



# In Good Health Newsletter ...



Volume 3, Issue 6

Valerie Smith, MS, ACM JIF

- Screening Test Every Man Should Have
- Men: Eat Right, Stay Healthy
- Questions to Ask Your Doctor
- Grilled Fish Tacos With Jalapeño Slaw

## June Men's Health Month



Screening Tests Every Man Should Have !



Getting the right screening test at the right time is one of the most important things a man can do for his health. Screenings find diseases early, before you have symptoms, when they're easier to treat. With early detection, colon cancer can be nipped in the bud. Finding diabetes early may help prevent complications such as vision loss and impotence. The tests you need are based on your age and risk factors.

**Prostrate Cancer** - Prostate cancer is the most common cancer found in American men after skin cancer. It tends to be a slow-growing cancer, but there are also aggressive, fast-growing types of prostate cancer. Screening tests can find the disease early, sometimes before symptoms develop, when treatments are most effective. Screenings for healthy men may include a digital rectal exam (DRE) and possibly a prostate specific antigen (PSA) blood test. Government guidelines recommend against the routine use of the PSA test. The American Cancer Society advises each man to talk with a doctor about the risks and possible benefits of the PSA test. Discussions should begin at:

- 50 for average risk men
- 45 for men at high risk - including African Americans
- 40 for men with a strong family history of prostrate cancer

**Testicular Cancer**- This uncommon cancer develops in a man's testicles, the reproductive glands that produce sperm. Most cases 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. Men at higher risk (a family history or an undescended testicle) should talk with a doctor about additional screening. Some doctors advise regular self-exams, gently feeling for hard lumps, smooth bumps, or changes in size or shape of the testes.

## Screening Tests Every Man Should Have !

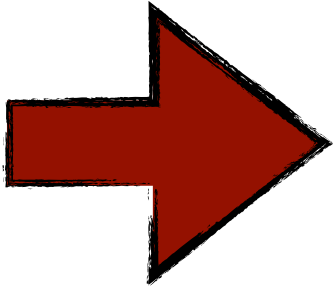
**Colorectal Cancer**-Colorectal cancer is the second most common cause of death from cancer. Men have a slightly higher risk of developing it than women. The majority of colon cancers slowly develop from colon polyps: growths on the inner surface of the colon. After cancer develops, it can invade or spread to other parts of the body. The way to prevent colon cancer is to find and remove polyps before they turn cancerous. Screening begins at age 50 in average-risk adults. A colonoscopy is a common test for detecting polyps and colorectal cancer. A doctor views the entire colon using a flexible tube and a camera. Polyps can be removed at the time of the test. A similar alternative is a flexible sigmoidoscopy that examines only the lower part of the colon.

Some patients opt for a virtual colonoscopy -- a CT scan -- or double contrast barium enema -- a special X-ray -- although if polyps are detected, an actual colonoscopy is needed to remove them.

**Skin Cancer**-The most dangerous form of skin cancer is melanoma (shown here). It begins in specialized cells called melanocytes that produce skin color. Older men are twice as likely to develop melanoma as women of the same age. Men are also 2-3 times more likely to get non-melanoma basal cell and squamous cell skin cancers than women are. Your risk increases as lifetime exposure to sun and/or tanning beds accumulates; sunburns accelerate risk. The American Cancer Society and the American Academy of Dermatology recommend regular skin self-exams to check for any changes in marks on your skin including shape, color, and size. A skin exam by a dermatologist or other health professional should be part of a routine checkup. Treatments for skin cancer are more effective and less disfiguring when it's found early.

**High Blood Pressure** - The risk for high blood pressure increases with age. It's also related to weight and lifestyle. High blood pressure can lead to severe complications without any prior symptoms, including an aneurysm -- dangerous ballooning of an artery. But it can be treated. When it is, you may reduce your risk for heart disease, stroke, and kidney failure. The bottom line: Know your blood pressure. If it's high, work with your doctor to manage it. Normal blood pressure is less than 120/80. High blood pressure is 140/90 or higher, and in between those two is prehypertension -- a major milestone on the road to high blood pressure. How often blood pressure should be checked depends on how high it is and what other risk factors you have.

**Cholesterol Levels** - A high level of LDL cholesterol in the blood causes sticky plaque to build up in the walls of the arteries (seen here in orange). This increases your risk of heart disease. Atherosclerosis -- hardening and narrowing of the arteries -- can progress without symptoms for many years. Over time it can lead to heart attack and stroke. Lifestyle changes and medications can reduce this "bad" cholesterol and lower the risk of cardiovascular disease. The fasting blood lipid panel is a blood test that tells your levels of total cholesterol, LDL "bad" cholesterol, HDL "good" cholesterol, and triglycerides (blood fat). The results tell you and your doctor a lot about what you need to do to reduce the risk of heart disease, stroke, and diabetes. Starting at age 20, men should be screened if they are at increased risk for heart disease. Starting at 35, men need regular cholesterol testing.



