

# Wellness Corner Connection

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## Gentlemen, This One's You!

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!**

**FATHER**  
IS THE NOBLEST  
TITLE A MAN  
CAN BE GIVEN

Robert L. Backman

The life expectancy of a man has increased dramatically in the past 50 years. Now, a man born in the United States in 2016, can expect to live to be 79 years and 8 months. How long we live is important; however, quality of life is equally if not more important. The ability to enjoy life to its fullest takes invested time and effort into health maintenance and disease prevention. This investment in ones health pays dividends almost immediately and is never too late to begin. A man who was 65 years old in 2018 could expect to live to age 84, and a 75-year old could expect 11 more years of life.



Our bodies are incredibly complex machines that require proper fuel to grow, function and repair itself to keep running efficiently. And just like any machine, the body also requires routine maintenance to make it last a long time and function well throughout a person's life expectancy. When we buy a car, we expect to routinely change the oil, filters, rotate the tires and avoid driving too aggressively in order to keep it operable for a long time. As in life, accidents happen and cosmetic injuries occur, but it is the "guts" of a car, the engine, transmission, and brakes that will decide if it will be happily driving down the road or sitting in the junkyard.

Our bodies suffer through illnesses and accidents and many are unavoidable. Taking care of your body also includes scheduled maintenance and screening examinations to detect illnesses at an early stage, which increases the potential for cure and a return to health. Learning to listen to the body's warning signs and symptoms is the same as paying attention to the check engine light in your car, neither should be ignored.

A healthy lifestyle is not just an absence of disease, but an opportunity to enjoy the years of life available to each person. Medical care can help the body maintain its performance as it ages. A longer life expectancy should not be considered a jail sentence to inactivity. Aging is a natural process and some things in our control can help a long life loaded with quality!

Do you carry a few extra pounds? Do you carry it around your belly? Belly fat is nothing to joke about. 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
- Insulin resistance and type 2 diabetes
- Colorectal cancer
- Sleep apnea
- Premature death from any cause
- High blood pressure

Weight is largely determined by the balance of calories you eat versus what you burn. Age also plays a role due to loss of muscle mass as you get older.

Measure your waist circumference. It should be less than 40 inches.

*"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.

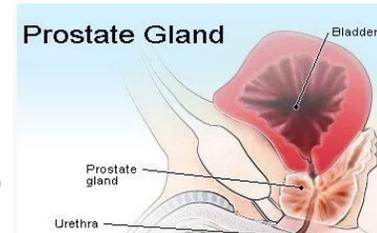
They often don't feel comfortable talking about their health when they actually do go.

## Prostate Health

The prostate is a unique male organ that is located just under the bladder. A common condition in men, which is part of the aging process, is benign prostatic hypertrophy (BPH or enlarged prostate). The urethra is a tube that passes through the prostate and drains the bladder. When a man has an enlarged prostate, he may experience difficulty emptying the bladder due to the urethra being compressed by the prostatic tissue. This compression can make it difficult for the urethra to generate enough pressure to overcome this obstruction. Over time, the bladder itself may begin to weaken making urination even more difficult.

Symptoms of BPH include:

- Urinary frequency (urinating more often)
- Urinary urgency (the feeling that he has to empty the bladder urgently or risk wetting himself)
- Urinary hesitancy (difficulty starting the urine stream)
- Urinary straining (requiring more pressure or bearing down to empty the bladder)
- Poor urine stream and dribbling



Treatment of BPH (which may include medications or surgery) depends upon the man, any underlying medical conditions, and the severity of symptoms.

### Does prostate cancer screening matter?

The latest guidelines suggest you should have an engaged conversation with your doctor about PSA testing.

Harvard Health Publishing, Aug '17

**No matter which term your doctor uses, it's very important for you to understand exactly what he or she means when they refer to it.**

### When might these approaches be an option?

One of these approaches might be recommended if your cancer:

- Isn't causing any symptoms
- Is expected to grow slowly (based on Gleason score\*)
- Is small
- Is just in the prostate

(\*Go to <https://www.cancer.org/cancer/prostate-cancer/detection-diagnosis-staging/how-diagnosed.html> if interested in learning more about Gleason scores).

If diagnosed with a fast-growing cancer (a high Gleason score), these approaches may not be a good option. There seems to be no one right answer. Some believe that a slow-growing cancer, if treated with surgery or radiation, may not actually help a man live longer. These treatments have definite risks and side effects that may outweigh the possible benefits.

