

Wellness Corner Connection

Debby Schiffer, Wellness Director for BURLCO & TRICO

Owner's Manual for Men

Calling All Men!!

Do any of these excuses sound familiar as to why you put off doctor visits?

"I don't have a doctor."

Step one towards staying healthy is finding a doctor you trust before you need one! Check with your insurance or ask someone who they use.

"There's probably nothing wrong."

You may be right but you're not a doctor. Some serious diseases don't have symptoms. It's better safe than sorry.

"I don't have time."

There are 8,760 hours in a year. Can you afford 2 hours that could save your life? You loved ones are counting on you to invest the time.

"I don't want to spend the money."

It makes more sense to spend a little and save a lot then save a little and spend a lot.

"Doctors don't do anything."

They can bring you knowledge (or reassurance) that can lead to better health, if you act on it.

"I don't want to hear what I might be told."

So maybe you smoke, drink too much or have put on weight. Denial is easier but not smarter. Be open to change, even small ones.

"I've got probe-a-phobia."

Prostate cancer testing isn't needed until you're 50. Early detection saves lives. This is just one part of a wellness exam.

Source: AHA
www.heart.org

What do you do when you're the engine warning light flashes on your car dash? Cover it with duck tape and forget about it? I think not! Like most men, that car is either looked at by you if you're mechanically inclined, or it's at the shop the next available date for maintenance. Now, what about your "engine light"? Are you as aware of your own well-being as you are about the drive-ability of your vehicle?

As noted by Men's Health Network, more than half of premature deaths among men are preventable but you cannot prevent a problem if you aren't aware of it. This month is Men's Health Month so I thought I'd devote this newsletter to highlighting a few of the main health issues that men face. And ladies, this is important for you too since you may be the one that will need to encourage the men in your life to seek medical assistance.

Let's first identify the problem: In 1920 women out-lived men by an average of one year. Today that has increased to more than five years. Why? Because men:

- Die younger, and in greater numbers, of heart disease, stroke, cancer, diabetes, and many other diseases.
- Don't care for themselves as well as women do.
- May be more likely to engage in unhealthy behavior.
- Don't seek medical attention when they need it.
- Are less likely to adopt preventative health measures compared to women.
- Are less likely to have health insurance.
- Are more likely to work in dangerous occupations.

A few flashing lights you should look for:



Changes in bowel or bladder habits. Blood in urine is a common indicator of kidney problems.

Persistent backaches, changes in the color of urine or stool, obvious changes in warts or moles, unusual lumps (yes men even in your breasts!), recurrent chest pains or headaches, bleeding that won't stop, nagging cough, unexplained weight loss, and extreme fatigue can all be symptoms of other serious health problems.

Depression. Although women may be more likely to attempt suicide, men are four times more likely to succeed. Because men are reluctant to ask for help and may try to hide their depression, spouses may recognize the symptoms sooner than he does. These may include acting overly anxious, having trouble sleeping, complaining of feeling sad or "empty" or helpless, engaging in unusually risky or reckless behavior, or losing interest in hobbies or other pleasurable activities.



"The role of women in keeping the men in their life healthy is invaluable. While it may pain you to nag your husband about one more thing, do it anyway. If you recognize any unusual symptoms in your loved one do whatever it takes to get him the help he needs, it may save his life."

Theresa Morrow, Women Against Prostate Cancer

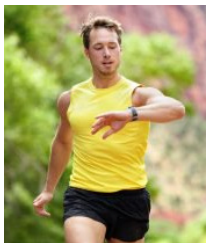
Men are half as likely to visit a doctor for a check-up as women.

There are over 7 million American men who haven't seen a doctor in over 10 years.

They often don't feel comfortable talking about their health when they actually do go.

Premature Death in Men—Prevention is Key

Men die younger than women from the top causes of death such as heart attacks, stroke and diabetes. When it comes to nutrition and exercise, most men (or any of us for that matter) know what we *should* do to live a healthier lifestyle. But let's face it, many of us don't, and sometimes it's no fault of your own. *We don't have time. We look for convenience. And sometimes the information we get is just down right confusing.* Men, there are a few easy steps you can take that will help to improve the quality and length of your life:



- Eat a varied diet, rich in fruits, vegetables, whole grains, and low-fat foods.
- Be especially careful to limit cholesterol intake and avoid saturated fats.
- Minimum of 30 minutes moderate exercise five times a week, or vigorous exercise for 20 minutes three times a week.
- Protect yourself from the sun.
- Maintain a healthy weight.
- Drink at least eight 8-ounce glasses of water per day.
- Limit alcohol to two drinks per day.
- Don't smoke, and minimize your exposure to second-hand smoke.
- See your doctor regularly.
- Know your family history and discuss it with your doctor.
- If you are over 40, get a baseline PSA (prostate specific antigen) test and monitor this periodically with your doctor.
- Wear a seatbelt whenever you're in the car, and a helmet when on a motorcycle or bicycle.
- Manage your stress and get help if you need it.



