Men’s Health Month Spotlights the Guys

Let’s hear it for the men and boys in our lives during June in honor of Men’s Health month. Take action by becoming more aware of the leading health concerns for men such as prostate cancer, cardiovascular disease, lung cancer, depression, and diabetes.

Encourage the men in your life to practice good health habits and receive recommended annual health screenings. You take your car in for an oil change and provide regular maintenance for a well-running vehicle. Hasn’t your body earned the same courtesy?

PEHP makes it easy for eligible members and spouses to take the first step towards good health and know their numbers.

Log onto your online personal account at www.pehp.org to schedule an annual testing session with PEHP Healthy Utah and learn about your biometric measures including total cholesterol and HDL, blood glucose, body composition, waist circumference, and blood pressure.

Participate in a testing session and complete an online health survey to earn a $50 rebate!

– Your PEHP Wellness Team

MEN’S HEALTH FACT

Prostate cancer is very rare in men younger than 40, but the chance of having prostate cancer rises rapidly after age 50. About 6 in 10 cases are found in men over age 65. Learn how to lower your risk.

– American Cancer Society
Inactivity & Health Risks for Men

Heart disease is the leading cause of death for men in the United States. Studies show that being physically inactive increases your risk for heart disease equally to cigarette smoking, high blood pressure, and elevated cholesterol. Colon cancer is one of the leading causes of cancer death in men. Research shows approximately 80% of cases of colon cancer could be prevented through diet and exercise. Staying active throughout your life is the single most powerful way to remain healthy and to reduce your risk for heart disease and colon cancer.

Physical activity may reduce your risk for heart disease and colon cancer by as much as 30 to 40%. Get started and simply walk about 30 minutes most days of the week.

Visit this link for ideas on how to include more physical activities into your daily life.

MEN’S HEALTH FACT

Men require more protein, simply because they tend to weigh more. Excess protein can also accelerate calcium loss in urine; therefore, men with a high risk of kidney stones should watch their protein intake. The average daily requirement is calculated based on 0.8 grams of protein per kg of body weight. – CDC

CLICK TO NAVIGATE

PREVIOUS  MOVE IT  WORKOUT WARRIOR  FOOD FOR THOUGHT  SIMPLIFY YOUR LIFE  WAIST AWEIGH  WEECARE  CALENDAR  NEXT
Annual Physicals Can Improve Health

In order to feel your best and live a healthy life, your body needs regular maintenance. Our bodies are organic machines, and like any machine, they require ongoing care and occasional repair work. Take control of your body by learning about your current state of health. Knowledge is power. Increase your ‘health smarts’ by participating in recommended health screenings such as a yearly physical exam.

Silent health conditions such as high cholesterol, elevated blood pressure, certain types of cancers, and type II diabetes can be detected early at a physical exam and easily managed. A physical exam is also a time to discuss health improvements such as experiencing better sleep, improving digestion, and learning how to increase stamina. A Smart Phone requires a recharge – vehicles need oil changes – and tires need replacing after so many miles. Get your annual physical; your body has earned it!

By Tiffany Anderson

NEW! Grocery Store Tours with a Registered Dietitian!

Do you ever feel overwhelmed when grocery shopping? With more than 43,000 products on supermarket shelves, the grocery shopping experience can be daunting.

To help our members choose food products wisely—for health and cost—PEHP Healthy Utah will soon offer grocery store tours. Walk down the aisles of the grocery store with a Registered Dietitian to learn how to sleuth through product labels and marketing claims. The tour will include:

» Guidance on selecting quality food products.
» Resources to take home, practical tips, and guidance.
» Time and attention from a Registered Dietitian.

By Maria Givler

Food For Thought

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MORE DETAILS

Watch for more information in our July newsletter – stay tuned for more details and scheduling opportunities. Note: Locations are limited to the Wasatch front and tours are offered to PEHP members and their spouses.

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MEN’S HEALTH FACT

When choosing multi-vitamin supplements it is important to select gender-appropriate formulas. High iron stores in men are associated with increased risk of heart attacks. The recommended daily amount is 8 mg for men of all ages.

— CDC
Health – Making It Happen

To celebrate Men’s Health Month we share comments from men participating in PEHP Waist Aweigh. Hear how they prioritize their health, even with busy responsibilities and schedules.

» “When you get tired of salads, find healthy lunches out...focus on vegetables for a satisfying lunch.”

» “I stick to a strict workout schedule. I work out on days off and one weeknight to not conflict with work or family activities.”

» “I have accountability from meetings with a weight-loss group and weigh weekly.”

» “When you get tired of salads, find healthy lunches out...focus on vegetables for a satisfying lunch.”

» “The only secret I have is no secret – its exercise.”

» “I take a long Sunday walk. It’s a great de-stressor, and you can vary terrain as you explore your neighborhood.”

» “Attending weekly meetings with a weight-loss group helps me stay motivated and follow through with my plan. I purchased a pre-paid pass so if I don’t go it’s like throwing money out the window.”

Men can prevent prostate cancer by limiting alcohol, avoiding caffeine, exercising regularly, eating right, watching their weight; avoid smoking, and drink plenty of water.

– Men’s Health Network
Expectant Dads Gain Weight Too

When a woman gains weight during pregnancy she isn’t alone; fathers-to-be tend to gain weight too. This sympathetic symptom, which may also include queasiness and appetite changes, is known as Couvade Syndrome.

Couvade comes from the French word couver meaning “to hatch”. Couvade Syndrome has come to mean that a partner is having a sympathetic or phantom pregnancy and shares many of the physical experiences associated with pregnancy.

Generally, Couvade begins during the first trimester and ends with the birth of the baby.

Studies have shown that male partners cohabitating with a pregnant woman do experience hormonal changes during the pregnancy.

Psychological symptoms may arise from worries about becoming a father or envy as the mother’s attention shifts to the unborn child.

Whatever the cause, fathers can manage symptoms of Couvade Syndrome by practicing good health habits. Eating a nutritious diet, moderate portion sizes, and stress management can help.

Learn more about Couvade Syndrome here.

MEN’S HEALTH FACT

Daddy Blues: About 4% to 25% of all new fathers experience depression. Fathers under age 25, unmarried, or with a history of depression have a higher risk of experiencing paternal postpartum depression. Men can find assistance here.
# WELLNESS
## JUNE 2015

### CLICK TO NAVIGATE

#### MARK YOUR CALENDAR

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<td>Ramadan begins at sundown</td>
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### Health Tool of the Week:
- **Blueprint for Men's Health**
- **Prostate Health Guide**
- **Fit Men Cook**
- **Men: Take Charge of Your Health**

### Special Days:
- **Flag Day**
- **Father's Day**
- **D-Day**
- **Father's Day Summer Begins**
- **D-Day Flag Day**

### Traveling Calendar:
- **Salt Lake City**
- **Ogden**
- **Provo**

### Events:
- **HU TESTING SESSION**
- **Salt Lake City**
- **Orem**
- **Provo**
- **Taylorsville**
- **Tooele**
- **Vernal**
- **Orem**

### Sign up for a PEHP Healthy Utah testing session.