The bottom line is talk with your doctor about **all** your options. Do your research, ask questions and make the best decision for you!

Because prostate cancer often grows very slowly, some men (especially those who are older or have other serious health problems) might never need treatment for their prostate cancer. Instead, their doctors may recommend approaches known as **watchful waiting or active surveillance**. (Other terms sometimes used include *observation* or *expectant management*.)

- **Active surveillance** is often used to mean monitoring the cancer closely. Usually this approach includes a doctor visit with a prostate-specific antigen (PSA) blood test and digital rectal exam (DRE) about every 6 months. Prostate biopsies may be done every year as well. If your test results change, your doctor would then talk to you about treatment options.
- **Watchful waiting (observation)** is sometimes used to describe a less intensive type of follow-up that may mean fewer tests and relying more on changes in a man's symptoms to decide if treatment is needed.

**Not all doctors agree with these definitions or use them exactly this way. In fact, some doctors prefer to no longer use the term watchful waiting. They feel it implies that nothing is being done, when in fact a man is still being closely monitored.**



# MEN:

## GET IT CHECKED.

### Checkup and Screening Guidelines for Men

Checkups and Screenings	When?	Ages		
		20-39	40-49	50+
<b>Physical Exam</b> Review overall health status, perform a thorough physical exam, and discuss health related topics.	Every 3 years Every 2 years Every year	✓	✓	✓
<b>Blood Pressure</b> High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	✓	✓	✓
<b>TB Skin Test</b> 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	✓	✓	✓
<b>Blood Tests &amp; Urinalysis</b> 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	✓	✓	✓
<b>EKG</b> Electrocardiogram screens for heart abnormalities.	Baseline Every 2 years Every year	Age 30	✓	✓
<b>Tetanus Booster</b> Prevents lockjaw.	Every 10 years	✓	✓	✓
<b>Rectal Exam</b> Screens for hemorrhoids, lower rectal problems, colon and prostate cancer (see PSA Blood Test, below).	Every Year	✓	✓	✓
<b>PSA Blood Test</b> 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		*	✓
<b>Hemoccult</b> Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every Year		✓	✓
<b>Colorectal Health</b> 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			✓
<b>Chest X-Ray</b> 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		✓	✓
<b>Bone Health</b> Bone mineral density test. Testing is best done under the supervision of your physician.	Discuss with a physician		Age 60	
<b>Self Exams</b> 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	✓	✓	✓
<b>Testosterone Screening</b> 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		✓	✓
<b>Sexually Transmitted Diseases (STDs)</b> Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia, HIV, and other STDs.	Under physician supervision	✓	✓	✓

## JUNE = Summer + Sun + Risk of Melanoma

June is also National Safety Month. Start by playing it safe in the sun. Continuing with the theme of “men’s health”, Melanoma strikes men harder! Melanoma is the most serious skin cancer and research has found that men are more likely to die of melanoma than women. This is true at any age. By the age of 50, men are more likely than women to develop melanoma; this jumps to 2 times as likely by the age of 65. By age 80, men are 3 times more likely than women to develop melanoma.

**Why?** One reason is that women have more of a base knowledge of skin cancer than men. A survey conducted by the American Academy of Dermatology in 2016 found few men than women knew the following facts. And in my personal opinion, from the results, it looks like we could all use a little education.

Fact	Men who knew this is true	Women who knew this is true
There is no such thing as a healthy tan.	56%	76%
A base tan cannot protect you from the sun's harmful rays.	54%	70%
Skin cancer can develop on skin that gets intermittent or little sun.	56%	65%

White adolescent males and young adult men are about twice as likely to die of melanoma as are white females at the same

Sun protection seems to play a role in why melanoma strikes men harder.

Women apply sunscreen more often. They tend to use makeup and other cosmetics that offer SPF. So sun protection seems to play a role in why melanoma strikes men harder. Sunscreen alone does not account for the differences. **Research believes that a major cause may lie in men’s skin.**

Men’s skin contains more collagen and elastin, fibers that give it firmness and keep it tight. These differences to women’s skin make it more likely to be damaged by the sun’s ultraviolet (UV) rays. A study conducted in the Netherlands found that men’s skin reacted more intensely to UV rays. A separate study reached the same conclusion. Women’s skin tends to repair the damage caused by UV rays better than men’s skin.

**Sun Protection** alone cannot explain why men are hit harder but we do know it can help reduce the risk of getting melanoma.

