



## JUNE Men's health

### Screening tests can lower your cancer risk

More than 300,000 men in the United States lose their lives to cancer every year, so it's important to know your risk. Here are recommendations for when to get screened for the most common kinds of cancer that affect American men:

**Colorectal cancer:** If you are 50 to 75 years old or have a family history of colon cancer, have a screening done.

**Lung cancer:** If you are 55 to 80 years old and are a heavy smoker or you quit within the last 15 years, you may qualify for annual screening.

**Prostate cancer:** Talk to your doctor if you have symptoms.

**Skin cancer:** Report any changes in moles and skin spots to your healthcare provider. People who have had a family member with melanoma and who had severe sunburns as children have a higher risk.

Some tests and treatments can have risks, but knowledge and detection are key to stopping cancer early.

Sources: CDC, American Cancer Society

### Exercise fuels your body and your mind

Whoosh! Feel that? When you are active, your body makes feel-good chemicals in your brain. Besides boosting your mood, this chemical rush reduces your level of pain and stress.

Just 20 minutes of exercise can lift your mood for the next 12 hours. Whatever you choose – swimming laps, walking fast around the block, sit-ups or another favorite – can make you feel more content and less stressed for the rest of the day.

You may feel even better if you work out with a group of people. A study found that a sense of teamwork and social contact can deliver more feel-good benefits.

It can be hard to maintain exercise with a busy life. You might be tempted to skip a workout in order to finish a task or catch up on sleep. But without activity, your body and mind can't deal with stress as well as they should. So get moving – you'll feel glad you did.

Source: U.S. Department of Health and Human Services Office on Women's Health

### Trivia time:

#### *Why do men's voices deepen during puberty?*

*Answer: A boy's voice can sometimes drop a whole octave in his teens. Scientists think the reason is similar to other species, in which males develop a deeper voice to attract females and intimidate males.*

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### 10 ways to reduce your prostate cancer risk

Diet and lifestyle changes can reduce the risk of prostate cancer and help men live better, longer lives. Start with these 10 steps:

1. Maintain a healthy weight.
2. Limit fat from red meat and dairy products.
3. Keep calcium intake lower than 1,500 mg a day.
4. Eat foods with good fats and omega-3 fatty acids, and don't consume trans fats.
5. Incorporate tomatoes cooked in olive oil, soy, green tea and veggies like broccoli and cauliflower into your meals.
6. Avoid smoking and drink alcohol in moderation, if at all.
7. See your provider about depression, high cholesterol, high blood pressure and diabetes.
8. Don't over-supplement. The best source of vitamins is a diet full of fruits, vegetables, fish, whole grains and healthy oils.
9. Relax and reduce stress.
10. Discuss the risks and benefits of yearly screenings with your doctor.

Source: Prostate Cancer Foundation

### Trivia time:

*When is National Men's Health Week?*

Answer: June 12 to 18, 2017.

### Get happy to get healthy

A positive outlook on life is linked to good mental health and living longer. Optimists, who look for the best in things, have half the chance of heart problems as pessimists.

Here are some things you can try to lift your mood:

- > Calm your stress
- > Be active
- > Get up and go out
- > Spend time with other people
- > Enjoy your hobbies
- > Meditate
- > Get enough sleep
- > Ask for help if you feel depressed
- > Practice acts of kindness

Source: Wellsource/Momentum Health Shelf

### Honesty is the best healthcare policy

Your healthcare team needs a lot of info to give you the best care. Be open and honest. They can't help unless they know the whole story.

Notice something strange about your genitals or bowel movements? Chances are your doctor has helped hundreds of people with problems just like yours.

Before your next visit, jot down any questions in order of concern, from greatest to least, so you take care of the most pressing issues first.

Source: Wellsource/Momentum Health Shelf

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