

A Higher Degree of Wellness

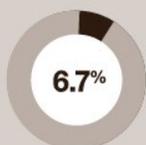
Wellness Warriors Monthly Newsletter

MOVEMBER 2014



Men's Health. The State of Men's Health In the United States

MEN 76.281 **WOMEN 81** **AVERAGE LIFE EXPECTANCY FOR MEN IN THE UNITED STATES IS ALMOST 5 YEARS LESS THAN WOMEN.**



AROUND 15 MILLION AMERICAN ADULTS (6.7% OF THE POPULATION) WILL BE DIAGNOSED WITH DEPRESSION EACH YEAR.



1 IN 2 MEN WILL BE DIAGNOSED WITH CANCER IN THEIR LIFETIME.



MORE THAN ONE THIRD OF ADULTS (34.9%) IN THE UNITED STATES ARE OBESE.

12.1% OF MEN 18 YEARS AND OVER ARE IN FAIR OR POOR HEALTH.

The Movember Foundation aims to change this way of thinking by putting a fun twist on this serious issue. Using the moustache as a catalyst, the idea is to bring about change and give men the opportunity and confidence to learn and talk about their health and take action when needed.

WSU Wellness Warriors are participating in [Movember](#). Participation can begin by signing up for with our [WSU Wellness Warriors Team](#) and become part of the official movement to change the face of men's health. If you donate a minimum of \$5.00 you will be automatically entered into a drawing for a [Wellness Warrior Gym Bag, Towel, and Athletic Shirt](#).

Just bought a new razor and have decided to participant in other way? Alternatively you can

participate in Movember by educating yourself on the major concerns surrounding men's health. Then share what you learned with the men around you.

[Prostate Cancer](#)

Prostate cancer is the second most common cancer in men in the United States. Click the link above to find the overview, testing, treatment, and other resources on prostate cancer.

[Testicular Cancer](#)

About 8,820 new cases of testicular cancer are

diagnosed each year. Click the link above to find the overview, testing, treatment, and other resources surrounding testicular cancer.

[Mental Health](#)

Around 15 million American adults are diagnosed with depression each year. Find out the types of mental health problems and how to take action by clicking the link above.

[Health Tips](#) Knowledge is power. Prevention is everything. Early detection is key.

Resource: The Movember Foundation <http://us.movember.com/?home>

What's Going On!

- > Forth Annual [Men's Health Event](#) on Saturday, November 15, 2014 9AM—3PM at Ford Field
- > November Fitness classes with MHRFC instructors are posted! Sign up today through TSW on [Academica/Pipeline](#).
- > November Lifestyle Nutrition and Your Individual Plan with Debra Cavender. Register for your one on one session through TSW on [Academica/Pipeline](#). Check periodically for cancellations.

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Functional Foods are formidable fighters against prostate cancer

Provided by: Debra Cavender, RDN

In June of 2013 the **American Society of Clinical Oncology** included in their conference program information on a study that explored the roles of four polyphenol-rich foods and the effects they had in battling prostate cancer. These four widely-recognized cancer-fighting foods include;

- I. **Pomegranate** compounds suppress certain enzymes (in the intestines and liver) that convert molecules into cancer-causing agents. These remarkable results are observed in part because naturally occurring pomegranate polyphenols are concentrated in prostate tissue, enabling this protective effect.
- II. **Green tea** is already acknowledged as a cancer preventative in Japan. Additional studies show that its components reduce genetic expression and activity of androgen receptors that most prostate cancers needed to survive.
- III. **Turmeric** has extraordinary anti-inflammatory properties provided by its primary component called Curcumin. Reducing inflammation with Curcumin reduces the metastases that ultimately kill prostate cancer patients. In addition, Curcumin also sensitizes cancer cells to chemo and radiation therapy. These sensitizing effects are not found on normal, healthy cells, so they remain protected during treatment.
- IV. **Broccoli** “up regulates” detoxifying enzymes in the gut and liver tissue which helps the body render harmless thousands of potentially carcinogenic molecules in our diet. Men with high consumption of broccoli and other cruciferous vegetables have a 40% lower risk of invasive prostate cancer.

Featured Exercise: Plank

Source: acefitness.org

Check out this video to find out the correct form and progressions for a very effective and simple exercise to improve your core strength.



The 12 Best Foods for Football-Watching

Opt for a healthier but delicious recipe for game-day. [Click here for the recipes.](#)

Photo credit and resource: [Men'sHealth](#)



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Support from your friends & family can help you stay committed to your wellness goals.

Keep your support team update to date with Wellness Warriors news by submitting their email address to receive our monthly newsletter to wellness@wayne.edu

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