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# WELLBEING

## Insights

June 2015

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June 15 – 21, 2015

Living a Better, More Vibrant Life

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June is **Men's Health** Month

# June is *Men's Health* Month



**June is Men's Health Month.** Celebrate National Men's Health Week, June 15 - 21, 2015. Take daily steps to be healthier and stronger.

**Get the Screenings You Need.** Screenings are tests that look for diseases before you have symptoms. Blood pressure checks and tests for high blood cholesterol are examples of screenings.

You can get some screenings, such as blood pressure readings, in your doctor's office. Others, such as a colonoscopy, which is a test for colon cancer, need special equipment, so you may need to go to a different office.

After a screening test, ask when you will see the results and who you should talk to about them.

**Abdominal Aortic Aneurysm.** If you are between the ages of 65 and 75 and have been a smoker (smoked 100 or more cigarettes in your lifetime), you should get screened once for abdominal aortic aneurysm (AAA). AAA is a bulging in your abdominal aorta, your largest artery. An AAA may burst, which can cause dangerous bleeding and death.

An ultrasound, a painless procedure in which you lie on a table while a technician slides a medical device over your abdomen, will show whether an aneurysm is present.

**Prostate Screening.** Prostate cancer is the most common cancer among American men. Most prostate cancers grow slowly, and may not cause any health problems in men who have them. A prostate specific antigen (PSA) test may find a prostate health problem, but treatment can cause serious side effects. Talk to your doctor before you decide to get tested or treated for prostate cancer.

**Colon Cancer.** Have a screening test for colorectal cancer starting at age 50. If you have a family history of colorectal cancer, you may need to be screened earlier. Several different tests can detect this cancer. Your doctor can help you decide which is best for you.

**Depression.** Your emotional health is as important as your physical health. Talk to your doctor or nurse about being screened for depression, especially if you experienced the following over the last 2 weeks:

- You have felt down, sad or hopeless.
- You have felt little interest or pleasure in doing things.

**Diabetes.** Get screened for diabetes (high blood sugar) if you have high blood pressure or if you take medication for high blood pressure.

Diabetes can cause problems with your heart, brain, eyes, feet, kidneys, nerves and other body parts.



**Hepatitis C Virus (HCV).** Get screened one time for HCV infection if:

- You were born between 1945 and 1965.
- You have injected drugs.
- You received a blood transfusion before 1992.

If you currently are an injection drug user, you should be screened regularly.

**High Blood Cholesterol.** If you are 35 years of age or older, have your blood cholesterol checked regularly with a blood test. High cholesterol increases your chance of heart disease, stroke and poor circulation. Talk to your doctor or nurse about having your cholesterol checked starting at age 20 if:

- You use tobacco.
- You are overweight or obese.
- You have diabetes or high blood pressure.
- You have a history of heart disease or blocked arteries.
- A man in your family had a heart attack before age 50 or a woman, before age 60.

**High Blood Pressure.** Have your blood pressure checked at least every 2 years. High blood pressure can cause strokes, heart attacks, kidney and eye problems and heart failure.

**HIV.** If you are 65 or younger, get screened for HIV. If you are older than 65, ask your doctor or nurse whether you should be screened.

**Lung Cancer:** Talk to your doctor or nurse about getting screened for lung cancer if you are between the ages of 55 and 80, have a 30 pack year smoking history and smoke now or have quit within the past 15 years. Your pack year history is the number of packs of cigarettes smoked per day times the number of years you have smoked. Know that quitting smoking is the best thing you can do for your health.

**Overweight and Obesity.** Finding your body mass index (BMI) is the simplest indicator of obesity. You can find your BMI by entering your height and weight into a BMI calculator, such as the one available at: [www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm](http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm).

A BMI between 18.5 and 25 indicates a normal weight. Persons with a BMI of 30 or higher may be obese. If you are obese, talk to your doctor or nurse about getting intensive counseling and help with changing your behaviors to lose weight. Overweight and obesity can lead to diabetes and cardiovascular disease.

Check with your personal physician to discuss all of your necessary screening options.

Know which **Health Screenings** you should ask your Doctor for...



# 5, 4, 3, 2, 1 — Done!

If you can spare 15 minutes, you can get in a total body workout without going to the gym or buying expensive exercise equipment. All that is required is some space, comfortable clothing and energetic enthusiasm.

