

June is **Men's Health Month**.

According to the National Institute of Health, when compared to women, men are more likely to make unhealthy or risky choices as well as put off regular checkups and medical care. Many of the major health risks men face, if diagnosed early, can be prevented and treated. This is why it is so important for everyone to be aware of medical testing guidelines. For more details on the frequency of specific medical tests for men, see the chart from the Men's Health Network on the second page.

If you would like to learn more about men's health, take the workshop titled "Preventative Health – Male" found on your Lexington Wellness Website.

Cigarettes' Impact on Your Wallet

Money saved over time by NOT purchasing cigarettes

Packs smoked/day	Money saved in one month*	Money saved in one year*	Money saved in 10 years*
.5	\$150	\$1,800	\$18,000
1.0	\$300	\$3,600	\$36,000
1.5	\$450	\$5,400	\$54,000

*The average cost of cigarettes in NYS is \$10/pack.

What could you do in 10 years with your savings?

Take an exotic vacation	Start a college fund for your child
Pay off credit card debt	Buy a new car or boat
Boost your retirement account	Live to enjoy it!

If you would like to try to quit smoking and feel you would benefit from learning about tools to help, attending the NYS Butt Stops Here program may be exactly what you need. For more information, contact Michelle Peryea, Wellness Program Coordinator, at (518) 775-5420. We will attempt to plan these free classes to accommodate your schedule.

Arm Yourself for a Good Walk

Use your arms to enhance your walking routine

Swing Your Arms

Bend them at 90 degrees and pump from the shoulder. Move your arms in opposition to your legs—swing your right arm forward as you step forward with your left leg. Keep your wrists straight, your hands unclenched and your elbows close to your sides. The vigorous arm pumping allows for a quicker pace and provides a good workout for your upper body.

Try Walking Poles

To enhance your upper-body workout, use lightweight, rubber-tipped trekking poles, which are sold in many sporting goods stores. This is like cross-country skiing without the skis. It works the muscles of your chest, arms and abs while reducing knee stress. Find the right poles by testing them in the store before purchasing. You should be able to grip each pole and keep your forearm about level as you walk.

Use Hand Weights, *With Care*

Hand weights can boost your caloric expenditure, but they may alter your arm swing and lead to muscle soreness or even injury. To start, use one pound weights and increase the weight gradually. The weights should never add up to more than 10 percent of your body weight. Ankle weights are not recommended, as they increase your chance of injury.



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The information provided in this newsletter is not intended to be applicable to all individuals and employees. This publication provides general education only. Individuals are advised to follow the advice of their physicians and healthcare providers. Thank you.

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MEN:

Get It Checked.

Checkup and Screening Guidelines for Men



Checkups and Screenings

Physical Exam

Review overall health status, perform a thorough physical exam, and discuss health related topics.

Blood Pressure

High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs.

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.

Blood Tests & Urinalysis

Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.

EKG

Electrocardiogram screens for heart abnormalities.

Tetanus Booster

Prevents lockjaw.

Rectal Exam

Screens for hemorrhoids, lower rectal problems, colon and prostate cancer (see PSA Blood Test, below).

PSA Blood Test

Prostate Specific Antigen (PSA) 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.

*Some medical associations recommend that men speak to their health care providers about a baseline PSA blood test at age 40. Men at high risk, including African Americans, should consider an annual prostate exam beginning at age 40.

Hemoccult

Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.

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.

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.

Bone Health

Bone mineral density test. Testing is best done under the supervision of your 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.

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.

Sexually Transmitted Diseases (STDs)

Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia, HIV, and other STDs.

When?

Ages

20-39 40-49 50+

When?	20-39	40-49	50+
Every 3 years	✓		
Every 2 years		✓	
Every year			✓
Every year	✓	✓	✓
Every 5 years	✓	✓	✓
Every 3 years	✓		
Every 2 years		✓	
Every year			✓
Baseline	Age 30		
Every 2 years		✓	
Every year			✓
Every 10 years	✓	✓	✓
Every Year	✓	✓	✓
Every Year		*	✓
Every Year		✓	✓
Every 3-4 Years			✓
Discuss with a physician		✓	✓
Discuss with a physician			Age 60
Monthly by self	✓	✓	✓
Discuss with a physician		✓	✓
Under physician supervision	✓	✓	✓

Men's Health Network does not provide medical services but provides this maintenance schedule as a reminder of your need to take responsibility 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 to determine if these screenings are right for you and about the benefits of earlier screenings, especially if you are a member of a high risk group or have a family history of disease.