Many men dislike applying lotions and creams to protect their skin; when outdoors, even on cloudy days, men can:

- Wear a wide-brimmed hat and sunglasses
- Seek shade whenever possible
- Wear long sleeves and pants when possible
- Stay out of the sun when rays are at their strongest (10am to 2pm)

To get the needed sun protection, the AAD recommends wearing sunscreen that offers SPF 30, broad-spectrum protection, and water resistance.

Resource: <https://www.aad.org/public/diseases/skin-cancer/melanoma/melanoma-strikes-men-harder>

### Men:

#### It’s time to strike back vs. melanoma

While you cannot change how your skin reacts to the sun, sun protection can reduce your risk of getting melanoma. You can also strike back with skin self-exams and skin cancer screenings. These can help you find melanoma early when melanoma is highly treatable.



**Skin exams** can reduce men’s risk of dying from melanoma. Self exams and asking for assistance from your partner for those hard-to-see areas, can be a life saver.

If you’ve never been screened for skin cancer, now is an excellent time to start. The ADD offers free SPOTime® skin cancer screenings. Most take place in the spring. If you don’t find a free screening in your area, you can sign up for an e-mail alert, which will let you know when a screening is scheduled in your area.

You can find out by going to <https://www.aad.org/public/spot-skin-cancer/programs/screenings/find-a-screening>



## 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. **Do not replace your use of sunscreen;** but by eating some of these foods, you could actually increase your sunscreens effectiveness in protecting you.

### Foods Rich in Omega-3 Fatty Acids:

Known as “essential” fats because the body doesn’t produce them and they must be obtained through the diet, omega-3 fats are lauded for doing everything from protecting the brain to preventing inflammation. In addition to these great benefits, omega-3s can actually **reduce sunburn sensitivity and help to prevent sunburn**, according to a study from the Oxford Journals’ Carcinogenesis. Fatty fish like salmon and sardines are good sources of omega-3 fats, as are walnuts and flax seeds.

### Green Tea:

Another superfood, green tea is credited with numerous health benefits. According to the *Journal of the American Academy of Dermatology*, sunburn protection can be added to the list. The polyphenols contained in green tea are powerful antioxidants, protecting the body from damage by free radicals. But they also protect the cells against DNA damage from UV radiation. Drinking two cups of green tea each day is enough to reap the benefits.

### Veggies from the Brassica Family:

Vegetables that belong to the Brassica family, including broccoli, kale, cabbage, mustard greens and spinach, are all rich in the cancer fighting chemical called sulforaphane glucosinolate. This discovery was made in 1992 by Paul Talalay and the Laboratory for Molecular Pharmacology at Johns Hopkins University. The discovery was so monumental that it was listed as one of the top 100 scientific discoveries of the 20<sup>th</sup> century and also appeared on the front page of the New York Times. Even better, broccoli *sprouts* reportedly contain “20 to 50 times the amount of chemoprotective compounds found in mature broccoli heads.” This means eating a diet rich in these green vegetables can actually reduce your chances of cancer, not to mention providing all sorts of other crucial nutritional benefits. **Resource: Natural Society**

## Know Your Enemy

**"If you know the enemy and know yourself, you need not fear the result of a hundred battles. If you know yourself but not the enemy, for every victory gained you will also suffer a defeat. If you know neither the enemy nor yourself, you will succumb in every battle. - Sun Tzu, The Art of War"**

Most of the common diseases (enemies) that affect men are potentially preventable, as long as you know about them. Having the presence of some diseases increases the likelihood that another will occur. Heart disease, stroke, peripheral vascular disease and dementia all share the same risk factors:

- Smoking
- High Blood Pressure
- High Cholesterol
- Family History

**#1 Heart disease**—This is the number one killer of men in the United States. Like any muscle, the heart requires blood to supply oxygen and nutrients necessary for function. Cholesterol deposits (plaques) can build up in the arteries causing a narrowing compromising the flow of blood to the heart resulting in pain or angina. Heart attack occurs with a plaque ruptures, allowing a blood clot to form; this can be life-threatening. Heart muscle cells can become irritable because they have lost blood supply and may, in addition, cause electrical abnormalities or short circuits that prevent the heart muscle from pumping which can result in sudden cardiac death.

