The purpose of Men’s Health Month is to raise awareness about preventable health problems that men experience and encourage early detection and treatment of disease.

Lack of information, lack of awareness and culturally induced behavior patterns have caused a silent health crisis, whereby men face higher mortality rates than women for 9 of the 10 leading causes of death in addition to a shorter life span.

Men’s health is a concern for those who care about the health of their fathers, husbands, sons and brothers. It is also a concern for employers in lost productivity and costs of medical care. Finally it is a concern for society, which absorbs the enormous costs of premature death and disability.

Every man should get regular medical advice, learn their health risks and take action to improve their health.

Thirty health professionals from across the country came to Minneapolis to learn the skills and techniques needed to be successful in developing employee wellness programs, and help employees reach their wellness goals.
HEY, want to improve your balance?

Everyone wants to prevent falls and improve balance, at any age. NIH in Health offers these daily exercises to steady your balance (and you could do these while talking on the phone or at work too):

- Stand on one leg at a time for a minute. Slowly increase the time. Try to balance with your eyes closed or without holding on to anything.
- Stand on your toes for a count of 10, and then rock back on your heels for a count of 10.
- Move your hips in a big circle to the left, and then to the right. Do not move your shoulders or feet. Repeat 5 times.

PREVENT VISION LOSS

Glaucoma is a leading cause of irreversible blindness. When glaucoma is treated in its early stages, vision loss can be prevented. Yet studies show that more than half of people with glaucoma don’t use their medications properly.

- **Perfect the “pocket.”** Giving yourself eye drops can be challenging. In fact, research has shown that nearly 30% of people taking glaucoma medication are not properly applying their eye drops. Gently pull and pinch the lower lid to make a pocket to catch your drops. Once the drops are in, close your eyes (do not blink) and apply pressure to the point where the lids meet the nose for 2 to 3 minutes. Maybe a loved one can help you apply the drops at home.

The American Academy of Ophthalmology offers this advice:

- **Be honest with your eye doctor about your medication difficulties.** Missed a dose? It may not seem to matter much, but research shows that skipping doses can cause your glaucoma to become more severe. Ask about the best way to make up for a missed dose and how to manage your medications.

- **Use memory aids.** The most common reason for not taking eye drops is forgetfulness. Try simple memory aids like linking your eye drop schedule to other things you do routinely such as brushing your teeth. Mark times you take your medication on a calendar. Set an alarm on your smartphone.

Who’s at risk for developing glaucoma? Risk factors include age, family history of glaucoma, African-American and Hispanic-American ancestry, diabetes, and past eye injuries. The American Academy of Ophthalmology recommends that all people get an eye exam by age 40, especially those who have a higher risk of glaucoma.
June is Men’s Health Month

The purpose of Men’s Health Month is to increase awareness of health problems that can be prevented among men and encourage men and boys to get early detection and treatment of disease and injury.

6 health tests men need

Here are 6 essential screening tests all men should receive during their lifetime, according to pathologist and men’s health expert Dr. Thomas Wheeler, Baylor College of Medicine.

1. **Prostate cancer:** The prostate specific antigen (PSA) test was developed to help detect prostate cancer in men, but experts now disagree about treating the cancer if detected. Men, starting at age 50, should speak with their docs about the pros and cons of screening. For those in high-risk categories, this conversation should begin at age 45 or earlier.

2. **Blood pressure:** It’s a simple and painless test for the “silent killer.” Why? Because high blood pressure has no symptoms. Often, simple diet changes and regular exercise can lower blood pressure. If not, the medications to control blood pressure are well tolerated and do not cost a lot.

3. **Cholesterol:** A cholesterol test also is a simple screening test and is advised for men at least every 5 years, or yearly if abnormal.

4. **Colon cancer:** This is the third most common cancer in Americans. Beginning at age 50, men should be screened for precancerous polyps and colon cancer. Screening tests include the fecal occult blood test, flexible sigmoidoscopy and colonoscopy.

5. **Skin cancer:** Limiting sun exposure and receiving regular check-ups can help men avoid this common cancer including melanoma – a potentially deadly form.

6. **Diabetes:** Men 45 years and older should be tested for type 2 diabetes every 3 years. Common screening blood tests are fasting glucose and hemoglobin A1c. Diabetes can be detected early before complications of more advanced disease set in.

**Prevention:**

Women are 100% more likely to visit the doctor for yearly exams and preventive services.

**HEALTH FACTS**

Men die at higher rates than women from the top 10 causes of death.

Men are the victims of over 92% of workplace deaths.

In 1920, women lived, on average, one year longer than men. Now, men, on average, die almost 5 years earlier than women.

