



WELLBEING *Insights*

September 2014

Living a Better, More Vibrant Life

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Your Brain

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September is **Prostate Health** Awareness Month



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Understand Your Preventive Plan



September is Prostate Awareness month.

Most prostate cancers grow slowly, and do not cause any health problems in men who have the disease. A prostate-specific antigen (PSA) test can identify a potential prostate health problem. Treatment can cause serious side effects. Take time to ask your doctor these questions before you decide to get tested or treated for prostate cancer.

Who has a higher risk for prostate cancer?

- Men who are 50 years of age or older.
- African-American men.
- Men whose father, brother or son had prostate cancer.

What is the PSA test?

- Your prostate makes a substance called prostate-specific antigen (PSA)
- The PSA test measures the PSA in your blood.
- Your PSA level can be high for many reasons.

What happens next if my PSA is high?

- Your doctor may repeat your PSA test.
- Your doctor may send you to a specialist (urologist) for more tests, like a biopsy.



Tiny pieces of prostate tissue are removed using small needles and checked for cancer cells. Biopsies are the only way to know if you have prostate cancer.

What are my choices if a biopsy shows early prostate cancer?

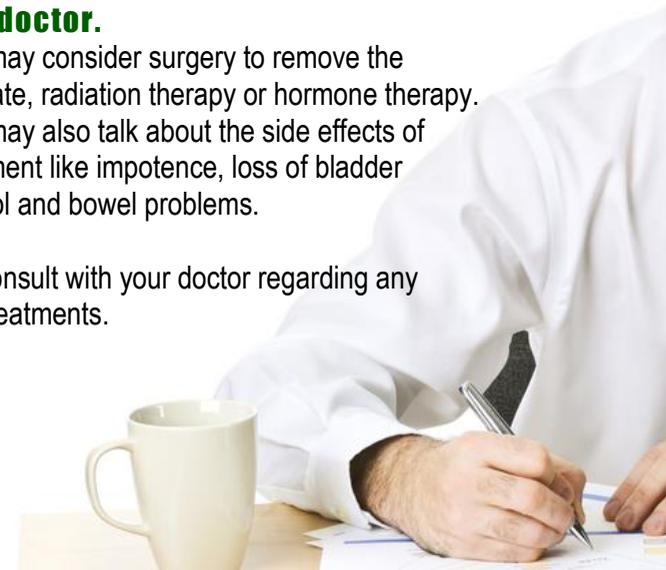
Watching it closely.

- Get PSA tests and biopsies regularly.
- Talk to your doctor if you have symptoms like trouble urinating, blood in your urine or pain in your back, hips or pelvis that does not go away.

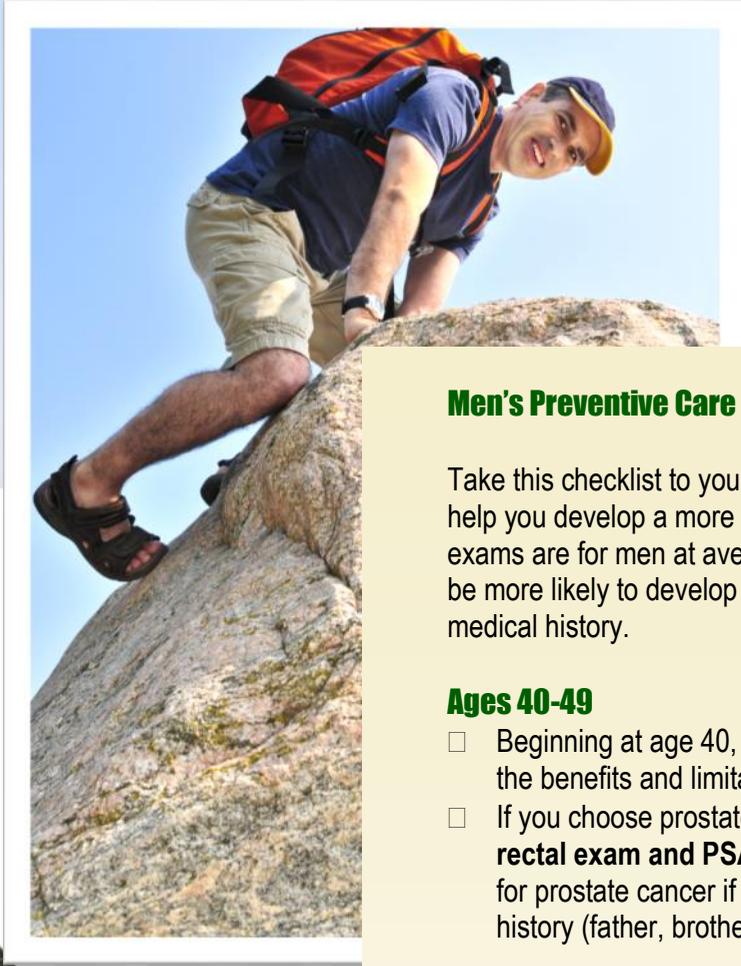
Getting other treatments after talking to your doctor.