For more information about men's health, contact: Men's Health Network: 202-543-MHN-1, www.menshealthnetwork.org





Men's Health Month

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Healthy Eating for Men Incorporate More Fruits and Vegetables

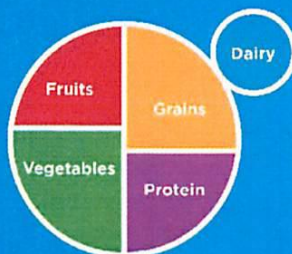
Food is more than just fuel. Your diet can help fight disease and keep you looking and acting younger. How a man eats throughout his life can help predict how well he ages.

Follow the tips below to help you keep weight off, keep your blood pressure down and decrease your risk for diabetes, heart disease and dementia.

Energy Foods

Since men have more muscle and are typically bigger than women, they require more calories throughout the day. Moderately active males should eat 2,000 to 2,800 calories per day. Your energy needs depend on your height, weight and activity level.

For energy, weight management and disease prevention, men should eat whole grains such as whole-grain bread, pasta, cereal, brown rice, oats, barley, fruits and vegetables. These foods are high in fiber, help manage hunger and fullness and help fend off certain cancers, such as prostate and colon.



ChooseMyPlate.gov

Beyond Meat

Men are typically meat-eaters because of the perception that more protein equals more muscle mass. That is not the case unless exercise is involved.

Eat red meat less frequently, and, instead, focus on more fruits, vegetables and low-fat dairy products. This will not only help you keep weight off, but it can help keep blood pressure down. Cut down on saturated fat from meat, cheese and fried foods. Instead, opt for foods with unsaturated, heart-healthy fats such as olive oil, canola oil, nuts, seeds and avocados.

Weight and Disease Risk

More than women, men gain weight around the middle; that's due to the male hormone testosterone.

If your waist measures more than 40 inches around, it's time to shed some pounds. This fat around the waist is typically buried deep in the abdomen and increases your risk for diabetes, heart disease and dementia.

Sources: eatright.org

Eating Right

A healthy diet for men includes:

Vitamins, minerals and fibers - eat at least 2 cups of fruits and 2 1/2 cups of vegetables a day.

Whole grains - eat at least half of all grains as whole grains each day.

At least two to three servings of **fish** per week.

At least 38 grams of **fiber** a day for younger men; 30 grams of fiber a day for men older than 50.

4,700 milligrams a day of **potassium** from fruits, vegetables, fish and milk.

Recipe of the Month

Asian-style Steamed Salmon

Enjoy this simple,
fast dish any weeknight.

Serve salmon with brown rice
and broccoli to incorporate
whole grains and vegetables.



Asian-style Steamed Salmon

This entree offers around 175 calories and 9 grams of fat per serving.
serving is equal to 3 oz salmon and 1/4 cup broth. This recipe serves 4.

One

Ingredients:

- 1 cup low-sodium chicken broth
- 1/2 cup shiitake mushroom caps, rinsed and sliced
- 2 Tbsp fresh ginger, minced
- 1/4 cup scallions, rinsed and chopped
- 1 Tbsp lite soy sauce
- 1 Tbsp sesame oil
- 12 oz salmon fillet, cut into 4 portions (3 oz each)

Preparation:

Combine chicken broth, mushroom caps, ginger, scallions, soy sauce, and sesame oil (optional) in a large, shallow sauté pan. Bring to a boil over high heat, then lower heat and simmer for 2-3 minutes. Add salmon fillets, and cover with a tight-fitting lid. Cook gently over low heat for 4-5 minutes or until the salmon flakes easily with a fork in the thickest part (to a minimum internal temperature of 145 degrees Fahrenheit). Serve one piece of salmon with 1/4 cup of broth.

Source: nih.gov