Beyond Meat

Men are typically meat-eaters because of the perception that more protein equals more muscle mass. That is not the case unless exercise is involved. Men tend to view red meat as more masculine than other proteins; often this leads them to "order the steak." It's not the steak that's unhealthy, it's skipping the whole grains and vegetables. In addition, excessive meat eating is linked to heart disease and colorectal cancer in men.

Eat red meat less frequently, and, instead, focus on more fruits, vegetables and low-fat dairy products. This will not only help you keep weight off, but it can help keep blood pressure down. Cut down on saturated fat from meat, cheese and fried foods. Instead, opt for foods with unsaturated, heart-healthy fats such as olive oil, canola oil, nuts, seeds and avocados.

Fiber helps keep bowel functions normal and is good for your heart. If you need to lose weight, fiber keeps you full longer so you do not feel hungry as often. Men older than 50 need 30 grams of fiber a day; good sources are whole grains, fruits and vegetables. For products with a label, choose those with at least 3 grams of dietary fiber per serving.

Increasing **potassium** intake along with decreasing sodium (salt) may lower your risk of high blood pressure. Good sources of potassium include fruits, vegetables and low-fat or fat-free milk and yogurt. Choose low-sodium foods and replace salt with other herbs and spices to reduce your sodium intake.



Sources:
www.menshealthnetwork.org; www.eatright.org

Prostate Health

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.

Over 30 million men suffer from prostate conditions that negatively affect their quality of life. And every year over 230,000 men will be diagnosed with prostate cancer and about 30,000 will die of it.

Make Calories Count

Older men cannot eat the way you did in your 20s and keep weight off. As men age, you are typically less active and lose muscle and gain fat; these things combined cause metabolism to slow down. More work is needed to keep metabolism up. How many calories you need each day depends on age, gender and activity level. For men over the age of 50, your daily calorie needs are:

- Not active: 2,000
- Moderately active: 2,200 to 2,400
- Active: 2,400 to 2,800.

Balance your calorie intake by getting at least 30 minutes of physical activity most days of the week. Exercise helps older men rev up metabolism, build and strengthen muscles and increase energy levels. Exercise also helps to lift your spirits. Visit a registered dietitian or ChooseMyPlate.gov to develop an eating plan that is right for you.





MEN:

GET IT CHECKED.

Checkup and Screening Guidelines for Men

Checkups and Screenings	When?	Ages		
		20-39	40-49	50+
Physical Exam Review overall health status, perform a thorough physical exam, and discuss health related topics.	Every 3 years Every 2 years Every year	✓ 	 ✓ 	 ✓
Blood Pressure High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	✓	✓	✓
TB Skin Test Should be done on occasion of exposure or suggestive symptoms at direction of physician. Some occupations may require more frequent testing for public health indications.	Every 5 years	✓	✓	✓
Blood Tests & Urinalysis Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every 3 years Every 2 years Every year	✓ 	 ✓ 	 ✓
EKG Electrocardiogram screens for heart abnormalities.	Baseline Every 2 years Every year	Age 30 	 ✓ 	 ✓
Tetanus Booster Prevents lockjaw.	Every 10 years	✓	✓	✓
Rectal Exam Screens for hemorrhoids, lower rectal problems, colon and prostate cancer (see PSA Blood Test, below).	Every Year	✓	✓	✓
PSA Blood Test Prostate Specific Antigen (PSA) is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your physician. <small>*Some medical associations recommend that men speak to their health care providers about a baseline PSA blood test at age 40. Men at high risk, including African Americans, should consider an annual prostate exam beginning at age 40.</small>	Every Year		*	✓
Hemoccult Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every Year		✓	✓
Colorectal Health A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 3-4 Years			✓
Chest X-Ray Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.	Discuss with a physician		✓	✓
Bone Health Bone mineral density test. Testing is best done under the supervision of your physician.	Discuss with a physician		Age 60	
Self Exams Testicle: To find lumps in their earliest stages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth. Breast: To find abnormal lumps in their earliest stages.	Monthly by self	✓	✓	✓
Testosterone Screening Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.	Discuss with a physician		✓	✓
Sexually Transmitted Diseases (STDs) Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia, HIV, and other STDs.	Under physician supervision	✓	✓	✓





