Health & Wellness Newsletter
Fox Army Health Center

Preventive Medicine Department, 955-8888 extension 1026

June, 2009

Men's Health Week!!!

Men, this is your time to shine!! June 15-21 has been set aside to focus on your health needs. The goal of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Men's Health Facts:

Men die at higher rates than women from the top 10 causes of death and are the victims of over 92% of workplace deaths. (CDC)
Women are over 100% more likely to visit the doctor for annual examinations and preventive services than men.(CDC, 2001)
In 1920, women lived, on average, one year longer than men. Now men, on average, die almost six years earlier than women (CDC).

What can you do to motivate the man in your life to get healthy?

- Take your dad/brother/uncle/grandfather/significant other to the doctor.
  - Give him a Father's Day care with a doctor's appointment as a gift.
- Plan some fitness activities at lunch time or after work:
- Bring your coworkers or neighbors together to be healthy and active. Some activities could include:
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  - Walking
  - Golfing
  - Tennis
  - Bowling
  - Pickup basketball
  - Softball/baseball
  - Pick up soccer
  - Flag football
  - Frisbee
  - Bicycling
  - Hiking

Men's Health Is A Family Issue

To quote Congressman Bill Richardson (Congressional Record, H3905-H3906, May 24, 1994):

- *"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."*

Wear Blue Health Fair

There will be a Wear Blue Men's Health Fair on 16 June from 0900-1200 in the Bob Jones Auditorium at the Sparkman Center. All men and the women who care about them are invited to attend. There will be many vendors offering services and health information. Make the time to stop by and check it out!!

National Headache Awareness Week is June 7-13, 2009

If you have ever suffered from a headache, you know they can range from mild to excruciating. There are many different causes of headaches ranging from diet, medications, stress, lifestyle, and drugs such as caffeine. Some of the most common types of headaches are: migraines, caffeine, sinus, stress, and tension.

More than 25 million Americans suffer from migraines, with women affected three times more often than men. Migraines are thought to be a vascular headache, is most commonly experienced between the ages of 15-55, and 70-80% have a family history of migraines.

Caffeine is a naturally occurring stimulant found in certain foods and beverages and as an additive in coffee, tea, cola, certain soft drinks (think Mountain Dew) and some pain relieving and migraine abortive medications. Sudden decrease in the daily use of caffeine can cause caffeine rebound. Refraining from excessive daily use can help eliminate this type of headache.

Sinus headaches usually involve tenderness and constant pain over the affected sinus, a deep dull ache, and can be exaggerated by head movements or straining. Nasal symptoms are usually prominent such as discharge, facial swelling, and ear sensations. Treatment is aimed at relieving the infection and or accompanying allergy.

Stress is the most commonly recognized trigger of headaches. Stress can be physical or emotional, good or bad. The stress headache is generalized (typically in a hat-band distribution), and often accompanied by a sleep disturbance. Help for this type of headache is provided by decreasing stress, psychotherapy, biofeedback, behavior modification, and the use of antidepressant medications if needed.

Tension headache is a non-specific headache and the most common form of a headache. It may be related to the tightening of the back of the neck and/or scalp. For episodic tension headaches, over-the-counter drugs of choice are acetaminophen, aspirin, ibuprofen, or naproxen sodium. For more chronic tension headaches, the primary drug of choice for treatment in an antidepressant. Antidepressants have an analgesic effect, and the type of medication chosen is based on sleep disturbances suffered by the patient.

Preventive Health Screenings

If you are a Fox beneficiary and think you may be behind on the following preventive screening measures, please talk with your primary care provider or give the Wellness Center staff a call to get the referral or appointment you need! Screenings now can save your life down the road…

Colonoscopy: Men and women age 50+, every 5-10 years, earlier family history

Mammogram: Women annually after age 40

Pap Smear: Women annually after age 18

Desirée's Corner

Submitted by Desirée Walker, MS, RD

It is time to raise awareness of preventable health problems and encourage early detection and treatment of disease among men by celebrating Men's Health Week June 15 to 21. One 'diet' does not fit all. Men and women have different nutritional needs and body types.

Guys, your eating plan is a logical place to start when evaluating your health. By following these six steps (and by consulting with a registered dietitian), you will be on your way to a healthier and possibly longer life.

