

# Wellness Corner Connection

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## GENTLEMEN...START YOUR ENGINES! BUT FIRST...CHECK UNDER THE HOOD!

Watching yourself in the mirror while running on a treadmill, will make your workout go faster.

Garlic can help cure athlete's foot.

Baking soda helps whiten teeth.

Using a diary for weight-loss purposes can double a person's weight loss efforts.

Your kitchen sink is dirtier than your bathroom sink. Approx. 500,000 bacteria lurking around your drain alone.

Walking either in water, against the wind, or wearing a backpack burns approximately 50 more calories an hour.

After a study done at Cornell University, researchers found that people who enter their homes through an entry way that is close to the kitchen tend to eat 15% more than those who don't.

Smokers are four times more likely to experience feelings of restlessness after a night's sleep than non-smokers.

You can get as much needed protein from a plant-based diet as you do from eating meat, poultry and fish.



The issue of men's health is of utmost concern. It has become a problem of epidemic proportions. In addition to the tendency of delaying check ups and recommended screenings for high blood pressure and cholesterol, men tend to wait much longer than women to seek professional assistance when health symptoms do occur.

The gap in health behaviors between men and women, including preventative screening and medical treatment, has contributed to a widespread silent health crisis among American men. Increasing awareness of preventable diseases and encouraging early detection and treatment can help to improve men's health. The statistics are shocking:

- ◆ 7 million American men have not attended a physician's appointment in more than 10 years.
- ◆ Two-thirds would not seek a health care professional if they were experiencing chest pain or shortness of breath (two early warning signs of a heart attack)
- ◆ More than half of all premature deaths among men are preventable!

I cannot help but think how diligent most men are about taking care of their vehicles yet put their own well-being secondary. Why? Check out page 2 for some explanation.

Life expectancy in U.S. men is 6.7 years less than women. On average, men's life expectancy is 73.4 years while for women it's 80.1 years. Their approach to health, primarily preventative screenings and medical treatment, has contributed to this silent health crisis among American men.

Here are some other concerning men's health numbers:

### Heart Disease

- ◆ 1 in 4 - Man's chances of death due to heart disease in 2010 (probably higher by now)
- ◆ 50% - Men who died suddenly of heart disease that showed no symptoms (sometimes the symptom IS the heart attack!)

### Testicular Cancer

- ◆ 8,820 - Estimated number of new testicular cancer diagnoses in 2014
- ◆ 48.9% - Percentage of all testicular cancer diagnoses that occur among men between ages 20 and 34 years old
- ◆ 41 - Median age of all testicular cancer deaths
- ◆ 95.3% - of testicular cancer patients who survive after five years

### Prostate Cancer

- ◆ 161,360 - Estimated number of men who were diagnosed with prostate cancer in 2014
- ◆ 26,730 - Estimated number of men who will die in 2017 due to prostate cancer
- ◆ 100% - Survival rate at 5 years for men whose prostate cancer was detected early

### Lung Cancer

- ◆ 116,990 - Estimated number of men who were diagnosed with lung cancer in 2017
- ◆ 84,590 - Estimated number of men who died of lung cancer in 2016
- ◆ 16.8% - Survival rate at 5 years for men with lung cancer

Sources: Tucker, T. 2013. Spotlight on Men's Health. Georgetown University School of Nursing & Health Studies. And UNC Medical Center. Men's Health by the Numbers



### 10 Leading Causes of Death for Men in U.S.

1. Heart disease
2. Cancer
3. Unintentional injuries
4. Chronic lower respiratory diseases
5. Stroke
6. Diabetes
7. Suicide
8. Alzheimer's disease
9. Influenza and pneumonia
10. Chronic liver disease



### Some other things to keep in check:

- ◆ Maintain a weight suitable for your height
- ◆ Get at least 30 minutes of moderate exercise most days of the week
- ◆ Get screened for Colorectal Cancer
- ◆ Learn about Prostate Cancer Screenings
- ◆ Get a flu shot
- ◆ Get screened for Diabetes
- ◆ Check for signs of skin cancer
- ◆ Learn about Testicular Cancer
- ◆ Get to know your doctor and ask questions!

## Why Men Tend To NOT Visit The Doctor

Harris Interactive conducted an online survey of more than 1,100 men for the American Academy of Family Physicians to find out why some men go to their doctor and why so many stay away.

While most men -- 85% -- said they seek medical treatment when they're sick, almost all -- 92% -- said they waited at least a few days to see if they felt better before seeking care. Nearly 30% of the men push that strategy to the limits, saying they wait "as long as possible" to see if they get better before seeking medical care or advice.

