



Mission in Motion

Health & Wellness Newsletter June 2014 - Men's Health

This Issue

- Prevent the Top Threats P.1
- Schedule a Prostate Cancer Screening P.1
- Ace Your Doctor's Appointment P.2
- What Else Puts You at Risk P.3
- Look Great At Any Age P.3
- Cartoon Corner P.4
- Up Coming Events P.4
- Healthy Recipe P.4
- Healthy Swaps P.4

Schedule Prostate Cancer Screening

If you are a male over 50, is prostate cancer screening on the list for your next checkup? If it isn't, it should be. The five-year survival rate for early stage prostate cancer can be as high as 99 percent, so getting a screening test is an important step toward staying healthy and preventing disease.

Men over 50 who have at least a 10-year life expectancy would benefit from intervention and treatment and should have a prostate-specific antigen (PSA) and digital rectal examination (DRE) annually. Younger men at higher risk —African-Americans or those with strong family histories of the disease — may begin screening at a younger age.

Talk to your physician about the screening schedule that's right for you. The next time you review your "To Do" list, make sure you've checked off prostate cancer screening. After all, isn't your health a top priority?

Source: Blue Cross Blue Shield, American Cancer Society



Prevent the Top Threats

Many of the leading causes of death among men can be prevented. Here's what you need to know to live a longer, healthier life.

Do you know the greatest threats to men's health? The list is surprisingly short. The top causes of death among adult men in the U.S. are heart disease, stroke, cancer and chronic lower respiratory disease, according to the Centers for Disease Control and Prevention. The good news is that a few lifestyle changes can significantly lower your risk of these common killers.

Start by looking at your lifestyle. Take charge of your health by making healthier lifestyle choices. For example:

- **Don't smoke.** If you smoke or use other tobacco products, ask your doctor to help you quit. It's also important to avoid exposure to secondhand smoke, air pollution and exposure to chemicals (such as in the workplace).
- **Eat a healthy diet.** Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, such as fish. Limit foods high in saturated fat and sodium.
- **Maintain a healthy weight.** Losing excess pounds — and keeping them off — can lower your risk of heart disease as well as various types of cancer.
- **Get moving.** Include physical activity in your daily routine. You know exercise can help you control your weight and lower your risk of heart disease and stroke. But did you know that it may also lower your risk of certain types of cancer? Choose sports or other activities you enjoy, from basketball to brisk walking.
- **Limit alcohol.** If you choose to drink alcohol, do so only in moderation. For men, that means up to two drinks a day for men age 65 and younger and one drink a day for men older than age 65. The risk of various types of cancer, such as liver cancer, appears to increase with the amount of alcohol you drink and the length of time you've been drinking regularly. Too much alcohol can also raise your blood pressure.
- **Manage stress.** If you feel constantly on edge or under assault, your lifestyle habits may suffer — and so might your immune system. Take steps to reduce stress — or learn to deal with stress in healthy ways.

Source: Mayo Clinic

Ace Your Doctor's Appointment

Follow this plan to make your visit productive, helpful.

Think of prepping for your doctor's appointment like you would the night before a big game: eat a good dinner, drink plenty of water, and get a good night's sleep. "You want to be in a place where your doctor can get a snapshot of who you are and how your body is working," says Ted Epperly, M.D., the *Men's Health* family medicine advisor. "Otherwise, if something causes your lab work to appear abnormal, it could lead to additional office visits and lab tests you might not have needed."

It's also important to get your mind right. So the night before, plan to do anything that helps you feel relaxed and calm. "If you're anxious and not on your mental game, the information you provide may be distorted, your understanding of what your doctor says may be affected, and both of you may come away with less than you should during your visit," he adds. And there's just one more thing: "Wear clean underwear," Dr. Epperly says. "I can't tell you how many times that doesn't happen."

Here's what else you should—and shouldn't—do:

Drink plenty of water.

Starting the day before your appointment, down about eight glasses of water. "Being well-hydrated can help make sure your body chemistry is as normal as possible," Dr. Epperly says. Dehydration can throw your sodium and potassium levels off kilter and make it seem like there's something going on with your liver or kidney function even if they're healthy. If you do a tough workout or long run the day before a doctor's appointment, be sure to hydrate accordingly.

No food or drinks after midnight.

If you're having labs drawn in the morning, try not to eat or drink anything except for water after 12 a.m. If your appointment isn't until the afternoon, eat a light breakfast in the morning. "If you eat at 8 a.m., but your appointment isn't until 2 p.m., everything should be

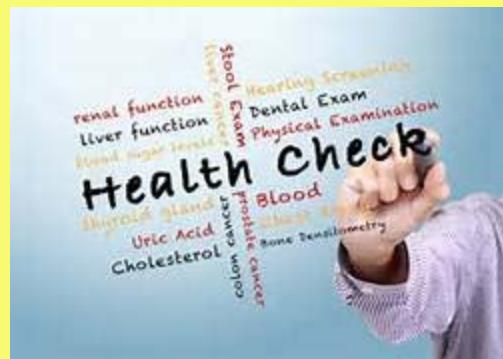
back to baseline by then," Dr. Epperly says. It's okay to have a cup of coffee or tea in the morning, but avoid adding any kind of milk, cream, or sugar. "The fat in whole milk or cream can alter your triglycerides, while sugar elevates your blood glucose and make it seem like you could be heading toward diabetes," he adds.

