

Tips for a Healthy Lifestyle For Men

Prostate Cancer

Prostate cancer is the second leading cause of cancer death in men, with an estimated 220,000 new cases diagnosed each year in the United States. Although it usually grows slowly, this disease can still be deadly. About 29,000 Americans die of prostate cancer annually.

Prevention:

Eating more fruits and vegetables may play a role in preventing many forms of cancer. Fruits and vegetables not only provide vitamins, minerals, and fiber but also contribute to low-fat, low-calorie meals. Eating excessive calories and fat, especially fatty meals and other foods derived from animal sources, may actually increase the risk of prostate cancer. A possible mechanism behind this is that fat increases testosterone production, which in turn stimulates the growth of prostate cancer cells.

There are certain foods which are believed to help lower your risk for development of prostate cancer. Examples of these foods include:



Soy

Soy products contain isoflavones, which are plant-based compounds that can reduce the risk of prostate cancer.

Examples of soy products include- soy milk, soy flour, soy nuts, tofu, and Tempeh. Isoflavones appear to stimulate the body's binding cells (globulins) which keep the sex hormone, testosterone, in check. The bound testosterone now exhibits less hormonal effects than before.



Tomatoes

Tomatoes and tomato products contain lycopene, an antioxidant which gives tomatoes their red color. Lycopene can also be found in such foods as watermelon and pink grapefruit. Antioxidants are substances which protect the cells from damaging effects of molecules such as free radicals. Cooked tomato products have higher concentrations of lycopene than raw tomatoes.








Garlic

Garlic is a member of the same family as onions, leeks and scallions. It appears to reduce the risk of many types of cancers, including prostate. The sulfur compounds in garlic help to reduce the risk of prostate cancer by enhancing immune function and combating tumor growth.



Screening Tests: What You Need and When

<p>Cholesterol Checks</p> 	<p>Have your cholesterol checked at least every 5 years, starting at age 35. If you smoke, have diabetes, or if heart disease runs in your family, cholesterol checks should start at around age 20.</p>
<p>Blood Pressure</p>	<p>Have your blood pressure checked at least every 2 years.</p> 
<p>Colorectal Cancer Tests</p> 	<p>Starting at age 50, begin regular screenings. Your doctor can help decide which test is right for you and how often you will need to be tested.</p>
<p>Diabetes Tests</p>	<p>If you have high blood pressure or high cholesterol, have a test to screen for diabetes.</p>
<p>Depression</p> 	<p>If you have felt "down," sad, or hopeless, and have felt little interest or pleasure in doing things for 2 weeks straight, talk with your doctor about whether he or she can screen you for depression.</p>
<p>Sexually Transmitted Diseases</p>	<p>Talk to your doctor to see whether you should be screened for sexually transmitted diseases, such as HIV.</p>
<p>Prostate Cancer Screening</p> 	<p>If you are considering having a prostate-specific antigen (PSA) test or digital rectal examination (DRE), speak with your doctor about the possible benefits and risks of prostate cancer screening.</p>

What Else Can You Do To Stay Healthy?

Don't smoke



If you do smoke, talk to your doctor about quitting. Health concerns associated with smoking include cancer and lung disease. Smoking triples the risk of dying from heart disease among those who are middle-aged. Helplines, counseling, medications, and other forms of support are available to help you quit. Inform family and friends that you're quitting and ask for their support.

Eat a Healthy Diet



It is important to eat a *variety* of foods, including fruit, vegetables, animal or vegetable proteins (such as meat, fish, chicken, eggs, beans, lentils, tofu, or tempeh) and grains (such as rice). Eating 5 or more fruits and vegetables a day and less saturated fat can improve your health and may reduce the risk of cancer and other chronic diseases. It is important to limit the amount of saturated fat, cholesterol, and salt in the diet.

Be Physically Active



More than 60% of American men and women do not get enough physical activity to provide health benefits. Walk, dance, ride a bike, rake leaves, swim, or do any other physical activity that you enjoy. It doesn't require a lot of time or money, but it does require a commitment. Start with small, attainable steps and work your way up to a total of 20-30 minutes on most days of the week. You can develop one routine or do something different each day.

Stay at a Healthy Weight



Obesity is at an all time high in the United States, and the epidemic is getting worse. Those who are overweight or obese have increased risks for diseases and conditions such as diabetes, high blood pressure, heart disease, and stroke. Try to balance the number of calories that you consume with the number that you burn off from activities. Watching portion sizes is an important consideration. If you have any questions about what or how much to eat, you can ask your doctor.

Drink Alcohol Only in Moderation



If you do drink alcohol, have no more than 2 drinks a day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.

Manage Stress



Job stress poses a threat to the health of workers and, in turn, to the health of organizations. Balancing obligations of everyday life to your family and employer can be difficult. Protect your mental and physical health by engaging in activities that help you manage your stress at work and home.

Should You Take Medicines to Prevent Disease?

Aspirin



Talk to your doctor about taking aspirin to prevent heart disease, if you are older than 40, or if you are younger than 40 and have high blood pressure, high cholesterol, diabetes, or if you smoke.

Immunizations



It is important to stay up-to-date.

- Have a flu shot every year starting at age 50.
- Have a tetanus-diphtheria shot every 10 years.
- Have a pneumonia shot once at age 65 (if you have lung disease or certain health problems, you may need it earlier)
- Talk to your doctor to determine if you need hepatitis B shots.

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Sites:

<http://www.mayoclinic.com>

<http://www.cdc.gov/men/tips.htm>

<http://www.ahrq.gov/ppip/healthymen.htm>

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