**"One of the biggest obstacles to improving the health of men is men themselves.** They don't make their health a priority," states AAFP President Rick Kellerman, MD, in an AAFP news release.

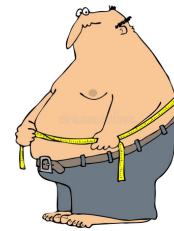
### What's the Problem?

In the survey, most men indicated that they have health insurance, have a doctor, and feel comfortable talking to their doctor. However, more than half of the men -- 58% -- said something keeps them from going to the doctor.

**Why the reluctance?** The survey included a list of possible reasons; the men could select more than one reason. Here are their responses:

- ◆ I only go to the doctor if I am extremely sick: 36%
- ◆ I am healthy, I have no reason to go to a doctor: 23%
- ◆ I prefer to treat myself naturally: 12%
- ◆ I don't have time to go to the doctor: 12%
- ◆ I don't have health insurance: 11%
- ◆ I don't like doctors: 8%
- ◆ I am afraid of finding out that something is wrong with me: 7%
- ◆ I don't know of a good doctor in my area: 4%

Also, 39% of the men said nothing prevented them from going to the doctor.



### Why is belly fat a concern for men?

The trouble with belly fat is that it's not limited to the extra layer of padding located just below the skin (subcutaneous fat). It also includes visceral fat — which lies deep inside your abdomen, surrounding your internal organs. Regardless of your overall weight, having a large amount of belly fat increases your risk of:

- ◆ Cardiovascular disease
- ◆ Type 2 diabetes
- ◆ Colorectal cancer
- ◆ Sleep apnea

### Feeling Good

In the survey, the men also rated their health. Nearly 80% said they felt they were in excellent, very good, or good health. **But feeling fine doesn't always mean you're in tip-top shape.** For instance, someone who dodges doctor visits might not know whether their cholesterol or blood pressure is too high. Those problems don't have obvious symptoms. "Many men are unaware that simple screening tests and lifestyle changes can dramatically improve their quality of life," Kellerman says.

The survey shows that 28% of the men had been diagnosed with high blood pressure (hypertension), 13% with arthritis, 10% with diabetes, 8% with cancer, and 8% with heart disease. The men also noted that, on average, they spend nearly 19 hours per week watching television but less than five hours per week exercising or working out.

### How can you tell if you have too much belly fat?

Simply measure your waist: Stand and place a tape measure around your bare stomach, just above your hipbone. If your belly droops, lie down to take the measurement. Pull the tape measure until it fits snugly around you, but doesn't push into your skin. Make sure the tape measure is level all the way around. Relax, exhale and measure your waist, resisting the urge to suck in your stomach. For men, a waist measurement of more than 40 inches (102 centimeters) indicates an unhealthy concentration of belly fat and a greater risk of health problems.

### Nudge, Nudge

Men may be more likely to see their doctor if their wife or partner encourages them to do so, according to the survey. Most of the men who completed the survey -- 69% -- said they had a spouse or significant other. Of those men, nearly 80% said their spouse/significant other influences their decision to go to the doctor.

When men do go to the doctor, most say they always or usually follow their doctor's advice, the survey also notes.

**If you are someone who typically avoids the doctors like the plague, ask yourself why and think about the consequences of not going, not only to yourself but to all those around you that you love.** Yes you may not want to hear what the doctor says, but **knowledge can save your life!!**

**June is Men's Health Month. AND the celebration of Father's Day.**

**Give your children and grandchildren a gift this year...a healthier and better prepared YOU!**



## JUNE IS NATIONAL SAFETY MONTH



### 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 squalene 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)

As everyone begins there summer it is important to remember that **June is National Safety Month**. While it is true that safety should be a top concern all year long it is good to have a month that is dedicated to safety in the workplace.

The goal of *June as National Safety Month* is to raise awareness of preventable accidents and injuries in the workplace. But safety alone will not necessarily prevent all injuries from occurring. A lot of it also has to do with our health. If we compromise our well-being with the choices we make, we could be putting ourselves and possibly others in harms way. The consequences will not only impact you, but your quality of work and potentially those you care most about.

We all know what we *should* do. But sometimes it's easier to stick with old habits. That's why we all need a reminder now and again. This month, make the effort to focus on YOUR own well-being, in terms of safety and health. Take a moment to think before lifting that heavy object. Take a moment to ask yourself "do I really need that second helping of food?" Take a moment to realize your choices can make a huge difference.



