

# Wellness Corner Connection

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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.

Broccoli contains the flavonoid kaempferol. This is an anti-inflammatory that helps fight against cancer and heart disease and has been shown to be preventative in onset of adult diabetes.



## ATTENTION ALL MEN... THIS MONTH'S FOR YOU!



Some say men take better care of their cars than they do themselves. But at least a car comes with an owner's manual telling you when scheduled service is due. Few health maintenance issues are as predictable as tire rotations and oil changes. But attention to just a few basic health issues can go a long way. Since you can't trade yourself in, it's well worth it to leaf through WebMD's health maintenance and checkup tips for men. Here are a few "maintenance checks" to schedule for yourself:

### 1. Know Your Cholesterol Levels:

The No. 1 killer of men today is cardiovascular disease, mostly heart attacks and strokes. Although the last few decades have seen the rate of death from cardiovascular disease fall, it's still men's top health threat. And high cholesterol is a major preventable risk factor.



### 2. Check Your Blood Pressure

Don't expect to feel symptoms of high blood pressure. Until hypertension's daily pounding of your arteries has damaged your body, you won't notice a thing. Normal blood pressure is less than 120/80, and medicines are prescribed for pressures of 140/90 and higher. Why care? High blood pressure causes or makes worse a long list of health problems: heart attacks, strokes, erectile dysfunction, and kidney disease, to name a few. Most cases can be prevented, and controlling your blood pressure is an easy place to start. First, though, you've got to know your numbers. Call your primary care doctor, or just walk in to your neighborhood pharmacy -- no appointment necessary.



### 3. Refresh Your Refrigerator

Meaning take inventory and stock your refrigerator with more vegetables and fruit. It's thought that a diet rich in fruits and vegetables, the best source of antioxidants, may prevent some cases of illnesses such as: cancer, cardiovascular disease, Alzheimer's, eye disease, diabetes and others. Current recommendations through "ChooseMyPlate.gov" suggests making half your plate fruits and vegetables, over a 1/4 of your plate whole grains and the remaining lean protein.



### 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!



What would happen if you never changed the oil in your car? Or you filled the tank with the wrong gas? Or you never fixed your brakes? Just like the attention needed for your car to keep running and keep you safe, you should pay attention to your own body and periodically "check under the hood" before it leaves you stranded. It's the only body you're going to have. Treat it like a Classic!



## Why Men Tend To NOT Visit The Doctor

Resource: WebMD

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.

### 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.

### 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!**



## Belly Fat in Men: A Serious Topic on Men's Health

Resource: Mayo Clinic

If you're carrying a few extra pounds, you're not alone. But this is one case where following the crowd isn't a good idea. Carrying extra weight — especially belly fat — can be risky.

Michael D. Jensen, M.D., an endocrinology specialist at Mayo Clinic, Rochester, Minn., answers common questions about belly fat in men.

### 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

### Does age or genetics play a role in gaining belly fat?

Your weight is largely determined by how you balance the calories you eat with the energy you burn. If you eat too much and exercise too little, you're likely to pack on excess pounds — including belly fat. However, aging plays a role. As you age, you lose muscle — especially if you're not physically active. Loss of muscle mass decreases the rate at which your body uses calories, which can make it more challenging to maintain a healthy weight. In addition, in some men fat cells in the arms and legs lose the ability to store fat, which causes any excess fat to go to the abdomen.

Your genes also can affect your chances of being overweight or obese, as well as play a role in where you store fat.

### Can you really get a beer belly from drinking?

Drinking excess alcohol can cause you to gain belly fat — the "beer belly." However, beer alone isn't to blame. Drinking too much alcohol of any kind can increase belly fat, although some research suggests wine might be an exception. If you drink alcohol, do so only in moderation. The less you drink, the fewer calories you'll consume and the less likely you'll be to gain belly fat.

### 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.

How do you get rid of belly fat?

You can tone abdominal muscles with crunches or other targeted abdominal exercises, but just doing these exercises won't get rid of belly fat. However, **visceral fat does respond to the same diet and exercise strategies that can help you shed excess pounds and lower your total body fat. *To battle the bulge:***

- ◆ **Eat a healthy diet.** Emphasize plant-based foods, such as fruits, vegetables and whole grains, and choose lean sources of protein and low-fat dairy products. Limit saturated fat, found in meat and high-fat dairy products, such as cheese and butter. Choose moderate amounts of monounsaturated and polyunsaturated fats — found in fish, nuts and certain vegetable oils — instead. **Remember this: "six-pack abs" start in the kitchen not at the gym!**
- ◆ **Keep portion sizes in check.** Even when you're making healthy choices, calories add up. At home, slim down your portion sizes. In restaurants, share meals — or eat half your meal and take the rest home for another day.
- ◆ **Include physical activity in your daily routine.** For most healthy adults, the Department of Health and Human Services recommends moderate aerobic activity, such as brisk walking, for at least 150 minutes a week or vigorous aerobic activity, such as jogging, for at least 75 minutes a week. In addition, strength training exercises are recommended at least twice a week. If you want to lose weight or meet specific fitness goals, you might need to exercise more.

To lose excess fat and keep it from coming back, aim for slow and steady weight loss — up to 2 pounds (1 kilogram) a week. Consult your doctor for help getting started and staying on track.

Remember, you can lose belly fat — it just takes effort and patience. In fact, shedding even a few extra pounds can help you feel better and lower your risk of health problems.

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"The healthiest part of a donut is the hole. Unfortunately, you have to eat through the rest of the donut to get there!"