- You may consider surgery to remove the prostate, radiation therapy or hormone therapy.
- You may also talk about the side effects of treatment like impotence, loss of bladder control and bowel problems.

Always consult with your doctor regarding any tests or treatments.



MEN'S HEALTH



Men's Preventive Care Checklist

Take this checklist to your next doctor's appointment. Your doctor can help you develop a more tailored screening plan if needed. These exams are for men at average risk of cancer or if you believe you may be more likely to develop cancer because of your personal or family medical history.

Ages 40-49

- Beginning at age 40, you should **talk with your doctor** about the benefits and limitations of prostate screening.
- If you choose prostate cancer screening, you should get a **digital rectal exam and PSA test** every year starting at age 45 to check for prostate cancer if you are African American or have a family history (father, brother or son) of prostate cancer.

Ages 50-75

- If you choose prostate cancer screening, you should get a **digital rectal exam and PSA test** every year to check for prostate cancer.
- Colonoscopy** every 10 years or **virtual colonoscopy** every five years to check for colorectal cancer.

Age 76 and older

If you're age 76 to 85, your doctor can help you decide if you should continue screening.

Any Age

Speak with your doctor about cancer screening exams for lung and skin cancers. Exams are available for those at increased risk. Regardless of your age, practice awareness.

This means you should be familiar with your body so you will notice changes and report them to your doctor without delay.