Find out more from the Men’s Health Network at www.menshealthnetwork.org.
What we view as the sense of taste is actually a combination of smell, taste, and texture, with smell playing a major role. A single taste bud can have dozens of receptor cells that send signals of sour, sweet, salty, and bitter through nerve channels to the brain. The tongue is covered with taste buds, and the back of the mouth is sensitive to bitter tastes—perhaps as a last-ditch chance to expel something toxic. Taste also plays a role in digestion, preparing the stomach for a meal.

But one of the most interesting things about taste, according to University of Virginia neuroscientist David Hill, is that taste cells regenerate, or turn over, about every 10 days, much like skin cells.

Burn your tongue? No worries; those cells will regrow and you’ll regain your normal sense of taste within days.

Nutritional treasure in the trash

Sometimes the best parts of the vegetables get thrown in the trash. So next time you’re cooking up vegetables and are about to toss out those extra parts, stop. Many vegetable parts are perfectly edible and are packed with nutrients and flavor.

Here are some tips from the American Institute for Cancer Research to make the most of your veggies:

- Roasted pumpkin seeds are a fall favorite, but you can roast seeds from any winter squash, including butternut, acorn, and spaghetti squash. Squash seeds are a great source of protein. To roast, scoop out seeds, rinse, and drain. Let them dry, spread flat on a baking pan and bake at 300ºF for about 20–30 minutes until golden brown.

- Using the whole cauliflower, including the stem, in cauliflower “steaks” is trendy right now. Cut all the way through a cauliflower head from the top to make cauliflower steaks, which can be broiled or pan roasted. Or instead of mashed potatoes, try mashing the whole cooked cauliflower including the stem.

- Use a vegetable peeler or large knife to remove the thick, tough outer layer of the broccoli stem (if you use a knife, make 4 lengthwise cuts along the 4 sides of the stem to make a long rectangle). Try making creamy broccoli soup, which includes both the broccoli stems and florets.

- Buy beets with the greens still attached and it’s like getting two vegetables in one. Beet greens contain loads of vitamin C and beta-carotene—nutrients linked to lower cancer risk. Separate the greens from the beets by cutting just above where the stem begins. They’re great sautéed in olive oil, with garlic, salt, and pepper to taste.
**FEATURED RECIPE:**

**Summer Salmon**

**Ingredients**
- Juice from 1 orange
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon honey
- 1 teaspoon mustard
- Kosher salt (optional) and freshly ground black pepper
- 1 skinless salmon fillet (6-ounce)
- 1/4 cup whole-wheat linguine
- 6 asparagus spears (chopped)
- 1/4 medium onion (chopped)
- 1 clove minced garlic
- 4 sprigs fresh parsley (leaves removed and chopped)
- 2 fresh basil leaves (thinly sliced)
- 1 teaspoon freshly grated Pecorino cheese

**Directions**

In a small bowl, whisk together the orange juice, 1 teaspoon olive oil, honey, and mustard. In a medium sauté pan over moderate heat, warm 1 teaspoon olive oil. Add the salmon and cook for 4 minutes. Flip the salmon over, add the orange sauce, and continue to cook until the salmon is golden and cooked through, about 4 more minutes. Season with salt (optional) and pepper and transfer to a plate.

In a medium pot of boiling water, cook the pasta until al dente, about 5 minutes. Add the asparagus and continue cooking for 2 more minutes. Drain the pasta and asparagus and transfer to a bowl.

In a medium sauté pan over moderate heat, warm the remaining 1 teaspoon of olive oil. Add the onion, garlic, parsley, and basil and sauté, stirring occasionally, about 3 minutes. Add the onion and garlic mixture to the pasta, sprinkle with cheese, and toss to combine. Serve the salmon alongside the pasta with asparagus.

**Makes 2 servings:** Per serving: 273 calories, total fat 14g, protein 22g, fiber 4g, sodium 157 mg

**From the US Department of Agriculture, USDA Mixing Bowl; find more recipes at www.usda.gov/whatscooking**

**Salmon’s Health Benefits**

**NUTRITION FACTS**
- **High quality** PROTEIN
- **VITAMINS:** Niacin, thiamin, B6, B12, and D
- **MINERALS:** Calcium, iron, magnesium, potassium, phosphorus, selenium, and zinc
- **OMEGA-3** fatty acids

**HELPS IMPROVE**
- memory and brain function
**AIDS IN MAINTAINING**
- insulin levels in the body
**LOWERS THE RISK**
- of cardiovascular disease and cancers of the colon, kidney, and prostate gland
**HELPS PREVENT**
- macular degeneration and vision loss
**LOWERS INFLAMMATION**
- which can be beneficial for arthritis
BOOKS and BEDTIME Routine

Whatever happened to the good old-fashioned bedtime story? Not an iPad app or a TV show before bed. But a real story, read in bed to a child by a parent.

