

Mission In Motion

Health & Wellness Monthly Newsletter

June 2013—Men's Health



MAN UP.
TAKE CONTROL
OF YOUR HEALTH

JUNE IS

Men's Health Month

MORE INFORMATION AND RESOURCES
ARE AVAILABLE ONLINE AT:

www.FOH.hhs.gov/calendar



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National Men's Health Week

National Men's Health Week is celebrated each year the week leading up to and including Father's Day, which is June 10-16, 2013. During this week, individuals, families, communities, and others work to heighten the awareness of preventable health problems, promote healthy living, and encourage early detection and treatment of disease among men and boys.

What Men Can Do

Lead by example. Be smoke-free, prevent injuries, and eat healthy.

Wear Blue:

Choose a day that works for you, your group or team and wear blue to raise awareness about men's health. Encourage others to wear blue.

Wear Blue to remind men of the importance of staying healthy.

Wear Blue and become part of a national health movement.

Find health providers which have weekend and evening appointments or have offices conveniently located close to home or work.

Stay up on the latest about men's health at CDC by signing up for email updates in the top right corner of the Men's Health website: www.cdc.gov.

Plan activities that keep you physically active.

What Women Can Do

Point out the connection between good health, physical, and mental performance in sports, work stamina, etc.

Encourage the men in your life to live a healthy lifestyle and get medical attention when needed.

Recruit male friends or relatives with good health habits to help reinforce lifestyle messages.

Point out the connection between good health and good physical, and mental performance in sports, work stamina, etc.

Remind him that his children will be influenced by the example he sets when forming life-long health habits.

Agree on an exercise routine that involves, and is enjoyable to, the both of you. If necessary, make the exercise out to be something for you that you need his support for even if it's primarily for his own benefit.

Source: Centers for Disease Control and Prevention

Tips for Men's Health:

- ◆ Exercise 30 minutes 5 times a week. For weight loss, increase time and intensity gradually.
- ◆ Eat 5–9 servings of fruits and vegetables. Tomatoes are rich in lycopene which is linked to prostate cancer prevention.
- ◆ Get screened for colorectal and prostate cancer (most common cancer in men).
- ◆ Reduce stress and take time to relax and take medication.

Source: Adventist Risk Management

6 Routine Screenings for Men's Health

Skipping important health tests could be a matter of life and death, especially for men, who are less likely to see their doctors on a regular basis anyway. Don't ignore these essential routine screenings.

When it comes to men and health care, the numbers don't lie: Compared with women, men are 24 percent less likely to visit their doctors in any given year and 22 percent less likely to get their cholesterol checked. They're also less willing to be screened for cancer, despite the fact that their cancer mortality rates are higher.

"Men are stubborn about getting routine health screenings for several reasons," says Jennifer Landa, MD, a preventive medicine specialist in private practice in Orlando, Fla. "One is fear: They are afraid that something might be wrong with them. Second, a lot of men tell me that they are simply too busy. Third, men don't tend to be as tuned in to their bodies as women, so they don't notice small telltale signs that things are amiss and just figure any changes can be chalked up to age."

The problem, she says, is that skipping these routine tests for **men's health** can often be a matter of life and death. "Screenings are important because they help us catch disease early," says Dr. Landa.

Fortunately, most men's health screenings are simple and quick and can be given in your regular physician's office. Here are six to add to your preventive care plan now:

Blood Pressure Test

A **blood pressure screening** is one of the easiest, most painless things you can do for your health. It's so simple, in fact, that there's just no excuse not to do it. You often don't even need to go to the doctor — many pharmacies have machines that can check your blood pressure right there in the store.

The National Institutes of Health currently recommends that men between the ages of 18 and 64 be screened at least once every two years, but your doctor may advise more frequent tests depending on how high your numbers are. "The optimal blood pressure ranges are getting tighter," Landa says.

"Optimal is now considered less than 120/80, and 110/70 has been shown in some studies to be the blood pressure associated with better clinical outcomes." If your readings are high, your doctor can suggest simple lifestyle changes to decrease them, such as putting you on a salt-restricted diet.

"Exercise and weight loss are two other interventions that work great to lower blood pressure," Landa adds.

Cholesterol Test

A cholesterol check is also simple and vital to overall heart health as you age. Measured with a simple blood test, cholesterol screenings for men's health are recommended every five years. You may need them more often, however, if you are over age 45, at high risk for heart disease, or have high levels of "bad" LDL cholesterol or low levels of "good" HDL cholesterol. Optimal cholesterol is less than 200 milligrams per deciliter, but the ratio is important as well, Landa says. "If a patient has an elevated total cholesterol and a very high HDL mg/dL, I may consider the total cholesterol elevation irrelevant." She adds that the optimal LDL is under 100 mg/dL but that some laboratories consider up to 130 mg/dL acceptable. The optimal triglyceride level is under 150 mg/dL.

