

## June is Men's Health Month!

### MEN'S HEALTH: TIPS FOR A HEALTHY LIFE

The leading cause of death for males in the US is heart disease—followed closely by cancer. Adhering to a healthy lifestyle can help you avoid becoming part of the statistic. Below are some helpful tips:

#### Watch What You Eat

What you eat and drink can make a significant difference in your overall health. Eating 5+ fruits and vegetables a day, little saturated fat and avoiding trans fats can improve health, reducing the risk of cancer and other chronic disease.

#### Know Your Risks

Your parents and grandparents, work and home habits, environment and lifestyle all contribute to your health and health risks. Since you can't change many of those factors, focus on addressing any negative behaviors you do have control over such as your diet, activity level or smoking. Make as many healthy changes as you can.

#### Get Moving

More than 60% of American men and women do not get enough physical activity to provide health benefits. For adults, 30 minutes of moderate physical activity on most days of the week is recommended. Start slowly, work up to a satisfactory level, and do not overdo it. Find fun ways to stay in shape and feel good, such as cutting the grass, gardening, swimming, walking or jogging.

#### Manage Your Stress

Perhaps now more than ever before, job stress poses a threat to the health of workers and, in turn, to the health of organizations. Balancing obligations to your employer and your family can be challenging. Protect your mental health by engaging in activities that help you decrease your stress, such as engaging in your favorite hobby, exercising, reading or spending time with friends.

#### Get Routine Exams

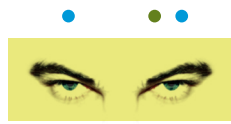
Routine exams and screenings can help save lives. Based on your age, health history, lifestyle and other factors, you and your health care provider can determine how often you need to be examined and screened for certain diseases and conditions (see the list for general guidelines). —Zywave.com

### CHECKUPS AND SCREENINGS

Courtesy of [www.menshealthmonth.org](http://www.menshealthmonth.org)

WHEN	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: age 30	√	
	Every 4 years		√
	Every 3 years		√
<b>TETANUS BOOSTER:</b> Prevents lockjaw.	Every 10 years	√	√
<b>RECTAL EXAM:</b> Screens for hemorrhoids, lower rectal problems, colon and prostate cancer.	Every year	√	√
<b>PSA BLOOD TEST:</b> Prostate Specific Antigen is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer.	Every year. <i>*African American men with family history may wish to start at age 40</i>		√
<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>SELF-EXAMS:</b> <b>Testicle:</b> To find lumps in their earliest stages. <b>Skin:</b> To look for signs of changing moles, freckles or early skin cancer. <b>Oral:</b> To look for signs of cancerous lesions in the mouth. <b>Breast:</b> To find abnormal lumps in their earliest stages.	Monthly by self	√	
<b>BONE HEALTH:</b> Bone mineral density test. Testing is best done under the supervision of a physician.	Discuss with a physician		
<b>TESTOSTERONE SCREENING:</b> Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms may start with a questionnaire followed by a simple blood test.	Discuss with a physician		Age 60
<b>SEXUALLY TRANSMITTED DISEASES (STDs):</b> Sexually active adults who consider themselves at risk should be screened for syphilis, chlamydia and other STDs.	Under physician's supervision	√	Discuss with a physician

## June is Cataract Awareness Month



According to Prevent Blindness America, cataracts are a leading cause of blindness—and more than 20 million Americans ages 40+ have them. Cataracts are a painless clouding of the lens which blocks the passage of light. You may experience blurred or dimmed vision because light is not being properly transmitted to the retina. Cataracts may stay small and go unnoticed, but can grow larger and cause severe vision changes over time.

### Causes

Eye lenses are made of mostly water and protein fibers. As eyes get older, the protein fibers break down and some clump together, clouding the lens to create a cataract. As the cataract develops, the clouding becomes thicker and consumes more of the lens.