**SAFETY AWARENESS + A HEALTHY LIFESTYLE =**

**LESS ACCIDENTS, INJURIES AND OVERALL WELL-BEING**

#### 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.)





## MOO-ve Over Animal Protein...Plant Protein Is Growing!

Before we address the topic of the best protein sources, let's address a question I always get, "how much protein do I really need?" Probably less than you think! Granted, protein is an essential component to any healthy diet. You need it to put meat on your bones; you need it to make hair, blood, connective tissue, antibodies, enzymes and more! But many of us are getting way more than we need.

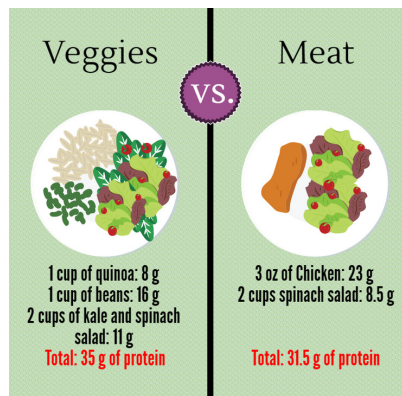
The Recommended Dietary Allowance (RDA) for protein and the general guidelines from the American Dietetic Association and American College of Sports Medicine suggests consuming between 0.8 grams (at the low end) to 1.7 grams (at the highest end) per kilogram of body weight. This is the range to meet a healthy person's nutritional requirements. RDA for a relatively active adult should be around 10% of his or her total daily calories, higher than that could increase ones risk of chronic disease (especially if when including primarily animal foods). However, I have also recently read where 0.6 grams or 4-5% of daily calories could also enough for some people.



So you see how confusing it is? How are we to know when the studies cannot even come to one agreement? Bottom line, consult with a health professional especially if you have other health issues. Then remember when getting that protein you need, it does not mean "eat more meat"! Beef, poultry, and pork (as well as milk, cheese, and eggs) can certainly provide high-quality protein, but so can **many plant foods** — including whole grains, beans and other legumes, nuts, and vegetables. Eating a varied whole-food, plant-strong diet will naturally provide approximately 10% of protein from total calories without any special effort. But here's the challenge...can you make most of your meals plant-based? For some that may be very hard to do. So start small. Incorporate more vegetables into your day. Keep track of all the protein from animal products and try to replace half or even a quarter with plant protein. Study after study have proven a whole-food plant strong diet can prevent cancers from growing, can detain or even reverse chronic diseases such as high blood pressure, diabetes and heart conditions. With this type of diet, you can eat so much more! Think about it...500 calories made up of plant based foods will trigger to your stomach receptors that you are FULL! Now take those 500 calories made up of one order of McDonald's French fries...think that will fill you or will you be hungry for something else, like a Big Mac!

If you are interested in your health. If you want to feel better now and continue to thrive into your old age, I highly recommending watching Forks over Knives, reading The China Study and watching TED Talk PlantPure Nation. Dr. Collin Campbell has spent decades studying the effects food has on populations and through his profound findings documented in The China Study and on the mentioned documentaries, he proves that chronic disease can be prevented and even reversed through what we eat. It's eye-opening and empowering to know the truth.

Center for Nutrition Studies. Animal vs. Plant Protein



### How to Calculate Your Protein Needs:

1. Weight in pounds divided by 2.2 = weight in kilograms (kg)
  2. Weight in kg x 0.8 = protein grams per day lower limit
  3. Weight in kg x 1.7 = protein grams per day upper limit
- Use a lower limit number if you are in good health and are sedentary (i.e., 0.8)

Or go to DRI Calculator offer online through US Department of Agriculture...<https://fnic.nal.usda.gov/fnic/dri-calculator/>

| Food                                     | Protein (grams) |
|--|-----------------|
| 3 ounces tuna, salmon, haddock, or trout | 21              |
| 3 ounces cooked turkey or chicken        | 19              |
| 6 ounces plain Greek yogurt              | 17              |
| ½ cup cottage cheese                     | 14              |
| 1 ounce pumpkin seeds                    | 9               |
| ½ cup cooked beans                       | 8               |
| 1 cup of milk                            | 8               |
| 1 cup cooked pasta                       | 8               |
| ¼ cup or 1 ounce of nuts (all types)     | 7               |
| 1/4 cup dry quinoa                       | 6               |
| 1 cup cooked whole grains                | 6               |
| 1 egg                                    | 6               |
| 1 cup cooked spinach                     | 5               |

Sources cited:

<https://www.Forksoverknives.com>

<https://nutritionstudies.org>

<https://www.verywellfit.com>



## June is Alzheimer's Awareness Month



Alzheimer's disease is a degenerative brain disease and the most common cause of dementia. Dementia is a syndrome — a group of symptoms — that has a number of causes. The characteristic symptoms of dementia are difficulties with memory, language, problem-solving and other cognitive skills that affect a person's ability to perform everyday activities. These difficulties occur because nerve cells (neurons) in parts of the brain involved in cognitive function have been damaged or destroyed. In Alzheimer's disease, neurons in other parts of the brain are eventually damaged or destroyed as well, including those that enable a person to carry out basic bodily functions such as walking and swallowing.

