-filled foods such as meat and fish creates two kinds of chemical compounds that may contribute to cancer: heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs).

HCAs form in meat when it's cooked at a high temperature. While frying and broiling produce these chemicals as well, those charred bits at the edges of barbecued meat contain HCAs in their purest state. HCAs, which are also found in cigarette smoke, have been shown to cause cancer in organs including the stomach, colon, liver and skin—but only in animal studies. It's unclear whether HCAs cause the same problems in people. Still, the U.S. Department of Health and Human Services has stated that the chemicals are "reasonably anticipated to be human carcinogens."

PAHs, the second type of compound, are formed when juices from meat drip onto coals or other hot surfaces and create smoke. The smoke contains these carcinogens, which are deposited onto the surface of meat as it swirls around the food.

Colleen Doyle, the director of nutrition and physical activity for the American Cancer Society, says the risks these two substances pose shouldn't make die-hard grillers put away their oversized utensils for good. "From our perspective, there has not been enough definitive research that would cause us to tell people not to grill at all," she says.

But there are ways to minimize your exposure to carcinogens when grilling, Doyle adds. She recommends **cleaning the grill prior to cooking**, which will remove any charred debris that may stick to food. And if some parts of the meat you're cooking get **badly charred**, **cut those pieces off**.

In addition, **precooking food slightly before grilling will help cut down on PAHs**. Meyers recommends placing meat in the microwave and zapping it for between 60 seconds (for leaner cuts) and 90 seconds (for thicker, fattier pieces). This reduces the amount of time the food is on the grill and allows some of the juices to drain beforehand.

Unlike meat, vegetables don't create carcinogens when they char. But the small cancer risk associated with grilling meat isn't so great that you need to forgo hamburgers, hot dogs and steaks altogether. Taking a few precautions while barbecuing will minimize the health risks without sacrificing that delicious charcoal taste, experts say.

### Ways to reduce the chemical compounds caused by grilling

#### Oils:

If you want to enjoy grilled foods on occasion, given that the rest of your diet is healthy, it may not be so detrimental. If you do choose to grill foods and use an oil to coat them, it's suggested that you use an oil that has a high smoke point, such as avocado oil or high-oleic safflower oil to avoid the formation of oxidative damage to the oil itself.

#### Herbs:

There are certain antioxidant-containing foods, such as rosemary, citrus fruits and green tea, which have been found to reduce HCA levels. Therefore, you could consider using these foods in marinades if you are looking for ways to reduce HCA formation.

#### Marinades:

Marinades made with vinegar or lemon act as an "invisible shield" that changes the acidity of the meat and prevents PAHs from sticking, she says. (On the other hand, sugary marinades such as barbecue sauce that encourage charring should be used only during the last one to two minutes on the grill.)

## Migraine & Headache Awareness Month: Some Facts

- ◆ Migraine is NOT "just a headache"
- ◆ Headaches can range from mild to severe pain and usually occur on both sides of your head. They can occur in the forehead, temples and back of neck. Usually last about 30 minutes but could last up to a week.
- ◆ Most common headache type is a tension headache triggered by stress, muscle strain or anxiety
- ◆ Migraines are usually accompanied by any of the following symptoms: nausea; pain behind one eye or ear; pain in the temples; seeing spots or flashing lights; sensitivity to light and/or sound; temporary vision loss; vomiting
- ◆ Migraines typically affect one side of the head but can affect both sides and the pain may be throbbing and can make performing daily tasks very difficult.
- ◆ Every day approximately 430,000 people are unable to work due to Migraines, equaling about 157 million workdays lost annually.
- ◆ Nine out of 10 migraine sufferers report they can't "function normally" during days in which a migraine strikes, and nearly three in 10 require bed rest.
- ◆ Industry loses \$31 billion per year due to absenteeism, lost productivity and medical expenses associated to this neurological disorder.
- ◆ According to a World Health Organization analysis, migraine alone is responsible for at least one percent of the total US medical disability burden, and severe migraine attacks are as disabling as quadriplegia.

### Treating Headaches:

#### Over-the-counter Treatments

Fortunately, most tension headaches will go away with over-the-counter treatments. These include: Acetaminophen; Aspirin; Ibuprofen

#### Relaxation Techniques

Because most headaches are stress-induced, taking steps to reduce stress can help relieve headache pain and reduce the risk for future headaches. These include:

- ◆ heat therapy, such as applying warm compresses or taking a warm shower
- ◆ massage and meditation
- ◆ neck stretching
- ◆ relaxation exercises

### Treating Migraines:

#### Prevention Tips

Prevention is often the best treatment for migraine headaches. Examples of preventive methods your doctor may prescribe include:

- ◆ Making changes to your diet, such as eliminating foods known to cause headaches. These could include alcohol or caffeine.
- ◆ Taking prescription medications, such as antidepressants, blood pressure-lowering medicines, or antiepileptic medications.
- ◆ Taking steps to reduce stress.