Prostate Cancer Screening

Prostate cancer screening has been the subject of some controversy recently, in part because of concern over the possibility of false positives and over-treatment, but many experts say men should still be tested. The primary method of screening is the PSA (prostate specific antigen) test, which measures the level of PSA in your blood. Optimal levels are usually considered to be under 4 ng/mL (nanograms per milliliter).

"The necessity of the PSA test has recently been questioned, but since its institution we have seen a 40 percent decline in the rate of prostate cancer," Landa notes. "On the other side of the coin, because the test is not specific for just prostate cancer and [PSA levels] can be raised by other conditions, some question whether it leads to unnecessary intervention when there is a false positive." She recommends discussing with your doctor whether PSA testing is right for you. Another screening option is the digital rectal exam, during which the doctor physically checks your rectum for signs of cancer. Opinion varies widely on how often you should be screened, so talk with your doctor about what kind of schedule is right for you.

Colon Cancer Screening

Colorectal cancer is the second leading cause of cancer deaths in the United States. According to the American Cancer Society, 103,170 new cases of colon cancer will be diagnosed this year alone — more than half of which will be in men. Because of this, current guidelines say that men should start getting checked at age 50.

There are several testing options for colon cancer. A colonoscopy, for example, involves checking the entire colon with a camera on a flexible tube. A flexible sigmoidoscopy is similar but checks just the lower third of the colon. A CT colonography is a less invasive test that examines the colon using computerized tomography, or a CT scan. And a double-contrast barium enema involves filling the colon with a contrasting substance that will help doctors see problems on an X-ray. "Beginning at age 50, men should receive a flexible sigmoidoscopy every five years, a colonoscopy every 10 years, a double-contrast barium enema every 5 years, or a CT colonography every 5 years," says Robert T. Grant, MD, a surgeon with New York-Presbyterian Hospital/Columbia University Medical Center.

Skin Cancer Check

"Men are actually two to three times more likely to get nonmelanoma basal cell and squamous cell skin cancers than women are, and their risk increases as lifetime exposure to sun accumulates," says Dr. Grant. "About every three months, men should do a **self-examination** for new or changing skin lesions." Also be sure to ask your doctor to check your skin, head to toe, during your yearly physical as part of regular preventive care.

Diabetes Test

"One-third of Americans with diabetes don't know they have it," Grant says. Uncontrolled diabetes can lead to heart disease and stroke, kidney disease, blindness from damage to the blood vessels of the retina, nerve damage, and impotence. "If your family has a history of diabetes, consult with your doctor to see how often you should be tested," he adds.

If you show some of the symptoms of diabetes, your doctor will probably check you with a blood test known as a fasting plasma glucose test. If results come back greater than or equal to 126 mg/dL on two separate tests, you may have type 2 diabetes.

Don't let fear keep you from these important checks. "When diseases are picked up early, they are easier to treat and respond better to treatment," says Landa. "In the case of preventive medicine, the way I practice, I frequently find diseases in the state before they are even diseases."

Colon cancer, also known as colorectal cancer, will claim more than 56,000 lives in the United States this year. However, colon cancer can be prevented by finding and removing polyps that could become cancerous. You are at a higher risk for the disease if you have inflammatory bowel disease or colon polyps or cancer in your family history.

To support prevention and early detection of colon cancer, you should begin preventive screenings at age 50, or earlier if you have risk factors. The screening tests typically include an annual fecal occult blood test, and a flexible sigmoidoscopy every five years or a colonoscopy every ten years.

Talk with your physician about the most appropriate screening schedule for you — so colon cancer doesn't take you by surprise.

[Check your benefits booklet to determine if your health plan coverage pays for this type of screening.](#)

Source: National Center for Chronic Disease Prevention and Health Promotion

www.bcbstx.com

Safe and Well

Wellness...Meet Safety

When we are without injury, we are in one sense, well. When we are calm we tend to make choices that keep us safe. Avoid shortcuts and take time to do the job right, use the right tools and take precautions. Slow down if you're moving too fast.

Source: Personal Best

City of Mission Walking Club

Did you know that City of Mission has a Walking Club? You are encouraged to join us!

When: Tuesdays and Thursdays

Where: City Hall

Time: Stretches begin at 5:20 p.m. and Walking begins at 5:30 p.m.

Distance: 1 mile

Contact Human Resources to register for the Walking Club and receive a free t-shirt and pedometer!