- ✓ **Eat moderate amounts of a variety of foods.** No single food has all or enough of the more than 40 nutrients you need. That is why variety is so important. Follow MyPyramid to help select what foods and portions you should consume.
- ✓ **Choose a diet low in fat, saturated fat and cholesterol.** That doesn't mean eliminating meat, butter, cheese or egg yolks from your diet. It means you should diversify and focus on lower-fat foods. Cut the fat by: Choosing low-fat or nonfat milk and milk products, lean meat, fish, skinless poultry, fruits, vegetables, whole grains and foods that are baked, broiled, steamed or roasted. Limit margarine, butter, oils, shortenings, salad dressing, whole milk, regular cheese, fried foods and rich desserts.
- ✓ **Eat plenty of whole grains, vegetables and fruits.** These foods supply carbohydrates and dietary fiber. The typical American man gets barely half the recommended amount of dietary fiber. Men who eat adequate amounts of fiber are less likely to suffer from constipation, hemorrhoids and diverticular disease. These foods also help control blood cholesterol levels and may reduce the risk of colon cancer. Adult men younger than 50 years old should consume 38 grams of fiber daily and men over the age of 50 should aim for 30 grams of fiber daily.
- ✓ **Shake the sodium and salt habit.** Read food labels to find foods that are lower in sodium.
- ✓ **If you drink alcohol, moderation is the key.** Alcoholic beverages are loaded with calories and offer few nutrients. For men, have no more than two drinks a day for optimal health. A single drink equals 12 ounces of regular beer, 5 ounces of wine or 1.5 ounces of distilled spirits.
- ✓ **Gear Up!** Find a variety of activities you like. You could walk around the block, work in your yard or try joining the kickball league. Start out slowly and work up to 30 to 60 minutes of moderate physical activity most days of the week.

Fact vs. Fiction

Myth: Men and women have the same energy needs.
Fact: Adult men usually have less body fat and 10 percent to 20 percent more muscle than women of the same age and weight. That is one reason why men's basic energy needs are higher.
Myth: Eating healthfully means avoiding my favorite foods, like steak and potatoes and eggs.
Fact: The most important factor when planning a healthful diet is moderation. Follow the recommendations of The Dietary Guidelines for Americans and MyPyramid, or consult with a registered dietitian to learn how to include all your favorite foods as part of a healthful lifestyle.

Myth: Men's nutritional habits do not affect a couple's ability to conceive a baby.

Fact: Men and women share responsibility when trying to conceive. Smoking, alcohol, drug abuse and obesity are associated with decreased production and function of sperm. Eating foods high in zinc, folate, carotenoids and vitamins E and C may help protect sperm from damage by free radicals. These foods include spinach, beans, whole grains, almonds and broccoli.

Myth: A "beer belly" caused by drinking too much is not a serious health concern.

Fact: While women often put on extra pounds in the hips, thighs and legs, men are more likely to gain belly fat. There is a link between drinking excess alcohol and gaining belly fat, but taking in excess calories from any food will result in weight gain. Weight gain of any kind can put you at an increased risk of disease including diabetes, some types of cancers, high blood pressure and sleep apnea.

For more information on eating healthy, visit www.eatright.org.

A Healthier Philly Cheesesteak

From Jessie Price, co-author of *Eating Well: Comfort Foods Made Healthy*

Ingredients:
2 tsp extra-virgin olive oil
1 medium onion, sliced
8 oz mushrooms, sliced
1 red or green bell pepper, sliced
2 tbsp minced fresh oregano, or 2 tsp dried
1/2 tsp freshly ground black pepper
1 lb sirloin steak, trimmed and thinly sliced
1/2 tsp salt
1 tbsp all-purpose flour
1/2 cup sliced hot banana peppers (optional)
1/4 cup reduced-sodium chicken broth
3 oz thinly sliced reduced-fat provolone cheese
4 whole-wheat buns, split and toasted

1. Heat oil in a large nonstick skillet over medium-high heat. Add onions and stir until brown, 2-3 minutes. Add mushrooms, bell peppers, oregano, and black pepper and stir until the vegetables are soft, about 7 minutes.
2. Add sirloin and salt and cook, stirring, until the beef is just cooked through, about 4 minutes.
3. Reduce heat to low; sprinkle the vegetables and beef with flour; stir to coat. Stir in banana peppers (optional) and broth; bring to a simmer. Remove from the heat, lay cheese slices on top of the vegetables and beef, cover, and let stand until melted, 1-2 minutes.
4. Divide into 4 portions with a spatula, leaving the melted-cheese layer on top. Scoop a portion onto each toasted bun and serve immediately.

Serves: 4
Nutritional Information Per Sandwich: 440 calories, 45 grams protein, 31 grams carbohydrate, 15 grams fat, 5 grams fiber

Calendar of Events for Preventive Medicine

Lipid Control Class*
June 8 & 22 @ 0900-1000
Diabetes Seminar-2 day
June 10 & 11 0830-1400
Tobacco Cessation Classes* on Tuesdays from 1100-1200
Welcome to Wellness*
Mondays from 1200-1330 and Thursdays from 0830-1000
Welcome to Readiness* (Active Duty Only)
Fridays from 0830-1000
Weight Loss for Beginners
June 24 @ 0900

*** Requires Pre-registration**
Call Preventive Medicine for more information
256-955-8888 ext 1026

Important Notice!!!!

School Readiness Days are being held on the following Saturdays during the summer:

June 6
July 11
August 1

If you think your child needs immunizations, a new or updated Alabama blue card, or a school/sports physical, call 955-8888 to schedule an appointment. No other services will be provided on those days and each child must have their own physical paperwork with them at the time of the appointment.

Have a Safe and Happy Summer!