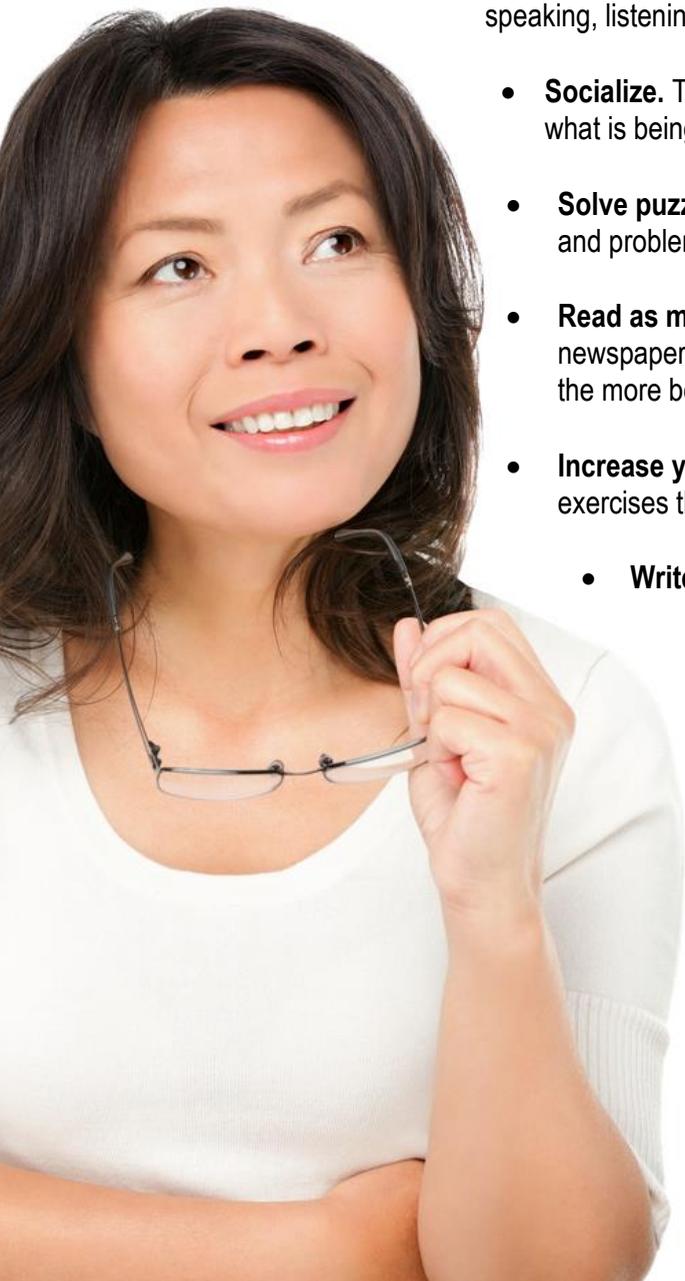


Working Out & Keeping a Healthy Brain



You have heard the many health benefits of exercise routines and sports to keep your body active, but it is also important to keep the mind active. According to the National Center for Biotechnology Information, a study showed that some effects of age-related mental decline may be reversible through cognitive training programs. Try these activities to help keep your brain healthy and functioning well:

- **Learn a foreign language.** This stimulates the areas of the brain that process reading, speaking, listening and memory.
- **Socialize.** Talking with others exercises your ability to concentrate, quickly analyze what is being said and communicate well.
- **Solve puzzles.** Chess, Sudoku and crossword puzzles improve logical reasoning and problem-solving skills.
- **Read as much as you can.** Reading is a great brain exercise; whether you read newspapers, magazines or books. Keep in mind that the more challenging the text, the more beneficial a workout for your brain.
- **Increase your vocabulary.** Learn new words from a word-of-the-day calendar. This exercises the language portion of your brain.
- **Write something.** Writing requires a lot of thinking. Write on topics you love.



Fun Brain Facts

- Your brain keeps developing until your late 40s.
- New brain connections are created every time you form a memory.
- Your brain uses 20 percent of the total oxygen and blood in your body.
- When awake, the human brain produces enough electricity to power a small light bulb.
- The smell of chocolate increases theta brain waves, which triggers relaxation.

Happiness is...

Enjoying the Simple Things in Life

When it comes to the perils of “give-me-it is”, it is easy to be clueless like Alicia Silverstone's character, Cher, in the movie, *Clueless*, and to believe that owning the latest fashion brings enduring happiness. The truth is you cannot buy happiness because happiness really is not for sale. Besides, even the kindest-hearted folks can turn anti-social and self-centered when surrounded by a media environment that says, “you have to have this, now.” What can actually follow is depression and isolation.



Can't get happy? It may be a sign of *depression*.

The formula for genuine happiness is being generous of spirit and being able to count on others, plus focusing on what you have—not on what you *do not* have. Here is how to do that:

- **Volunteer.** Share some of your time by volunteering at a school, library, hospital or any organization that needs a helping hand. Research shows that you will live longer and remain younger. That should make you happier.
- **Count your blessings.** It is important to be conscious of your blessings and to appreciate them.
- **Get a workout partner.** Connections and health are the strongest predictors of happiness. Get going, use the buddy system!
- **Create healthy family dinners.** This boosts your happiness two ways: First you cut out fattening foods by eliminating added sugars, syrups, saturated fat and trans fat, and any grain that isn't 100 percent whole. Heavy hips and a heavy heart make for the blues. Second, you will create family bonding, which increases your sense of security and identity.
- **Have an adventure.** Time (and money) spent on doing something brings greater happiness than money spent on getting something.
- **Get joy from intimacy.** A talk with a friend, a hug, cuddling and shared passion are all forms of intimacy.