Avoid changing your diet.

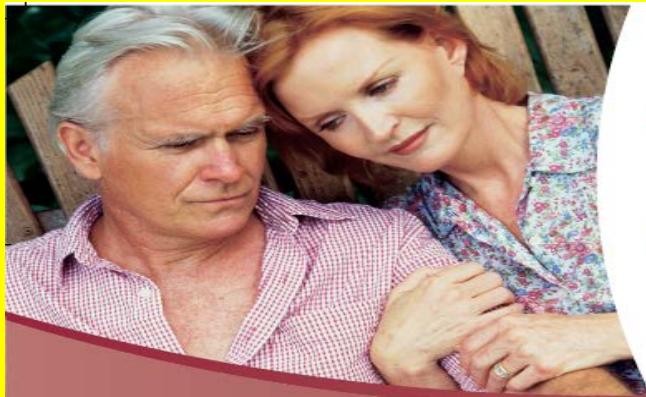
The week or two before a doctor's appointment is not the time to switch your eating regimen. "Your visit should be as reflective of your current health as possible," Dr. Epperly says. "Trying a crazy diet 2 days before can cause alterations that appear pretty funky in your blood work." For instance, a high-protein diet may elevate levels of blood urea nitrogen (BUN) that could make your doctor think there's something wrong with your kidneys. "Instead, if you're thinking about trying a new diet, use your appointment as an opportunity to discuss with your doctor whether it might be the right one for you, and learn about any precautions you should take while on the diet," he adds.

Call your mom.

"I'm often surprised by how little people know about their family's medical history," Dr. Epperly says. "If three men in your family died of heart disease before age 50, that's crucial information your doctor should know." Phone your folks to find out about any diseases and causes of death in your family tree, so your doctor can make decisions about important health screenings you should receive.



Source: Paige Fowler, Men's Health



Life's full of surprises



BlueCross BlueShield
of Texas

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue-Cross and Blue-Shield Association

www.bcbstx.com

What Else Puts You at Risk?

Another common cause of death among men is motor vehicle accidents. To stay safe on the road, use common sense. Wear your seat belt. Follow the speed limit. Don't drive under the influence of alcohol or any other substances, and don't drive while sleepy.

Suicide is another leading men's health risk. An important risk factor for suicide among men is depression. If you have signs and symptoms of depression — such as feelings of sadness or unhappiness and loss of interest in normal activities — consult your doctor. Treatment is available. If you're contemplating suicide, call for emergency medical help or go the nearest emergency room.

The bottom line:

Understanding health risks is one thing. Taking action to reduce your risks is another. Start with healthy lifestyle choices — eating a healthy diet, staying physically active, quitting smoking and getting recommended health screenings. The impact may be greater than you'll ever know.

Source: Mayo Clinic

Look Great At Any Age

The way you age is determined by more than just your DNA. The latest research reveals that exercise can help delay and even reverse aging's debilitating effects on your muscles, heart, and brain. The only side effect? You will also look your best.

Men's Health talked to the world's leading cardiologists, neuroscientists, nutritionists, and trainers to create this master plan for your 20s, 30s, 40s, 50s, and beyond. It can help you to anticipate your body's physiological shifts, and then guide you through critical adjustments to your workout and diet to match them. Yes, you will grow older, but you'll also grow stronger and even smarter.

Visit: <http://www.menshealth.com/mhlists/build-strength-at-any-age/> to view this plan, and see how you measure up!

Source: Men's Health



June Health & Wellness Seminar: Men's Health

Date: 06/19/2014 - Thursday

Time: 2:30 p.m.

Location: Council Chambers

Speaker: To be Announced

Raffle: Two (2) Schlitterbahn Tickets!!

Basic Balsamic Flank Steak

Cook out for your muscles: twice the protein, half the hassle.

What you'll need:

1 whole flank steak (1 ½ lb)

Marinade made with 2/3 c balsamic vinegar, 1 Tbsp black pepper, 2 cloves of crushed garlic

How to make it:

Poke the meat with a fork to help the marinade penetrate. Mix the marinade in a large re-sealable bag, reserving ¼ cup. Drop the steak into the bag and refrigerate it for up to 24 hours. Grill for 6 to 8 minutes per side (until medium rare). Brush with the reserved marinade before serving. Slice diagonally across the grain in thin slices. Reserve half the steak, unsliced, for tomorrow. Once it's cool, wrap it tightly in plastic wrap and refrigerate.

Per Serving:

360 calories, 48g protein, 8g carbohydrates, 14g fat, 0g fiber, 105mg sodium

Eat with:

Potato wedges. Quarter 2 potatoes lengthwise, coat with cooking spray, then sprinkle lightly with garlic powder and dried or fresh rosemary. Grill turning occasionally for 15 to 20 minutes or until tender.

Health & Wellness

Seminars

****RAFFLE****

Each month we will be conducting a raffle.
Must be present to win.

*If you have a subject or topic that you would like more information on, feel free to make your request to HR.

EAT THIS | NOT THAT



Mission In Motion

Our mission is to promote health awareness and to encourage healthy lifestyles.

Human Resources
Department
1201 E. 8th Street
Mission, TX 78572
956-580-8630

Noemi Munguia - Human Resources Director
Nereyda Peña - Benefits Coordinator
Elena Perez - Personnel Manager
Anais Chapa - Insurance Benefits Specialist