

The Wellness News

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Health prevention for men: Tips for living a longer, healthier life

National Men's Health week is June 13-19, 2011. The purpose of Men's Health week is to help raise awareness around men's health issues such as prostate cancer. Prostate cancer is a rising epidemic and according to the American Cancer Society, it will be fatal for one in 36 men. Men's health does not just affect men, it affects sisters, wives, daughters, and mothers as well. Preventative screenings and tests can help to improve early detection of problems and lead to healthier lives.

Tips for Staying Healthy

To maintain a healthy lifestyle, there are a few basic tips that can decrease risk for disease and increase quality of life. Check out these tips for staying healthy:

Be tobacco free – Smoking increases your risk for a number of diseases, including cardiovascular disease. Avoid tobacco, both first and secondhand!

Be physically active – Engage in a minimum of 30 minutes of physical activity, 5 days per week.

Eat a healthy diet – Eat at least 5 servings of vegetables daily, along with 2 servings of fruit. Check out the Food Guide Pyramid for more information at <http://www.mypyramid.gov>.

Maintain a healthy weight – Engaging in regular physical activity, combined with a healthy diet, will help you to stay in a healthy weight range.

Drink alcohol in moderation – Men should have no more than 2 drinks per day. One drink is one 12 ounce beer, a 5 oz glass of wine, or 1 ½ oz of hard alcohol.

Get recommended screening tests – Check out the recommended screenings on the next page and ask your doctor for more information.

According to the National Cancer Institute, a major review of observational trials found that physical activity reduced colon cancer risk by 50 percent! Another great reason for increasing daily activity!

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Recommended Screening Tests

BMI: Have your BMI (a measure of body fat based on height and weight) checked to screen for obesity, which can raise your risk for a wide range of diseases.

Prostate Cancer: Men may have both a digital rectal exam and a prostate specific antigen blood test. Talk to your doctor to see if a DRE or PSA test is right for you. The American Urological Association recommends testing starting at age 40.

Testicular Cancer: Most cases of this form of cancer occur between ages 20 and 54. The American Cancer Society recommends that all men have a testicular exam when they see a doctor for a routine physical.

Colorectal Cancer: Since this is the second most common cause of death from cancer, colorectal screenings start at age 50, possibly earlier given family history. A colonoscopy is a common test for detecting polyps and colorectal cancer.

Blood Pressure: Risk for high blood pressure increases with age. Normal blood pressure levels are less than 120/80 and having raised blood pressure puts extra strain on your heart. Have your blood pressure checked frequently!

Cholesterol: Have your cholesterol checked regularly starting at age 35 or earlier if you have risk factors such as smoking, high blood pressure, diabetes, family history.

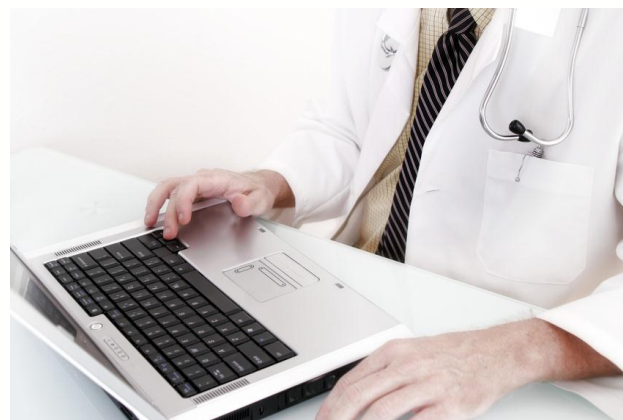
Recommended Screening Tests Continued

Diabetes: 1/3 of Americans with diabetes don't know they have it. Test for diabetes every three years beginning at age 45 if you are at average risk level.

Depression: Your emotional health is just as important as your physical health! Speak with your doctor about depression so you may get treated.

Sexually transmitted infections: Talk to your doctor if you are at risk.

Glaucoma: This group of eye diseases can lead to blindness. You should be screened every two to four years until age 65, when screenings should occur yearly.



Call Your Health Coach for More Information 1-800-433-2320

Sources: prostatehealthguide.com, www.men.webmd.com, www.cancer.org