If a person takes migraine headache medications more than 10 days a month, this could cause an effect known as rebound headaches. This practice will worsen headaches instead of helping them feel better. Please seek the advice of your physician if you haven't done so already.

Resource: healthline.com

**Magnesium** is responsible for over 300 biochemical reactions in the body. Low levels of magnesium could leave you feeling crummy; **headaches**, muscle aches and overall fatigue. Great sources: dark leafy greens, nuts, seeds, fish, beans, avocados, bananas.



## Foods to Eat to Help Prevent Sunburn

Believe it or not, you could actually help get that summer glow without burning. There are certain foods that have specific nutrients that could give your skin its first line of defense. I would not replace your use of sunscreen; but by eating some of these foods, you could actually increase your sunscreens effectiveness in protecting you.



### SWEET POTATOES:

Did you know when you are dehydrated you tend to crave sweets? Instead of going for that candy bar, opt for a sweet potato. Not only is it loaded with flavor and potassium, it also provides a wealth of a specific kind of vitamin A called, beta-carotene, which helps to build a team of antioxidant micronutrients that can help shield against the sun.

### OLIVE OIL:



Embrace that Mediterranean diet and drizzle some olive oil on top of your leafy green salad. The high level of a plant peptide found in olive oil called squalane is known to protect the skin's sensitive lipids or fats. Your skin is not going to burn with this in your system.

### STRAWBERRIES:

One serving of strawberries has more vitamin C than a medium orange. This cold-combating vitamin we stock up on in the winter can also help us stay healthy in the summer, too, but in a different way. Vitamin C plays a main role in fighting against free radical species that are the main cause of numerous negative skin changes.



### AVOCADO:

Similar to vitamin C, vitamin E is also a potent antioxidant that protects your skin against free radical damage...avocados are full of it!! Vitamin E is also a key player in anti-aging.



### SALMON:



Rich in omega-3 fatty acid, salmon and other wild caught fish can guard against sunburn and any changes in the DNA that can lead to cancer. Impressive!!

### POMEGRANATE:

The small red pearls contain excellent sources of antioxidants that slow and prevent oxidative stress from free radicals doing damage on your smooth skin.



So include some of these delights in your diet this summer and not only will it help you adhere to a healthier lifestyle, it can help you avoid some uncomfortable sunburn as well!! **Enjoy Your Summer!!!**

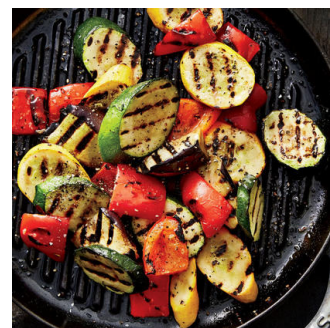
Resource: [www.eatthis.com](http://www.eatthis.com)



## Grilled Vegetables with Creamy Turmeric Sauce

### Ingredients:

- 1/3 cup plain Greek yogurt
- 2 tbsp extra virgin olive oil
- 1/2 tsp ground turmeric
- 1 garlic clove, minced
- 2 tsp lemon zest
- 1 tbsp fresh lemon juice
- 1 tsp kosher salt
- 1 tsp black pepper
- 1 large eggplant (about 1lb.)
- 1 large red bell pepper cut into 1-in. pieces
- 1 large zucchini cut diagonally into 1/2-in. slices
- Grapeseed oil
- 1/4 cup pomegranate arils (seed)
- 3 tbsp. mint leaves



### Good to Know

Pungent turmeric, a cousin to ginger, is anti-inflammatory and may help ward off some types of cancer.

### Preparation:

1. Preheat grill to medium-high (about 450 degrees). Stir together yogurt, olive oil, turmeric, garlic, lemon zest and juice and 1 tablespoon water in a small bowl. Stir in 1/2 teaspoon each of salt and black pepper.
2. Cut eggplant lengthwise into quarters. Brush bell pepper, zucchini, yellow squash and eggplant with grapeseed oil.
3. Generously oil grill grate with grapeseed oil. Grill eggplant, zucchini and yellow squash, turning once for 10 minutes. Grill bell pepper, turning occasionally, for 5 minutes. Cut eggplant diagonally into 1-inch thick slices. Transfer grilled vegetables to a platter and sprinkle with remaining 1/2 teaspoon each salt and black pepper. Drizzle with sauce and sprinkle with pomegranate arils and mint.

Recipe taken from [www.health.com](http://www.health.com)

Yields: Serves 4

### Nutritional Information:

Calories per serving:	227
Fat per serving:	17g
Saturated fat per serving:	3g
Cholesterol per serving:	3mg
Fiber per serving:	6g
Protein per serving:	5g
Carbohydrate per serving:	18g
Sodium per serving:	502mg
Iron per serving:	1g
Calcium per serving:	57mg

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***Your body can stand almost anything. It's your mind that you have to convince.***