5 minutes	<p>Complete any cardiovascular exercise you wish (ex: walk, run or bike), or complete the following:</p> <ul style="list-style-type: none"><li>• 1 minute high knees</li><li>• 1 minute jumping jacks</li><li>• 1 minute front kicks</li><li>• 1 minute jumping in place (think jumping rope minus the jump rope)</li><li>• 1 minute running in place</li></ul>
4 minutes	<ul style="list-style-type: none"><li>• 1 minute lunges or walking lunges</li><li>• 1 minute mountain climbers</li><li>• Repeat again for 1 minute each</li></ul>
3 minutes	<ul style="list-style-type: none"><li>• 10 push-ups and then rest</li><li>• 15 tricep dips and then rest</li><li>• Repeat for a total of 3 minutes</li></ul>
2 minutes	<ul style="list-style-type: none"><li>• 30 seconds of regular squats</li><li>• 30 seconds of jump squats</li><li>• Repeat again for 30 seconds each</li></ul>
1 minute	<ul style="list-style-type: none"><li>• Plank</li></ul>

**Total time:** 15 minutes. For individuals wanting more physical activity, repeat the workout again.

*Source: Caitlin Murphy, fitness instructor, fitness/lifestyle reporter, blogger at Fit Lab Cities*



# All About Men

## Facts About Your Frame

Guess what? Guys can get bone problems like osteoporosis, too. An estimated 12 million men are at risk for the disease.

Weight-bearing exercise such as hiking and weight lifting help to strengthen your bones. Nutrition also plays a big part in bone health. It is important to get adequate Calcium and Vitamin D in addition to other essential minerals.

### Essential Minerals

When men with osteoporosis were studied, many of them were low on zinc. Your body needs zinc at many points in the bone-building process to help move things along.

It is kind of like the foreman on the construction crew: Not enough input from zinc and the scaffolding may start to break down. You will feel and see it in your body in the form of lethargy, slow wound healing, brittle bones and hair loss.

### Zinc-Rich Foods

So what to do? Grab yourself a zinc filled meal. Here are some good food sources of zinc:

Food Source	Quantity	Daily Value of Zinc
Beef	4 ounces	37%
Lamb	4 ounces	35%
Beans/lentils	1 cup	23%
Cashews	1/4 cup	21%

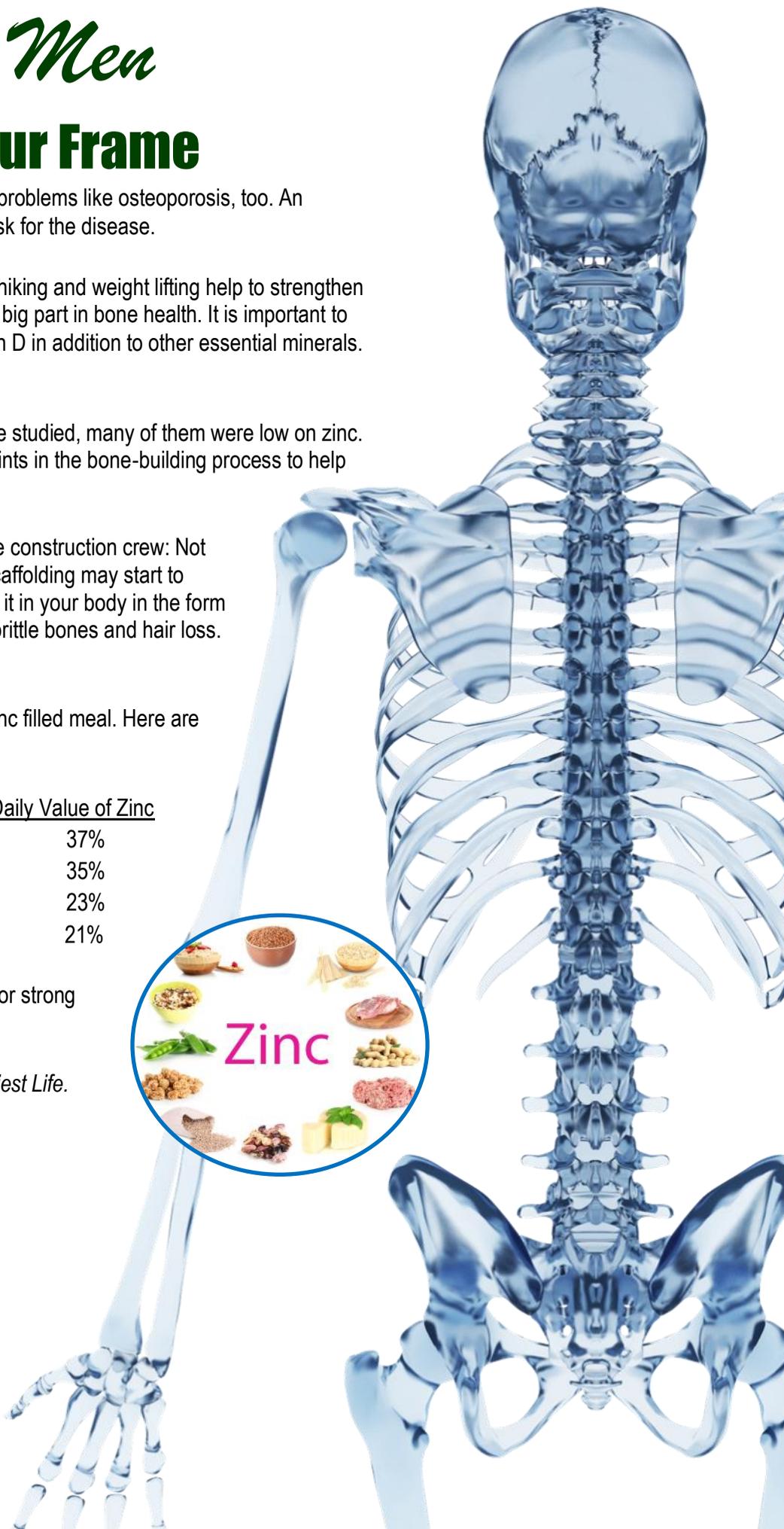
Both men and women need zinc for strong bones.