Seems that bedtime routines help kids sleep better, say researchers at Penn State in this NIH-funded study. They say well-established rules such as a regular bedtime and no caffeine drinks led to children getting adequate sleep for their age. In contrast, when parents and kids had electronic devices in the bedroom after bedtime, lack of sleep was more likely.

Poor sleep could lead to behavioral problems, impaired learning and school performance, sports injuries, mood issues, and health problems such as obesity.

Beware of hidden weight-loss ingredients

Many so-called miracle supplements and foods (including teas and coffees)—often touted for weight loss—don’t live up to their claims, says the FDA. Worse, they can cause serious harm.

Hundreds of products are marketed as dietary supplements but actually have hidden active ingredients contained in prescription drugs, unsafe ingredients that were in drugs that have been removed from the market, or compounds that have not been adequately studied in humans.

And if you’re about to take what you think of as “natural” dietary supplements, such as bee pollen or Garcinia cambogia, you should be aware that the FDA has found some of these products also have hidden active ingredients contained in prescription drugs.

The only natural way to lose weight is to burn more calories than you take in by combining healthy eating with physical activity.

Under the Federal Food, Drug and Cosmetics Act (as amended by the Dietary Supplement Health and Education Act of 1994), dietary supplement firms do not need FDA approval before marketing their products. It is the company’s responsibility to make sure its products are safe and that any claims made about such products are true.

Bottom line:

Just because you see a supplement product on a store shelf does not mean it is safe.

Look for these potential warning signs of tainted products:

- Promise of a quick fix, for example, “lose 10 pounds in one week”
- Use of the words guaranteed or scientific breakthrough
- Marketed in a foreign language or through mass emails
- Touted as herbal alternatives to an FDA-approved drug or as having effects similar to prescription drugs
Family Matters

Your family is where you learn who you are and how to relate to others. It plays a vital role in fulfilling the human need to belong and have close, long-term relationships. Whether you are a child, teen, or adult, family experiences can promote or hinder your well-being.

Tips to foster family well-being

- Express affection. Say, “I love you,” “I care about you,” and “You mean a lot to me.”

- Live a healthy lifestyle together.
  - Plan for, shop, and eat healthy foods.
  - Exercise as a family if you can. Or, promote physical activity suited for each family member.
  - Get enough sleep.

- Plan to eat at least one meal a day together. Have each person talk about his or her day, such as stating the best part and worst part.

- Spend time together. Attend important events for each family member.

- Express care and concern. Be available to help each other out. Listen, listen, listen.

- Practice good manners. Say, “Thank you” and “You’re welcome.” Make it a practice to send thank you calls, notes, letters, or emails to others for gifts and other acts of kindness.

- Express affection. Say, “I love you,” “I care about you,” and “You mean a lot to me.”

- Discuss the value of the family as a whole. Encourage individual expression and development.

- Define clear, yet flexible roles for family members. Assign family chores.

- Keep the house as organized as possible.

- Discuss the need to adapt to changes and deal with stressful events.

- Seek professional help for problems the family cannot deal with on its own.

Caring for aging parents

This may not be the case in your family, but a new study at Princeton has found that daughters provide an average of 12.3 hours of elderly parent care per month as compared to sons’ 5.6 hours.

The study also indicates that in the division of elderly parent care among siblings in families with both daughters and sons, gender is the single most important factor in the amount of assistance each sibling provides.

Caregiving falls to the sisters, said the researchers. Brothers pass on parent caregiving responsibilities to their sisters. The downside is that the caregiving siblings, usually the daughters, must balance employment and caregiving for their own children, sacrificing career and earnings, which poses a financial burden as well.
Keep emails short. When you send short, easy-to-read messages, people will likely respond in the same manner.

75% of Americans with mobile phones use their phone in the bathroom (reading texts, browsing the web, and answering phone calls), according to the IT in the Toilet survey by 11Mark. Also, 92% wash their hands after using the restroom (only 14% wash their phones).

BATHROOM BREAK

DRUGS that may affect your driving

Certain over-the-counter medicines, known as OTC or nonprescription drugs, may affect your ability to drive.

*Read the Drug Facts label and use the medicine exactly as directed, advises the FDA.*

Look for such statements as “you may get drowsy,” “marked drowsiness will occur,” “be careful when driving a motor vehicle or operating machinery,” or “do not drive a motor vehicle or operate machinery when using this product.”

Some of these seemingly harmless drugs for allergies or an upset stomach are not harmless at all, even though you can buy them without a prescription.

Certain medications may make you drowsy fairly quickly. Their effects can last several hours. Others may cause “hangover-like” effects, even the next day.

Common OTC medicines that can cause drowsiness or impaired driving are antihistamines (often used for a runny nose or watery eyes), antidiarrheals (used to treat or control diarrhea), and anti-emetics (taken for nausea, vomiting, or dizziness).