## Screening Tests Every Man Should Have !

**Type 2 Diabetes** - One-third of Americans with diabetes don't know they have it. Uncontrolled diabetes can lead to heart disease and stroke, kidney disease, blindness from damage to the blood vessels of the retina (shown here), nerve damage, and impotence. This doesn't have to happen. Especially when found early, diabetes can be controlled and complications can be avoided with diet, exercise, weight loss, and medications. A fasting blood sugar test, glucose tolerance test, or an A1C all can be used alone or together to screen for diabetes. Healthy adults should have the test every three years starting at age 45. If you have a higher risk, including high cholesterol or blood pressure, you may start testing earlier and more frequently.

**Human Immunodeficiency Virus-** HIV is the virus that causes AIDS. It's in the blood and other body secretions of infected individuals, even when there are no symptoms. It spreads from one person to another when these secretions come in contact with the vagina, anal area, mouth, eyes, or a break in the skin. There is still no cure or vaccine. Modern treatments can keep HIV infection from becoming AIDS, but these medications can have serious side effects. HIV-infected individuals can remain symptom-free for many years. The only way to know they are infected is with a series of blood tests. The first test is called ELISA or EIA. It looks for antibodies to HIV in the blood. It's possible not to be infected and still show positive on the test. So a second test called a Western blot assay is done for confirmation. If you were recently infected, you could still have a negative test result. Repeat testing is recommended. If you think you may have been exposed to HIV, ask your doctor about the tests. **Safe sex -- abstinence or always using latex barriers such as a condom or a dental dam -- is necessary to avoid getting HIV and other sexually transmitted infections. Drug users should not share needles.**

**Glaucoma** - This group of eye diseases gradually damages the optic nerve and may lead to blindness -- and significant, irreversible vision loss can occur before people with glaucoma even notice any symptoms. Screening tests look for abnormally high pressure within the eye, to catch and treat the condition before damage to the optic nerve. Eye tests for glaucoma are based on age and personal risk:

- Under 40 - every 2-4 years
- 40 - 54 - every 1-3 years
- 55 -64 -every 1-2 years
- 65 and up - every 6 -12 months
- Talk with a doctor about earlier, more frequent screening if you fall in a high risk group, including African-Americans, those with a family history of glaucoma, previous eye injury, or use of steroid medications.



In case  
you're wondering ladies, most of these  
test apply to you too!



## Men: Eat Right, Stay Healthy!

Men, are you paying attention to your health? Compared to your female counterparts, you're more likely to smoke and drink, make unhealthy choices, and put off regular checkups and medical care. But you need to pay just as close attention to your lifestyle as women do. One of the most important aspects of your lifestyle is what you put on your plate. Good nutrition is critical for good health. Eating well not only gives your body the nutrients it needs. It also helps keep weight under control. Being overweight can increase your chances of developing certain chronic conditions, including:

- **Heart Disease, type 2 diabetes, high blood pressure, stroke, metabolic syndrome, colon, kidney, liver, & gall bladder cancers, osteoarthritis**

### Are you overweight?

Doctors use several measurements to determine whether or not your weight is in a healthy range. One is called the body mass index (BMI). Plug your height and weight into an online BMI calculator.

- If your BMI is less than 18.5, it falls within the underweight range.
- If your BMI is 18.5 to 24.9, it falls within the normal or healthy weight range.
- If your BMI is 25.0 to 29.9, it falls within the overweight range.
- If your BMI is 30.0 or higher, it falls within the obese range.

### Your Daily Diet Should include:

**Veggies** Make sure you include a wide variety covering all of the five vegetables subgroups. That's dark green (spinach, lettuce), red and orange (peppers), legumes (beans, peas), starchy (corn), and others. You can feast on them fresh, frozen, canned, and dried. Choose low-salt varieties when buying frozen and canned.

#### **Fruits**

At least half should be whole fruits, these include, fresh, frozen, canned, and dried. Fruit juices are okay but they lack fiber and drinking too much can add calories. Choose 100% fruit juice without added sugars

#### **Fat free and low fat dairy products**

These include milk, yogurt, cheese, and fortified soy beverages. Do not include other milks made from plants (like almond, rice, or coconut milk) in this group.