*“Grow Younger. Live Your Healthiest Life.  
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# 5 Things You Never Knew About Your Colon

You probably do not think about your colon on a regular basis. Maybe not even at all. When it comes to food and nutrition, it is much more interesting to consider what you put into your body than what happens to it on the way down (and out). But the colon, otherwise known as the large intestine or large bowel, is essential for digestion. And when it is not working right, the effects can be serious.

Colorectal cancer (also referred to as colon cancer) is the third leading cause of cancer-related deaths in men and women in the U.S. The American Cancer Society estimates that more than 90,000 people will be diagnosed with it this year. Below are some highlights regarding your colon:

## 1. The colon helps keep your body healthy.

Your colon has a crucial job. It helps your body absorb vital nutrients along with taking in water, minerals and electrolytes during the digestion process. The colon also removes toxins from the intestines, blood and lymph. Lymph is a clear fluid mostly made up of two substances: infection-fighting white blood cells and chyle.

## 2. You do not need a colon “cleanse.”

Your colon is not clogged, so a so-called “cleanse” is not needed — or even beneficial. Frank Farrell, MD, a gastroenterologist in San Francisco, says that the digestive system cleanses itself through natural processes.

“The notion that food or fecal matter accumulates in the intestines is simply not true,” he explains. Your body is constantly removing waste and toxins on its own — no cleanse required. An exception is if your doctor prescribes a method for emptying your colon in preparation for a medical procedure.

William Katkov, MD, a gastroenterologist at Providence Saint John’s Health Center in Santa Monica, CA, adds that there is no data to back up the supposed benefits of a colon cleanse.

“The best way to cleanse your body is to eat a healthy diet that is high in fiber and low in animal fat,” Katkov explains.

If you *are* considering a colon clean-out, know this: Colon cleanses actually can be harmful to your health, since they can result in dehydration, increase your risk for infection and even cause dangerous electrolyte imbalances and internal injuries. Before you jump into a cleanse, please talk to your doctor.

## 3. You are never too young to get colon cancer.

The risk of colon cancer does increase as you age, but you can get it even when you are young. In fact, colon cancer is on the rise in people of ages 20 to 49. It is actually on the decline in people over 50, thanks to early detection from regular screenings.

Screening is key because not everyone has warning signs. “It can all develop and become pretty advanced without symptoms,” Katkov cautions.





Cancer screenings can help catch problems early on. Get screened every 10 years starting at age 50, or earlier and more often if you are at high risk. Important risk factors include a family history, ethnicity (African-American) or having a history of precancerous polyps (small growths that can form on the lining of the colon).