# Why Men and Women Handle Stress Differently

Resource: WebMD

## When it comes to handling stress, men are from Venus and women are from Mars. Why do their coping skills differ?

Men and women deal with stress very differently. One of the most important reasons is due to hormones. Three play a crucial role: cortisol, epinephrine, and oxytocin. When stress strikes, blood pressure and blood sugar rise due to a combined release of cortisol and epinephrine. Cortisol alone lowers the effectiveness of the immune system.

It was often thought that women released more cortisol in times of stress, causing their emotional responses. But there is no consistent difference in cortisol production at all between men and women. It comes down to the hormone called oxytocin.

In women, when cortisol and epinephrine rush through the bloodstream in a stressful situation, oxytocin comes into play. It is released from the brain, countering the production of cortisol and epinephrine, and promoting nurturing and relaxing emotions. While men also secrete the hormone oxytocin when they're stressed, it's in much smaller amounts, leaving them on the short end of the stick when it comes to stress and hormones.

## Tend and Befriend, Fight or Flight

While most people are familiar with the fight or flight theory (when confronted with stress, do you stay and fight or turn tail and run?), there's a new theory in town tailored just for women.

An influential study published in the July 2000 issue of *Psychological Review* reported that females were more likely to deal with stress by "tending and befriending" -- that is, nurturing those around them and reaching out to others. "Tending involves nurturant activities designed to protect the self and offspring that promote safety and reduce distress; befriending is the creation and maintenance of social networks that may aid in this process," write researchers, including Shelly E. Taylor, PhD, a distinguished professor in the department of psychology at UCLA.

The reason for this reaction, in large part, is oxytocin combined with female reproductive hormones, explained researchers in the study.

Men, on the other hand, with smaller amounts of oxytocin, lean toward the tried and true fight or flight response when it comes to stress -- either bottling it up and escaping, or fighting back.

## Demand vs. Energy

"The major sex differences I see have to do with the management of demand and maintenance of energy," says Carl Pickhardt, PhD, a psychologist and author of *The Everything Parent's Guide to Positive Discipline*. "Because male self-esteem is often built around adequacy of performance, and female self-esteem is often built around adequacy of relationships, over demand and insufficient self-maintenance tend to cut somewhat different ways for women and for men." A woman, explains Pickhardt, is often at risk of letting other people's needs determine her limits, while her own needs are ignored. "Self-sacrifice in relationships is how many women enter stress," says Pickhardt, who is a spokesman for the American Psychological Association.

Men, on the other hand, are often at risk of letting challenge and competition set the pace. "Men tend to let their rival's efforts or their employer's agenda set the level of their demand, losing focus on the self to preoccupation with winning or attaining an extrinsic objective," Pickhardt tells WebMD. "Achieving a winning performance at all costs is how many men enter stress."

"Relationship loss tends to be the greatest stressor for women, and performance failure for men," says Pickhardt.

## Managing Stress

When it comes to managing stress, men and women just handle it differently. "Women often seek support to talk out the emotional experience, to process what is happening and what might be done," Pickhardt tells WebMD. Whether its friends, family, or a support group, women like to tell their stories.

"Men often seek an escape activity to get relief from stress, to create a relaxing diversion, to get away," says Pickhardt.

Golfing is a common example of how men escape -- they're acting out their stressful energy in a challenging way while enjoying the companionship of other men. They typically don't take time out of a round of golf to discuss their feelings or stress amongst each other.



## Stress and Evolution

For both sexes, stress has evolved from the days on the savannah when we were running for our lives. Now, it's mortgage payments and childcare that keep us up night after night. **"The single most important point to make is that stress has evolved from dealing with a single short-term crisis to the ability to turn stress on in a chronic way,"** says Sapolsky, author of *Why Zebras Don't Get Ulcers*. Unfortunately, because the hormonal result of stress is increased blood pressure and circulating blood sugar levels, and a less-effective immune system, **chronic stress can lead to serious health problems.**

"Men and women need to find ways to deal with chronic stress. This is not what the body has evolved for, and it can increase a person's risk of everything from heart disease to metabolic disorders to impaired wound healing," Sapolsky tells WebMD.



## JUNE IS NATIONAL SAFETY MONTH

### safety & wellness



### perfect together

As everyone begins their 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**

### Tuna-Stuffed Tomatoes

Here's one easy way to incorporate more veggies into your diet: make them your meal's main event.. Pair this stuffed tomato with a green leafy salad for a fiber rich lunch meal. Using produce as the base for your dish and filling the veggies with lean meats, flavorful cheeses, and oftentimes even more vegetables, makes it easy to get closer to your recommended daily servings. Enjoy what the summer produce has to offer!

#### Ingredients:

- 8 small tomatoes
- 2 3-oz. cans oil-packed tuna, drained (I would try packed in water if concerned about fat grams)
- 10 pitted kalamata olives, minced
- 2 tablespoons minced fresh parsley
- 1 tablespoon capers, drained, rinsed
- 1 tablespoon olive oil
- 1/2 teaspoon minced fresh thyme leaves

#### Nutritional Information:

Calories per serving:	169
Fat per serving:	10g
Saturated:	1g
Protein:	13g
Carbohydrates:	8g
Fiber:	2g
Cholesterol:	13g
Iron:	1g
Sodium:	432mg
Calcium:	27g

Prep Time: 25 minutes  
Yield: Serves 4 (serving size: 2 small tomatoes, scant 1/2 cup tuna filling)



#### Preparation:

1. Line a baking sheet with paper towels. Cut a thin slice off the top of each tomato. Gently scoop out tomato seeds and pulp, leaving shell intact. Set shells cut side down to drain on paper towels.
2. Mix tuna, olives, parsley, capers, olive oil, thyme and pepper, breaking up large chunks. Season with salt and additional pepper, if desired.
3. Spoon tuna mixture into tomatoes and serve.

(For more recipes go to [www.Health.com](http://www.Health.com))

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