**#2 Cancer**—Lung cancer is the number one killer among cancers in men and most are preventable. Smoking causes 90% of all lung cancers and while the number of smokers in the United States has decreased in the past generation, 13% of young adults age 18-24 smoke and will be the future victims of lung cancer. Colon and rectal cancers tie with prostate cancer as the second most common cause of cancer deaths in men. There are few symptoms in the early stages of colon and rectal cancers, thus the diagnosis is often made by routinely screening the stool for occult blood (blood that is not visible to the naked eye but can be found by testing the stool sample) and undergoing a routine screening colonoscopy. Colon cancer can be nearly completely preventable with timely colonoscopy screenings. Testicular cancer accounts for 5.6 per 100,000 men in the U.S., but usually occurs in younger men (ages 15 to 39). Men can help detect this disease by doing a testicular exam routinely and reporting any testicle abnormalities or symptoms (lumps, swelling, pain) to their health care practitioner.

**#3 Injuries**—Accidents happen and the key to minimizing the risk of death is to use common sense and avoid potentially dangerous situations. Simple actions like wearing a seatbelt while in a car, wearing a helmet when cycling, skiing, skateboarding, or other activities where head injuries occur help decrease risk of death in an accident. Avoiding driving while impaired whether from substances, medication, or sleep deprivation. Most accidents happen around the house and routine prevention can help decrease those accidents.

**#4 Stroke**—This occurs when blood supply to part of the brain is disrupted causing the brain to die. Ischemic strokes can be caused by gradual narrowing of a blood vessel in the brain, debris that can break off from the carotid artery in the neck, or from a blood clot that embolizes (or travels) from the heart. Smoking, high blood pressure, high cholesterol and family history can increase ones risk of suffering a stroke.

**#5 COPD**—Emphysema and chronic bronchitis are the two types of chronic obstructive pulmonary disease (COPD) and both are most commonly caused by smoking. Due to the toxins in smoke, the lung tissue is damaged and loses its ability to transfer oxygen from the inhaled air into the blood stream. Symptoms of COPD include shortness of breath and wheezing. COPD increases the risk of lung infection including pneumonia.

**#6 Diabetes**—Poorly controlled diabetes increases blood sugar levels in the bloodstream and in the long-term, affects the small blood vessels in the body, which can lead to multi-organ failure. Poorly controlled diabetes can cause vascular disease leading to heart attacks, strokes, limb amputations, kidney failure, blindness, and nerve damage (diabetic neuropathy).

### SO WHAT CAN YOU DO?

Being proactive about your health is really the key to prevention and control with most diseases (enemies). Eating a well balanced diet, maintaining a healthy weight, routinely exercising and stop smoking are self-evident but not always easy to start or stay with over the long hall. Nobody is perfect and the ultimate goal is to keep trying and not give yourself permission to stop. Think about your "why"...is it to see your kids or grandkids grow up?

#### 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.



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.

**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.

#### 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.





## 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 chemical is believed to be linked to certain cancers.

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!

To read more about the risks, go to <http://greenexaminingroom.com/the-health-risks-of-grilling-on-aluminum-foil/>



Recipe  
Corner

### Orzo Chicken Salad with Avocado-Lime Dressing

#### Salad Ingredients:

- ¾ cup dried whole wheat or regular orzo pasta
- 1 cup fresh or frozen corn kernels
- 2 cups shredded or chopped cooked chicken breast
- 1 cup grape tomatoes, halved
- ¼ cup snipped fresh cilantro

#### Dressing Ingredients:

- 1 small avocado, seeded, peeled, and cut up
- ⅓ cup water
- ½ teaspoon finely shredded lime peel
- ¼ cup lime juice
- 4 cloves garlic, minced
- ½ teaspoon crushed red pepper and ¼ teaspoon salt

1. To prepare salad: In a medium saucepan, cook orzo according to package directions, adding corn during the last 1 minute of cooking; drain. Rinse with cold water to cool quickly; drain well. In a large bowl, combine orzo mixture, chicken, tomatoes, and cilantro. Sprinkle with cheese. Cover and chill for 2 to 24 hours.

2. Meanwhile, prepare dressing: In a blender or food processor, combine 1 small avocado, seeded, peeled, and cut up; ⅓ cup water; ½ teaspoon finely shredded lime peel; ¼ cup lime juice; 4 cloves garlic, minced; ½ teaspoon crushed red pepper; and ¼ teaspoon salt. Cover and blend or process until smooth. Transfer dressing to a small bowl. Cover and chill for 2 to 24 hours.

3. To serve, drizzle salad with dressing.

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