Most polyps are harmless, but some can become cancerous. Symptoms could include a change in the frequency of your bowel movements or in the consistency of your stool (constipation or diarrhea, for example), painful bowel movements, bloody stool, abdominal pain or even fatigue. If you have noticed any of these symptoms or other digestive symptoms that just do not feel “right,” talk to your doctor.

**4. A colonoscopy is the best way to screen for colon cancer** — but it is not the only way. Before you shy away from it, know that colonoscopies take place while you are under sedation. During the procedure the doctor threads a thin, lighted tube (called a colonoscope) into the anus and then into the large intestine to check for abnormalities.

As an alternative, your doctor may suggest one of these methods:

- *Sigmoidoscopy*: Similar to a colonoscopy, but only explores the lower third of the colon.
- *Virtual (or CT) colonoscopy*: A less invasive alternative. It uses X-rays to take images of your colon.
- *Colon X-ray (barium enema)*: First, a liquid barium injection coats the colon. Next, air is pumped in, to expand it. These steps make for better-quality X-ray images.
- *Stool test (also called fecal occult blood test)*: Checks if blood is present in the stool. Farrell cautions that this is not as accurate as a colonoscopy. If positive, your doctor may follow up with additional tests, as this could suggest the presence of a variety of conditions, including infection, polyps or colon cancer.

#### **5. Crohn’s disease and ulcerative colitis can raise your colon cancer risk.**

Inflammation of the colon puts you at greater risk for colon cancer. That is why inflammatory bowel disease (IBD) like Crohn’s or ulcerative colitis increases your odds. If you have one of these conditions, you may want to get screened more frequently — talk to your doctor to discuss any concerns you may have.



**COLONCANCER  
AWARENESS**



*Low-Calorie*

# Key Lime Pie



Indulge in this healthy recipe filled with flavor. This quick and easy 5 ingredient recipe will be a hit with your family on the go.

## Ingredients

- 1 reduced-fat graham cracker pie crust
- 1 (1/16 ounce) package sugar-free lime gelatin
- 1/4 cup of boiling water
- 1 (8 ounce) container of fat-free whipped topping
- 12 ounces key lime pie yogurt

## Preparation

1. In a large bowl, dissolve gelatin in boiling water.
2. Stir in yogurt with wire whisk.
3. Fold in whipped topping with wooden spoon.
4. Spread in crust.
5. Refrigerate for at least 2 hours.

## Nutrition Facts

Servings Per Recipe: 8  
Serving Size: 1 slice

Calories	42.6
Fat	1.4 g
Total Carbs	7.1 g
Protein	0.9 g
Fiber	1 g
Sugars	4.5 g
Fiber	0.1 g



# Superfood *of the Month*

The health benefits of kale go well beyond providing a multitude of vitamins and minerals; this superfood is packed with phytonutrients such as glucosinolates and flavonoids as well. Thanks to its broad, nutritional profile, kale is thought to help fight cardiovascular disease, asthma and rheumatoid arthritis; to prevent several types of cancer and pre-mature aging of the skin; as well as to promote the health of the urinary tract.

## Fun Facts About Kale

1. Kale belongs to the same family as cabbage, Brussels sprouts and collards.
2. The best flavor for kale is after the first frost which ensures some of the starches turn into sugars.
3. Despite kale's recent popularity, kale has been grown for more than 2000 years.
4. Kale has more calcium than a container of milk.
5. Kale is one of the easiest vegetables to grow.