Contributed by:  sharecare

“Grow Younger. Live Your Healthiest Life. Take the Real-Age Test today! www.sharecare.com/realage”

Understanding Your Prostate Test Results

A complete pathology report will contain a description of each core sample that includes:

- The location the sample was taken from (only available if the urologist puts each sample in a separate, labeled container)
- A description of the core sample including length, diameter and color
- An indication of the type of any cancer found (such as adenocarcinoma, a form of cancer that develops from a malignant abnormality in the cells lining a glandular organ such as the prostate; almost all prostate cancers are adenocarcinomas) and the percent (or mm) of the core that is cancer
- An indication of the primary and secondary Gleason scores and the percent for each grade
- An indication of perineural invasion if present, which can be a risk factor of a tumor spread outside the prostate
- An indication of high grade PIN (prostatic intra-epithelial neoplasia) if present, which may be a precursor to prostate cancer
- An indication of inflammation or prostatitis if present, which may explain an elevated PSA and could be a precursor to PIN
- Any other abnormal finding such as atypia, atrophy or benign prostatic hyperplasia (BPH) or prostate enlargement
- The name and signature of the pathologist who reviewed the slides

What is your Gleason score?

Gleason grading is a very important predictive factor in assessing your prostate cancer risk. The Gleason score is determined by the pathologist by examining the biopsy tissue under a microscope. It is the sum of 2 Gleason grades which range

from 1 to 5. Grade 1 represents non-aggressive cancer that looks similar to normal prostate cells. Grade 5 indicates highly aggressive, poorly differentiated cell patterns.

The most common grade observed in the sample is placed first in the sequence of the two numbers. The second grade is different if a secondary pattern was observed. Your Gleason score should be reported with both grades (i.e. 3+4=7). If only a Gleason score (i.e. 7) is given, you should ask for the Gleason grades.

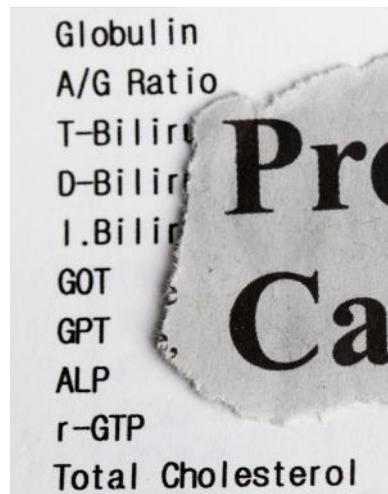
In some cases, the pathologist might identify a third pattern, which is less common, but has a higher grade than either of the first two patterns. This might indicate that the tumor is more aggressive than the Gleason score would otherwise imply. For example, if a Gleason 4+3 tumor also has some grade 5 cells, the cancer would be considered as being of higher grade disease overall. When this occurs, it is reported separately as a tertiary pattern.

Gleason grades of 1 or 2 are considered non-aggressive and are rarely found from biopsy. These are typically only seen as a result of transurethral resection of the prostate (TURP), a type of prostate surgery for BPH.

Gleason grade 3 is most common and usually indicates a slow growing cancer of low risk.

Gleason grades of 4 or 5 are the primary indication of a high risk cancer with higher probability of extending beyond the prostate.

Because the Gleason grade/score is a critical factor and often understated, a patient should consider having the slides/tissue blocks reviewed by a pathologist who is an expert in prostate cancer.



Contributed by:





2.9
1.6
**Prostate
Cancer**
-
45
185

Consult your Doctor to see if a **Prostate** test is appropriate for you...