MONTHLY SMARTS

FOOD SMARTS

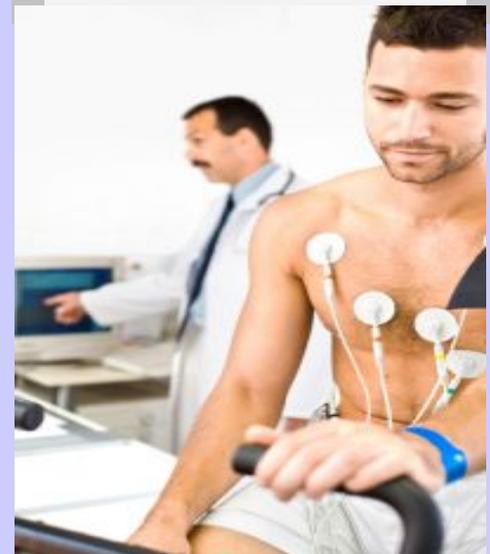
For a snack that provides sustained energy, combined high-fiber carbs from whole grains and vegetables with protein-rich foods, such as nuts, seeds, and peanut butter.

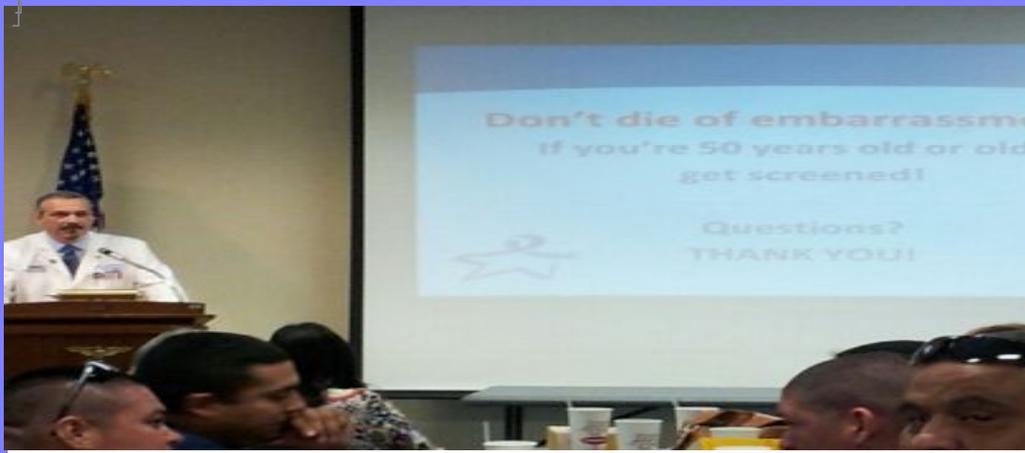
HEALTHCARE CONSUMER SMARTS

Buy whole fruits and vegetables and other snack foods in bulk, then cut or divide them up into snack-size servings instead of buying costly individual prepackaged snacks.

SAFETY SMARTS

Guard against the damaging effects of the sun. On both sunny and cloudy days, use sunscreen of SPF 30 or higher on all exposed skin. Wear sunglasses and a wide-brimmed hat, and stay in the shade as much as possible.





June Health and Wellness Seminar

Topic: Men's Health

Date: To be Announced

Time: To be Announced

Speaker: To be Announced

Location: To be Announced

Peppers Stuffed with Turkey and Wild Rice

- 1 Tbsp. olive oil
 - 1/2 medium onion, chopped
 - 1 cup coarsely chopped mushrooms, any kind
 - 1 lb. ground turkey
 - 2 cups of baby spinach leaves, chopped
 - 1 cup diced tomatoes
 - 2 cloves garlic, minced or 1 tsp. garlic powder
 - 1 tsp. paprika
 - 1 tsp. oregano
 - Salt and pepper to taste
 - 3/4 cup chopped carrots, steamed and cut into 1/2-inch chunks
 - 1 1/2 cups cooked wild rice
 - 4 large green or red bell peppers (or any combination), tops removed* and seeded
- *Save tops to cover peppers during baking for a moister filling.*

Preheat oven to 350 degrees.

Heat oil in a large skillet over medium-high heat. Sauté onion and mushrooms until onions are translucent. Add turkey, spinach, tomatoes garlic and seasonings and cook until turkey is cooked through, about 5-6 minutes.

Place turkey mixture in large mixing bowl and add carrots and wild rice. Combine well. Using spoon, lightly pack mixture into peppers.

Place peppers in 9-inch square oven dish, add 1/4 cup water to bottom of pan and bake about 45-50 minutes or until peppers are just tender. Serve.

Makes 4 servings.

Per serving: 329 calories, 14 g total fat (3 g saturated fat), 28 g carbohydrate, 26 g protein, 6 g dietary fiber, 146 mg sodium.

Cartoon Corner



"Frankly, I don't enjoy prostate exams any more than you do!"

Health & Wellness Seminars

July 2013—Sun Safety

August 2013—Immunizations

(Topics subject to change)

*If you have a subject or topic that you would like more information on, feel free to make your request at 956-580-8630.

Simple Swap: Soda vs. Water

Drink fewer sodas and sugar-sweetened drinks. Make flavored ice cubes from fresh citrus juice and add them to your water, or try adding a few crushed berries or your favorite herbs.

Mission In Motion

Our mission is to promote health awareness and

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