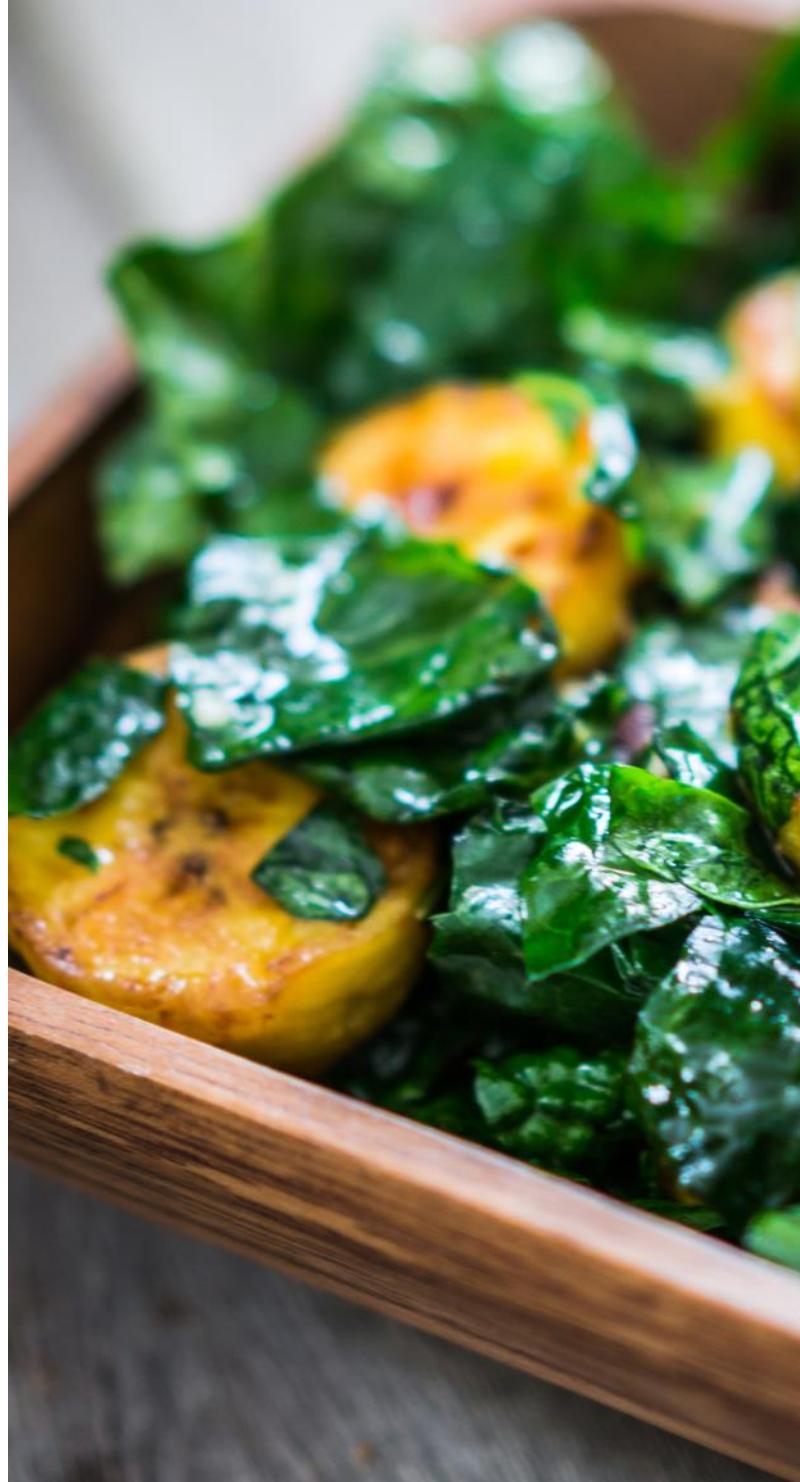


### Nutrition Facts

Serving Size: 1 cup (chopped)

Calories	33
Total Fat	0.6 g
Sodium	25 mg
Total Carbs	6 g
Protein	2.9 g
Cholesterol	0 g

# Kale





## Exercise of the Month

# Swimming

Swimming is a good fitness choice for just about everyone, especially those who have physical limitations or those who find other forms of exercise painful.

It is a good, whole-body exercise that is low impact for people with arthritis, musculoskeletal or weight limitations.

Water's buoyancy accommodates the unfit as well as the fit. Water cushions stiff joints or fragile bones that might be injured by the impact of land exercises. When immersed to the waist, your body bears just 50 percent of its weight; immersed to the chest, it's 25 to 35 percent; and to the neck, 10 percent.

Athletes use water to rehabilitate after injury or to cross-train. People with arthritis or other disabilities use water to improve fitness and range of motion and to relieve pain and stiffness.

Swimming is also desirable for people with exercise-induced asthma, as the warm, humid air around the pool causes less irritation to the airways.

If you do not already know how to swim, invest in swimming lessons.

*Consult your physician before starting any exercise regiment.*



# Eat This...

# Not That...



## Grated Steamed Cauliflower for Rice

Cut both calories and carbs with this simple switch. The texture is virtually the same, as is the taste. Rinse cauliflower under cool water and pat dry. Using a cheese grater, grate the cauliflower to a coarse texture (approximately the size of rice grains). Steam and enjoy!



"Your future depends on your well visits."



**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.

[Gail@HealthierU.net](mailto:Gail@HealthierU.net)

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



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