Exact cause may not be known, however, there are some risk factors that could increase one's chances for Alzheimer's: older age, family history of Alzheimer's, and carrying the APOE-e4 gene.

### Age

Age is the greatest of these three risk factors, with the vast majority of people with Alzheimer's dementia being age 65 or older. The percentage of people with Alzheimer's dementia increases dramatically with age: 3 percent of people age 65-74, 17 percent of people age 75-84 and 32 percent of people age 85 or older have Alzheimer's dementia. It is important to note that Alzheimer's dementia is not a normal part of aging, and older age alone is not sufficient to cause Alzheimer's dementia.

### Family History

A family history of Alzheimer's is not necessary for an individual to develop the disease. However, individuals who have a parent, brother or sister with Alzheimer's are more likely to develop the disease than those who do not have a first-degree relative with Alzheimer's. Those who have more than one first-degree relative with Alzheimer's are at even higher risk. When diseases run in families, heredity (genetics) and shared environmental and lifestyle factors (for example, access to healthy foods and habits related to physical activity) may play a role. The increased risk associated with having a family history of Alzheimer's is not entirely

### APOE-e4 Gene

The APOE gene provides the blueprint for a protein that transports cholesterol in the bloodstream. Everyone inherits one of three forms of the APOE gene — e2, e3 or e4 — from each parent. The e3 form is the most common. The e4 form is the next most common, and the e2 form is the least common. Unlike inheriting a genetic mutation that causes Alzheimer's, inheriting the APOE-e4 gene does not guarantee that an individual will develop Alzheimer's. This is also true for more than 20 recently identified genes that appear to affect the risk of Alzheimer's. To learn more on this pairing, read 2018 Alzheimer's Disease Facts and Figures document created by the Alzheimer's Association. It includes a special report on the financial and personal benefits of early diagnosis and a section on caregiving. Also resources and guidance can be found at <https://alz.org/care/overview.asp>

### Recipe Corner

#### Avocado Quinoa Salad

##### Salad Ingredients:

1 cup uncooked quinoa  
8 ounces fresh cherry tomatoes, halved  
1 large cucumber, chopped  
1/4 cup red onion, finely chopped  
5 ounces fresh spinach, roughly chopped  
2 large ripe avocados, pit removed and chopped  
1/4 of 1 bunch fresh cilantro, optional and to taste

This salad is easy, fresh, light, a little tangy, filling (because of the healthy fats from the avocado), flavorful, and a great dish to serve in the summer! The veggies work well with the quinoa (which gives you tons of protein!) and the dressing goes perfectly with everything else. I hope you enjoy!

##### Dressing Ingredients:

4 tablespoons red wine vinegar  
2 tablespoons Dijon mustard, do not use regular mustard  
1 teaspoon dried oregano  
1 clove garlic, minced  
1/2 cup olive oil  
1 lemon (2-3 tablespoons fresh lemon juice)



**Note:** Only prep the amount of avocados to what you'll be eating that day (so if you'll have leftovers, only add 1 avocado and add the other one the next day).

### Instructions

1. Cook the quinoa according to package directions. Fluff and set aside to cool.
2. Meanwhile, prep the dressing. Whisk the red wine vinegar, Dijon mustard, oregano, garlic, 1/2 teaspoon salt (or to taste), and 1/4 teaspoon pepper (or to taste) together in a small bowl. Slowly add in the olive oil into the vinegar mixture while whisking briskly. Whisk in the lemon juice. Pour into a jar and store in the fridge while prepping the vegetables.
3. Prep the veggies: Halve the cherry tomatoes, chop the cucumber (peel if desired, we leave the peel on), finely chop a quarter of a red onion, roughly chop fresh spinach, remove the pits and chop the avocados. Finely chop the cilantro if desired.
4. In a large bowl, add in all the prepped veggies and quinoa. Remove the dressing from the fridge and shake it well and then pour over the salad\*. Toss the salad and then top with feta cheese if desired. Enjoy immediately. [Recipe from [www.chelseasmessyapron.com](http://www.chelseasmessyapron.com)]

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**The best way to predict the future is to create it!**