Tips for Healthy Summer Grilling (Taken from WebMD)

You might be worried about grilling because you've heard that eating charred meat could increase the risk of getting certain cancers. When meat, poultry, pork, or fish is cooked over flames or very high temperatures, muscle proteins react with the heat to form compounds called heterocyclic amines (HCAs). HCAs have been shown to cause DNA changes in cells that can lead to certain cancers.

As fat from the meat drips down onto the coals of the grill, it ignites and produces smoke, which also contains cancer-causing chemicals called polycyclic aromatic hydrocarbons (PAHs). When the smoke rises, it can deposit these chemicals on the meat. Exposure to this

Studies have linked the consumption of grilled meat to an increased risk for colon, prostate, pancreatic, stomach, and breast cancers, especially if the meat is cooked to well done. One study found that eating charred meat on a regular basis increases the risk for pancreatic cancer by up to 60%.

Hot dogs and sausages pose their own cancer concern, in the form of chemical preservatives called nitrates and nitrites. These processed meats have been associated with a higher risk for prostate, pancreatic, and other cancers.

Experts say you don't need to shut down the grill permanently. Grilling is still a safe way to cook, provided that you do it in moderation and follow a few grill safety tips:

- Keep it lean. Start with lean meat and cut off all the skin and visible fat before you grill. Not only will this make the meat healthier, but it also will limit flare-ups that can char the meat.
- Microwave first. Putting meat in the microwave for 2 minutes before grilling could reduce HCAs by 90%. Pat the meat dry after microwaving so there's less juice to drip into the grill.
- Cook the meat for longer at a lower temperature (under 325 degrees) by turning the gas down or letting the charcoal burn down to the embers.
- To lower the amount of heat and char on the meat, raise the grilling surface and move the charcoal briquettes to the sides of the grill.
- Flip the meat about once every minute. Rapid turning will help prevent HCAs from forming.
- Before you eat grilled meat, cut off any charred parts.
- Add some veggies to the grill. Vegetables don't form HCAs, plus they're lower in fat and calories, so use more of them and less meat.
- Clean your grill thoroughly after each use to get rid of any charred food that is stuck to the surface.

Grilling with Aluminum Foil

According to the Journal of Medical Case Reports, "aluminum has been long known to be neurotoxic, with mounting evidence that chronic exposure is a factor in many neurological diseases including dementia, autism, and Parkinson's" (Mercola, 2014). New studies out of Keele University in the UK showed high levels of aluminum in the brain of an individual exposed to aluminum at work, who later developed Alzheimer's disease.

But is grilling with foil dangerous?

According to The Green Examining Room, the answer is a slight yes. Cooking with aluminum foil has been shown to create numerous tiny cracks and flakes in the surface of the aluminum foil as demonstrated with electron microscopy. Chemical leaching of aluminum foil occurs with greater ease when food contains acidic properties such as lemon juice or spices. So to play it safe, eliminate the foil and get a stainless steel griddle to put directly on the grill. It might take away some of the joy of grilling by minimizing the sizzle as you flip that burger and get a wafting puff of smoke in your face. But I have no doubt it will taste just as good! (also add spices and sauces afterwards to avoid flame flare ups). Enjoy your summer!



Recipe Corner

Grilled Stone Fruit Antipasto Plate

Dressing:

- 1 tablespoon brown sugar
- 3 tablespoons white balsamic vinegar
- 2 tablespoons extravirgin olive oil
- 2 tablespoons fresh lime juice
- 2 teaspoons vanilla extract
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon salt
- 1/8 teaspoon hot sauce

Fruit:

- 1 pound firm black plums, halved and pitted
- 1 pound firm peaches, halved and pitted
- 1/2 pound firm nectarines, halved and pitted
- Cooking spray

Prepare grill.

To prepare dressing, combine first 8 ingredients in a small bowl, stirring well with a whisk.

To prepare fruit, place fruit on grill rack coated with cooking spray; grill 3 minutes on each side. Remove from grill. Drizzle fruit with dressing. Garnish with mint sprigs, if desired.



Visit www.myrecipes.com for more recipe ideas.