

June is Men's Health Month

awareness | prevention | education | family

The goal of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. For the July Wellness Warriors Monthly Newsletter, women's health will be addressed. Please see below for 3 simple steps to improve your well-being. Women too can use the information to help improve the quality of life for their sons, significant others, and family members.



1. Eat Healthy

Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



2. Get Moving

Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.



3. Make Prevention a Priority

Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health, & more.

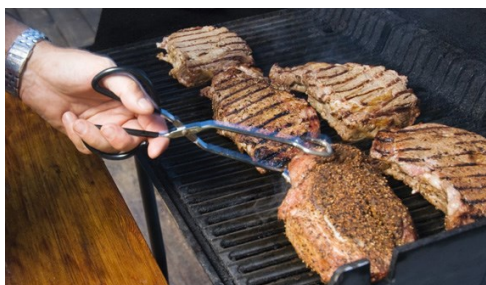
ONLINE RESOURCES: [Men's Health Month](#) | [Men's Health Network](#) | [Get It Checked Talking About Men's Health Blog](#) | [Women Against Prostate Cancer](#)

Resource: *Men's Health Month* (2014) Available at: <http://www.menshealthmonth.org/>. Accessed on 5/29/2014

Men's Health

10 Foods Every Man Must Grill

1. Lobster
2. T-Bones
3. Chicken Wings
4. Bacon
5. Red Peppers
6. Corn on the Cob
7. Squid
8. Pork Shoulder
9. Calms
10. Lamb Chops



[CLICK HERE](#) for the full Men's Health article on savory recipes for cooking on the grill.

You can find other awesome recipes for a lean and healthy body at MenHealth's [Guy Gourmet](#).

What's Going On!

- > June—August Fitness classes with MHRFC instructors are posted! Sign up today through TSW on Pipeline.
- > June Lifestyle Nutrition and Individual Plan with Debra Cavender. Register for your one on one session through TSW on Pipeline!
- > Diabetes Prevention Program . It's not to late to register! [Click here for more information](#)

Inside this issue:

What's Going On!	1
Men's Health Awareness	1
10 Foods Every Man Must Grill	1
Men Get Checked Out!	2
Saturated Fats & Heart Disease	3
Upcoming Events	3
Success!	3

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MEN... GET IT CHECKED!

MHN Men's Health Network™

www.menshealthnetwork.org

The Men's Health Network provides this maintenance schedule for men as a reminder to be responsible for safeguarding your health. Regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability. You should consult your health care provider about the benefits of early detection through screenings, especially if you are a member of high risk group or have a family history of disease.

A maintenance schedule for women from the Men's Health Network will be provided in July's *Higher Degree of Wellness* Newsletter, which will be dedicated to women's health.

MEN'S HEALTH CHECKLIST

CHECKUPS AND SCREENINGS	WHEN?	AGES		
		20-39	40-49	50+
PHYSICAL EXAM: Review overall health status, perform a thorough physical exam and discuss health related topics.	Every 3 years Every 2 years Every year	✓	✓	✓
BLOOD PRESSURE: High blood pressure (Hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	✓	✓	✓
TB SKIN TEST: 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	✓	✓	✓
BLOOD TESTS & URINALYSIS: 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	✓	✓	✓
EKG: Electrocardiogram screens for heart abnormalities.	Baseline Every 4 years Every 3 years	Age 30	✓	✓
TETANUS BOOSTER: Prevents lockjaw.	Every 10 years	✓	✓	✓
RECTAL EXAM: Screens for hemorrhoids, lower rectal problems, colon and prostate cancer.	Every year	✓	✓	✓
PSA BLOOD TEST: Prostate Specific Antigen is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your physician.	Every year		*	✓

CHECKUPS AND SCREENINGS	WHEN?	AGES		
		20-39	40-49	50+
HEMOCCULT: Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every year		✓	✓
COLORECTAL HEALTH: 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			✓
CHEST X-RAY: 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		✓	✓
SELF-EXAMS: Testicle: To find lumps in their earliest stages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth. Breast: To find abnormal lumps in their earliest stages.	Monthly by self	✓	✓	✓
BONE HEALTH: Bone mineral density test. Testing is best done under the supervision of your physician.	Discuss with a physician		Age 60	
TESTOSTERONE SCREENING: Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.	Discuss with a physician		✓	✓
SEXUALLY TRANSMITTED DISEASES (STDs): Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia and other STDs.	Under physician supervision	✓	Discuss	

*African-American men and men with a family history of prostate cancer may wish to begin prostate screening at age 40, or earlier.