VALERIE SMITH, MS WELLNESS DIRECTOR  
[ACMJIFWELLNESS@GMAIL.COM](mailto:ACMJIFWELLNESS@GMAIL.COM) 609-251-7811

# DAILY DIET!

## Whole Grains

This includes grains by themselves, like rice, oatmeal, & popcorn, as well as foods that contain grains, like breads, and cereals. At least half of your grains should come from whole grains. Limit the amount of refined grains. Foods like cake, cookies, and certain snack foods have been processed to remove the

## Protein Foods

You should eat a variety in nutrient dense forms. Incorporate foods from both animal and plant sources. These include meats, seafood, poultry, eggs, nuts, seeds, and soy products. Legumes (beans and peas) go in this group (as well as the veggie group)

## Healthy Oils

They should have a high percentage of monounsaturated and polyunsaturated fats and be liquid at room temperature. These include canola, corn, olive, peanut, safflower, soybean, and sunflower oils. Oils are also naturally present in nuts, seafood, seeds, olives, and avocados.



Things to Consider!  
Your daily diet should limit!

- **Added sugars, including syrups and other caloric sweeteners.** These include brown sugar, corn sweetener, dextrose, fructose, high-fructose corn syrup, and honey.
- **Saturated Fats.** Foods high in saturated fats include red meat, poultry with skin, and dairy products such as cream, butter, and cheese. Saturated fats should make up no more than 10% of your calories per day.
- **Trans Fats.** These are artificial fats created by a process that adds hydrogen to liquid vegetable oils to make them more solid. A number of studies have shown an association between increased intake of trans fats and increased risk of cardiovascular disease.
- **Sodium.** You should consume less than 2,300 mg per day. If you have high blood pressure, you might benefit from lowering your intake to 1,500 mg per day. Americans are currently averaging 3,440 mg per day.
- **Alcohol.** If you do drink, do it in moderation. That means up to two drinks a day for men up to age 64 and one drink a day for men older than that. One drink would be 12 fluid ounces of regular beer, 5 fluid ounces of wine, or 1.5 fluid ounces of standard 80-proof liquor. 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.





## Questions to ask your doctor!

- What's a healthy weight for me?
- Should I cut back on salt?
- Should I be taking any dietary supplements?
- How will losing weight help my condition?
- How much do I need to lose before I see a benefit?
- Are these any foods I should avoid because of my condition?
- Are there any foods I can add in to my diet to help my condition?



### Grilled Fish Tacos With Jalapeño slaw

**Nutritional Bonus:** A member of the cruciferous family of vegetables, cabbage contains plant compounds called glucosinolates. When converted to a secondary compound, glucosinolates may have anti-inflammatory and anticancer effects on the body.



#### Ingredients

- 1/4 cup 1% buttermilk
- 1/4 cup 2% plain Greek yogurt
- 1 1/2 tsp raw honey
- 1 tsp garlic powder, divided
- 1 tsp onion powder, divided
- 1 tsp sea salt, divided
- 4 cups thinly shredded green cabbage
- 1 cup thinly shredded red cabbage
- 1 carrot, peeled and shredded
- 1 jalapeño chile pepper, or to taste, halved lengthwise, seeded and thinly sliced
- 1/4 red onion, halved and thinly sliced
- High-heat cooking oil (such as sunflower, safflower, peanut or grape seed oil), as needed
- 1 1/4 lb firm white-fleshed fish fillets (such as sea bass or halibut), about 3/4-inch thick
- 2 tsp chile powder
- 1 tsp smoked sweet paprika
- 12 6- to 7-inch whole-wheat or corn tortillas
- 2 limes, each cut into 6 wedges

#### Preparation

- 1 In a small bowl, whisk together buttermilk, yogurt, honey, 1/2 tsp garlic powder, 1/2 tsp onion powder and 1/2 tsp salt. In a large bowl, combine cabbages, carrot, jalapeño and onion. Add yogurt mixture, tossing to combine. Set aside.
- 2 Heat an indoor or outdoor grill to medium-high and lightly oil grate. Sprinkle fish with chile powder, paprika and remaining 1/2 tsp garlic powder, 1/2 tsp onion powder and 1/2 tsp salt, gently rubbing into fish. Arrange tortillas in a stack and wrap with foil. Grill fish until cooked through, 3 to 4 minutes per side. Place tortillas on cooler part of grill until warm, 5 to 8 minutes, turning halfway.
- 3 Break fish into large pieces. Divide among tortillas and top with slaw. Serve with lime wedges.

#### Nutrition Information

Serving Size: 2 fish  
tacos  
Calories: 264  
Carbohydrate

Content: 33 g  
Cholesterol  
Content: 31 mg  
Fat Content: 4 g  
Fiber

Content: 5 g  
Protein  
Content: 25 g  
Saturated Fat

Content: 1 g  
Sodium

#### 6 servings

VALERIE SMITH, MS WELLNESS DIRECTOR  
[ACMJIFWELLNESS@GMAIL.COM](mailto:ACMJIFWELLNESS@GMAIL.COM) 609-251-7811