Indoor **Air Quality** & *Air Pollution*...

Poor indoor air quality (pollution) can bother your eyes, nose and throat. It can also lead to chronic heart and lung problems, as well as cancer.

Air pollution in the home can come from

- wood smoke
- tobacco smoke
- gas-burning furnaces
- gas-burning appliances
- radon gas
- mold
- allergens

Home air pollution can be made worse by poor ventilation, high heat and high humidity.

Health and Safety Tips

- Adopt a smoke-free home (U.S. Department of Health and Human Services, Office of the Surgeon General).
- Install a battery-operated carbon monoxide detector near bedrooms and check or replace the battery when you change the time on your clocks each spring and fall.

- Vacuum carpets often to remove allergens that trigger asthma attacks and allergic reactions.
- Test your home for radon gas. If levels are above the U.S. Environmental Protection Agency (EPA) action level, take steps to reduce those levels.
- Have gas appliances professionally installed, vented outside and checked annually for carbon monoxide leaks.
- Never run cars, lawn mowers and other combustion devices inside the garage. Always operate a safe distance from windows and doors.
- Properly ventilate rooms with high humidity, such as bathrooms, kitchens and basements to prevent moisture buildup and mold.

Contributed by:



Nutrition after Your Workout

An Important Part of Your overall
workout



During a workout, your body breaks down muscle glycogen, as well as muscle protein structures. Therefore, following exercise, your body needs to replenish its energy stores and repair muscle tissue to allow for growth and fat loss.

- The body deals with nutrients differently at different times, depending on activity.
- What you consume before, during and especially after your workout is important.
- By consuming particular nutrients after your workouts (aka post-workout nutrition), you improve your body composition, performance and overall recovery.

In order to do this, you will need to consume enough carbohydrates to promote substantial insulin release. Thus, your body's insulin is responsible for shuttling carbohydrates and amino acids back into the muscles.

Fruit is most likely the best bet for nourishing your body right after your workout. This will give your body enough vitamins and minerals.





Cats: Top 10 Toxins



Lilies: Plants in the *Lilium* species, such as Easter, Tiger and Asiatic lilies, cause kidney failure in cats. All cat owners must be aware of these highly toxic plants!



Household cleaners: Most general purpose cleaners (e.g., Windex®, Formula 409®) are fairly safe, but concentrated products like toilet bowl or drain cleaners can cause chemical burns.



Flea and tick spot-on products for dogs: Those that are pyrethroid based (e.g., Zodiac®, K9 Advantix®, Sergeant's, etc.) cause tremors and seizures that can be deadly to cats.



Antidepressants: Cymbalta® and Effexor® topped our antidepressant list in 2013. Cats seem strangely drawn to these medications. Beware – ingestion can cause severe neurologic and cardiac effects.



NSAIDs: Cats are even more sensitive than dogs to drugs like ibuprofen and naproxen. Even veterinary specific NSAIDs like Rimadyl® and Mobic® (Meloxicam®) should be used with caution.



Prescription ADD/ADHD medications: These amphetamines such as Adderall®, Concerta®, Dexedrine®, and Vyvanse® can cause tremors, seizures, cardiac problems and death.



Over-the-counter cough, cold and allergy medications: Those that contain acetaminophen (e.g., Tylenol®) are particularly toxic, as they damage red blood cells and cause liver failure.





Plants containing insoluble calcium oxalate crystals:

Common houseplants like the Peace Lily, Philodendron, and pothos can cause oral/upper gastric irritation, foaming at the mouth, and inflammation when ingested, but severe symptoms are uncommon.



Household insecticides:

Thankfully, most household sprays and powders are fairly safe, but it is best to keep curious kitties away until the products have dried or settled.



Glow sticks and glow jewelry:

These irresistible “toys” contain a chemical called dibutyl phthalate. When it contacts the mouth, pain and excessive foaming occurs, but the signs quickly resolve when the cat eats food or drinks water.