### Risk Factors

Age is the single greatest risk factor. The following factors could also increase your risk:

- Native and/or African American heritage
- Being female
- Family history of cataracts
- Having dark-colored irises
- Being an adult with diabetes
- Suffering from glaucoma
- Smoking
- Long-term use of steroids
- Exposure to ultraviolet light

### Signs and Symptoms

Not all cataracts impair vision but when they do, common symptoms include:

- Cloudy, blurry or filmy vision
- Frequent changes in eyeglass prescription
- Double or multiple vision
- Difficulty with activities because of vision problems

- Sensitivity to light and glare
- Distortion or ghost images
- Yellowish or fading colors

### Prevention

Establishing certain lifestyle habits may help slow cataract development including:

- Not smoking
- Wearing a hat or sunglasses when exposed to the sun and/or tanning beds
- Eating a diet rich in vitamins C and E
- Limiting alcohol intake
- Avoiding steroid medications if possible
- Controlling high blood pressure and diabetes

Additionally, an eye specialist can detect and track cataracts. Plan to have your eyes checked every 2–4 years between the ages of 40–64 and every 1–2 years thereafter. —Zywave.com



## Grilled Chicken with Green Chile Sauce

4 chicken breasts, boneless, skinless  
 1/4 cup olive oil  
 2 limes, juice only  
 1/4 tsp oregano  
 1/2 tsp black pepper  
 1/4 cup water  
 10–12 tomatillos, husks removed, cut in half  
 1/2 medium onion, quartered  
 2 cloves garlic, finely chopped  
 2 jalapeño peppers  
 2 Tbsp cilantro, chopped  
 1/4 tsp salt  
 1/4 cup lowfat sour cream

Combine oil, juice from one lime, oregano and black pepper in a shallow, glass baking dish. Stir.

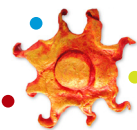
Place chicken breasts in baking dish and turn to coat each side. Cover dish and refrigerate overnight. Turn chicken periodically to marinate it on both sides.

Put water, tomatillos and onion into saucepan. Bring to a gentle boil and cook uncovered for 10 minutes or until tomatillos are tender.

In a blender, place cooked onion, tomatillos and any remaining water. Add garlic, jalapeño peppers, cilantro, salt and the juice of the second lime. Blend until all ingredients are smooth. Place sauce in bowl and refrigerate.

Place chicken breasts on a hot grill until cooked through (approximately 4–5 minutes per side). Place chicken on serving platter. Spoon a tablespoon of lowfat sour cream over each chicken breast. Pour the sauce over the sour cream. Serves 4.

Serving size: 1 chicken breast. 210 calories, 5g total fat, 1g saturated fat, 73 mg cholesterol, 91 mg sodium, 3g total fiber, 14g carbohydrates, 29g protein, 780 mg potassium. ■



## Skin Cancer: Are You Safe in the Sun?

Many people describe sun-tanned skin as a “healthy glow,” but there is no such thing as a safe, healthy tan.

### Sun Damage

Any type of suntan is the result of damage caused by exposure to ultraviolet (UV) radiation from the sun. Other types of sun damage include wrinkles, age spots, freckles, tough/leathery skin, dilated blood vessels, sunburn and skin cancer.

The sun emits two types of UV radiation: UVA (which causes aging) and UVB (which causes burning). Both UVA and UVB rays are undetectable to a person sitting in the sun—you cannot feel them on your skin. They are damaging on cool, cloudy days as well as sunny ones. Additionally, both types of radiation cause skin cancer.

### Skin Cancer

The following characteristics place people at a higher risk of developing skin cancer:

- Having a large number of moles on the skin
- Being a redhead or blonde and/or having blue eyes, fair skin and freckles
- Difficulty tanning and skin that is easily burned
- A family history of skin cancer
- Taking medication that increases sun sensitivity

### Preventing Sun Damage

The easiest way to prevent skin damage and lessen your chances of getting skin cancer is to avoid getting sunburn. Here are a few tips:

- Stay out of the sun between 10 am–4 pm when it is strongest.
- Wear tightly woven fabric and

a hat that shades your face, neck and ears.

- Wear sunglasses outside to avoid developing cataracts and damaging your retinas.
- Use sunscreen that has at least 15 SPF every day, especially on your lips and the tips of your ears and nose.
- Avoid using tanning beds—they are just as damaging as the sun.
- Protect children from sun damage. Most sun exposure occurs before age 18.

Avoiding exposure and sunburn is the best way to protect yourself from sun damage and skin cancer. Routinely inspect your skin for any changes. If you suspect that a spot is new, or has changed color or appearance, consult a dermatologist. —Zywave.com