Saturated Fats Doesn't Cause Heart Disease?

Saturated fats from foods such as dairy and red meat don't cause heart disease. Ronald M. Krauss, MD, a lipid specialist and the director of atherosclerosis research at the Children's Hospital Oakland Research Institute and his colleagues recently analyzed 21 published studies involving almost 350,000 people who were tracked from five to 23 years. Their conclusion: People who consumed the most saturated fat did not have a higher risk of heart disease, stroke or any other form of cardio vascular disease (CVD). In 2010 they published their findings in the *American Journal of Clinical Nutrition*.

Dr. Krauss is by no means the first doctor to question the role of saturated fat in CVD. He believes, as do others, that many of the saturated-fat-is-bad studies have not accounted for diets that included a lot of **sugars** and refined carbohydrates. He also points to **Trans fats** as the real culprits found in processed and fast foods, bakery products and margarines. And while we are told to cut down on **Trans fats**, we're told to do the same with saturated fats. Yet recent studies (*British Medical Journal*, 2013) have shown that saturated fats do have a protective effect when consumed in moderate amounts.

How to safely eat meat..... Choose organic or grass-fed meat, and always look for the leanest cut. This will help you decrease or avoid potential toxins in the fat. Organic and free range animals feed on grasses and will have more omega-3 fats in the meat than grain-fed animals. If you grill your meat, scrape off charred portions, because char contains benzopyrenes, which are carcinogens and are associated with cancer.

Provided by Debra Cavender, RDN



In honor of Men's Health Month, show your support by wearing blue on Thursday, June 26th

Success!

For **John Gordon** the **Greatest Loser Challenge** was not only an opportunity to achieve his weight loss goal but to serve as a leader in motivating and supporting his team members in improving their well-being and quality of life. John was a **top performer** on the **Green Team** and lost a total of 32 pounds after participating in the 5 week Greatest Loser Challenge. By staying committed to the weekly group exercise sessions and adopting healthy lifestyle changes John was able to achieve his weight loss.

All top performers from each team won a free personal training session and 10,000 Wellness Bucks! The Green Team as a whole won a team workout session and had a choice between a t-shirt, lunch box, or coffee mug. As the Green Team members picked up their prizes I would congratulate them on their team's success, many replied by saying **"it's because we had John on our team"**. This demonstrates the commitment and leadership John had for his green team; in addition to the impact that moral support has on becoming a healthier individual. After the challenge, John and many of his team members have continued to adopt the healthy lifestyle changes that they occurred during the challenge, including a weekly group exercise session. We commend John on his success and contributions to his team!

Share your success story by submitting your testimonial to wellness@wayne.edu.

Wayne State University's
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Program

Engagement,
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Upcoming Lunch and Learn
with **Debra Cavender**

**"Wellness For Life – Eat Your
Medicine 3 Part Series"**

This 3-Part series discusses; foods and nutritional substances that have medicinal effects on the body, foods that have been shown to be destructive, ways to create dialogue with your healthcare provider, and other natural science-based means to live longer and avoid chronic illnesses.

On June 5th, 12th, & 26th

[See flyer for details](#)

New Wellness Warriors Program!

Diabetes Prevention Program

If you have prediabetes or other risk factors for type 2 diabetes, now is the time to take charge of your health and make a change.

The **Diabetes Prevention Program** sponsored through the **Wellness Warriors Program** and presented by the **University Pharmacy** can help!

It's not too late to still register!

[Click here for more information](#)