Seared Scallops

Cooking light

These fresh scallops are lightly glazed and seared to keep them moist inside.

Ingredients

- 3 tbsp. all-purpose flour
- 1/2 tsp. salt
- 1/2 tsp. dried marjoram
- 1-1/2 pounds sea scallops
- 2 tsp. olive oil
- 1/2 cup dry white wine
- 1 tbs. balsamic vinegar
- Fresh parsley sprigs (optional)

Directions

1. Combine first 3 ingredients in a large zip-top plastic bag; add scallops. Seal bag, and shake to coat.
2. Heat oil in a large nonstick skillet over medium-high heat. Add scallops; cook 3 minutes on each side or until done. Remove from pan; keep warm.
3. Add wine and vinegar to pan; cook 3 minutes or until slightly thick, stirring with a whisk. Stir in scallops; remove from heat. Garnish with parsley sprigs, if desired.

Nutrition Facts

Yields: 4 servings

(Serving Size: 5 ounces)

Calories:	211
Fat	3.6 g
Saturated Fat	0.4 g
Fiber	0.2 g
Total Carbs	9.2 g
Protein	29.2 g
Cholesterol	12 mg



Superfood *of the Month* Pears

Pears, like apples, are rich in fiber and vitamin C, and peaking in their harvest as summer comes to a close. The juiciest ones can keep you hydrated and stop you from overeating, since the water can help you feel full.

How to enjoy: You will get the most value if you eat pears with the skin on. Poach your pairs or add them to a smoothie for a variety.

Fun Pear Facts

- There are over 3,000 varieties of pears grown around the world.
- The Bartlett is the most popular variety of pear in the United States.
- Pears are often recommended for weaning babies because they are low in acid and aren't too harsh on a baby's digestive system.
- Pears are considered by some to be hypoallergenic because a pear allergy is rare. However, people who are allergic to Alder or Birch pollen may be allergic to pears as well.
- Most pears (about 95 percent) sold in the U.S. are grown on the west coast, in Washington, Oregon and northern California.

Nutrition Facts

Serving Size: 1 Pear

Calories:	102
Total Fat	0.2 g
Sodium	2 mg
Fiber	6 g
Total Carbs	27 g
Protein	0.6 g
Cholesterol	0 mg
Sugars	17 g



Exercise *of the Month*

Get Physical with Cardio!

Cardiovascular exercise strengthens your heart, increases your lung capacity and creates endurance. Here are several heart and lung strengthening exercises:

- Running
- Brisk walking
- Swimming
- Biking
- Working out on cardio equipment
- Aerobic classes or DVDs

When the exercise becomes too easy, which usually means that you can have a complete conversation, then it is time to increase the intensity. You must up the ante if you want continued results.

Including cardio as part of your daily life, does not have to be daunting. With the right form of cardio, whether it is biking, swimming, jogging or jumping, you can meet your goals without sacrificing fun.

Cardiovascular programs can be created specifically to focus on fat loss, muscle toning, speed training, power training and overall health improvement.

You can make cardio fun by incorporating some of the following in your routines:

- Create an energizing play list of music to listen to while exercising
- Create a variety of cardio routines to keep it fresh and new
- Measure your progression (take before and after pictures and body measurements)
- Find a partner to motivate you



Eat This... **Not That...**



Greek yogurt has half the fat and calories of sour cream, yet the taste and texture are virtually identical. Plus, nonfat Greek yogurt offers an extra dose of lean protein.



“It’s time once again for the morning motivational roar.”



We would like your feedback and personal stories to use and feature in future publications.

Your Personal Wellness Story:

If you have a personal health or wellness story that you think would inspire others, please feel free to send a brief letter and your picture to our editor. Corrina@HealthierU.net

Thank you for reading and contributing. We sincerely hope that we can become a healthier part of becoming a healthier you.

This Newsletter has been prepared by



Specifically for the clients of



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