



TeamCare News

Men's Health

June 2009

Many of the major health risks that men face – like colon cancer or heart disease - can be prevented and treated with early diagnosis.

Screening tests can find diseases early, when they are easier to treat. It's important to see your doctor and have regular checkups and screenings.

Information from the National Institutes of Health

Real Men Wear Gowns

Take control of your health, visit your doctor regularly, and get screened.

- One in 5 American men has heart disease.
- One in 3 American adults has high blood pressure.
- Three in 4 American men are overweight.
- Nine in 10 lung cancer deaths are caused by cigarette smoking.

* Colorectal Cancer - Once you turn 50, start getting screened for colorectal cancer. If you have a family history, you may need to be tested before you turn 50.

* Abdominal Aortic Aneurysm - If you are between the ages of 65 and 75 and have smoked 100 or more cigarettes in your lifetime, ask your doctor to screen you for an abdominal aortic aneurysm.

* You should also be screened yearly for high blood pressure, cholesterol and obesity.

Information from the US Dept. Of Health and Human Services

Quick tips for your health:

- Get regular check-ups and screenings
- Be physically active
- Don't smoke
- Drink in moderation
- Eat a healthy diet
- Take time to relax



Fiesta Pasta Salad (from *A Man, A Can, and A Plan*)

2 cups small shell pasta (try a whole grain variety)
1 (14-oz.) can red kidney beans, rinsed and drained
1 (14-oz.) can diced tomatoes with zesty jalapenos, drained
2 cans (4 oz. each) sliced black olives, drained

Also:

1 (4-oz.) jar chopped green chilies, drained
1 red bell pepper, chopped
1/2 cup chunky salsa
1/4 cup low-fat Italian vinaigrette
1 Tbsp. chopped fresh cilantro or basil -- or 1 tsp. dried



Cook the pasta according to package directions. Dump everything else into a bowl. Drain the pasta and rinse under cold water. Add the pasta to the bowl, mix everything up, and refrigerate until serving time. Makes 8 servings.

Information provided by:

Delta TeamCare

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Being physically active, eating healthy and decreasing stress can help you be healthier. Join our Lifestyle Management Programs to help you take steps in the right direction. **Call today to enroll!**

Tips When Talking with Your Doctor

- It is important to tell your doctor personal information—even if it makes you feel embarrassed or uncomfortable.
- Tell your doctor about any herbal products you use or alternative medicines or treatments you receive.
- Ask questions. If you don't, your doctor may think you understand everything that was said.
- Write down your questions before your visit. List the most important ones first to make sure they get asked and answered.
- Ask your doctor to draw pictures if that might help to explain something.
- Take notes.

