



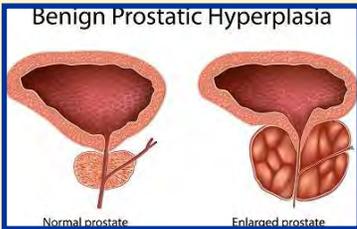
## June is Men's Health Month

Eat healthy, get moving  
and make prevention a priority.



# The Prostate

The prostate is a small gland in men that is part of the reproductive system. It's about the shape and size of a walnut. The prostate rests below the bladder and in front of the rectum. It surrounds part of the urethra, the tube that carries urine from the bladder. The prostate helps make semen, which carries sperm from the testicles when a man ejaculates.



### Enlarged Prostate

As a man ages, the prostate can grow larger. When a man reaches the age of 40, the prostate gland might have increased from the size of a walnut to that of an apricot. By the time he reaches the age of 60, it might be the size of a lemon.

Because it surrounds part of the urethra, the enlarged prostate can squeeze the urethra. This causes problems in the passing of urine. Typically, these problems passing urine don't occur in men until they are age 50 or older. They can, though, occur earlier.

An enlarged prostate is also called benign (noncancerous) prostatic hyperplasia or BPH. It is common and cannot be prevented. Age and a family history of BPH are risk factors. Eight out of every 10 men eventually develop an enlarged prostate. About 90% of men over the age of 85 will have BPH. About 30% of men will find their symptoms bothersome.

### Symptoms of an enlarged prostate may include:

- Trouble starting to urinate or urinating freely
- Having to urinate frequently, particularly at night
- Feeling that the bladder is not empty after urinating
- Feeling a sudden urge to urinate
- Having to stop and start repeatedly while urinating
- Having to strain to urinate

To maintain prostate health, it is important for men who have early symptoms of BPH to see their doctor. BPH is a progressive disease. It can lead to serious, although rare, health problems, such as kidney or bladder damage. (WebMD)



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# A Question of Prevention: Colorectal Cancer Screening



There is no definitive scientific consensus regarding the prevention of colorectal cancer. However, scientists do concur on several strategies to reduce the risk of colorectal cancer in men and women. The first step among these strategies is screening. Screening is recommended starting at age 50 for people who are not at increased risk of colorectal cancer. There are several different screening options available. People at higher risk, such as those with a strong family history of colorectal cancer, might benefit from starting screening at a younger age.

Colorectal Cancer screening is the process of looking for cancer or pre-cancer in people who have no symptoms of the disease. Regular colorectal cancer screening is one of the most powerful weapons for preventing colorectal cancer.

From the time the first abnormal cells start to grow into polyps, it usually takes about 10 to 15 years for them to develop into colorectal cancer. With regular screening, most polyps can be found and removed before they have the chance to turn into cancer. Screening can also find colorectal cancer early, when it is highly curable.

Several screening options exist — each with its own benefits and drawbacks. Talk about your options with your doctor, and together you can decide which tests are appropriate for you.

## Make lifestyle changes to reduce your risk

You can take steps to reduce your risk of colon cancer by making changes in your everyday life. Take steps to:

- Eat a variety of fruits, vegetables and whole grains.** Fruits, vegetables and whole grains contain vitamins, minerals, fiber and antioxidants, which may play a role in cancer prevention.
- Drink alcohol in moderation,** if at all. If you choose to drink alcohol, limit the amount of alcohol you drink to no more than one drink a day for women and two for men.
- Stop smoking.** Talk to your doctor about ways to quit that may work for you.
- Exercise most days of the week.** Try to get at least 30 minutes of exercise on most days. If you've been inactive, start slowly and build up gradually to 30 minutes.
- Maintain a healthy weight.** If you are at a healthy weight, work to maintain your weight by combining a healthy diet with daily exercise. If you need to lose weight, ask your doctor about healthy ways to achieve your goal. Aim to lose weight slowly by increasing the amount of exercise you get and reducing the number of calories you eat.

If you have a strong family history of colorectal polyps or cancer, talk with your doctor about your risk. You might benefit from genetic counseling to review your family medical tree to see how likely it is that you have a family cancer syndrome.

Remember, screening is the first step in colorectal cancer prevention, a healthy life style is the next, and lastly, an on-going conversation with your doctor are the keys to good health and long life.



A positive lifestyle change is another step in making  
Florida the Healthiest State in the Nation.



# Are you getting enough sleep?



Sleep is important for people of all ages to stay in good health. How you feel and perform during the day is related to how much sleep you get the night before. If sleepiness interferes with your daily activities, more sleep each night will improve the quality of your waking hours. Yet many adults report experiencing a sleeping problem one or more nights a week.

Insufficient sleep is associated with a number of chronic diseases and conditions—such as diabetes, cardiovascular disease, obesity, and depression—which threaten our nation’s health. Not getting enough sleep is associated with the onset of these diseases and also may complicate their management and outcome.

Sufficient sleep is increasingly being recognized as an essential aspect of chronic disease prevention and health promotion. How much sleep is enough? Sleep needs vary from person to person and change as people age.

Consider these sleep guidelines for different age groups.

## **How much sleep do you need?**

- **Newborns 16-18 hours**
- **Preschool-aged Children 11-12 hours**
- **School-aged Children At least 10 hours**
- **Teens 9-10 hours**
- **Adults (including older adults) 7-8 hours**

“Sufficient sleep is not a luxury—it is a necessity—and should be thought of as a vital sign of good health.” Wayne H. Giles, MD, MS, Director, Division of Population Health, National Center for Chronic Disease Prevention and Health Promotion. \*Data from the National Institutes of Health

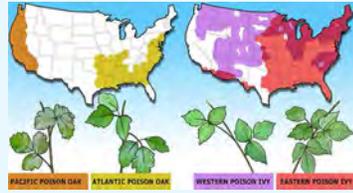
## **Sleep Hygiene.**

The promotion of regular sleep is known as sleep hygiene. Here are some simple sleep hygiene tips:

- **Go to bed at the same time each night, and rise at the same time each morning.**
- **Sleep in a quiet, dark, and relaxing environment, which is neither too hot nor too cold.**
- **Make your bed comfortable and use it only for sleeping and not for other activities, such as reading, watching TV, or listening to music.**
- **Remove all TVs, computers, and other "gadgets" from the bedroom.**
- **Avoid large meals before bedtime (cdc.gov).**



**“Summer is the annual permission slip to be lazy. To do nothing and have it count for something. To lie in the grass and count the stars. To sit on a branch and study the clouds.”** Regina Brett



# Leaves in three, let it be.

## Poison ivy, oak and sumac: Overview

Many people get a rash from poison ivy, poison oak, and poison sumac. This rash is caused by an oil found in the plants. This oil is called urushiol (you-ROO-shee-all).

The itchy, blistering rash often does not start until 12 to 72 hours after you come into contact with the oil.

The rash is not contagious and does not spread. It might seem to spread, but this is a delayed reaction.

Most people see the rash go away in a few weeks. If you have a serious reaction, you need to see a doctor right away. Swelling is a sign of a serious reaction — especially swelling that makes an eye swell shut or your face to swell.

Look for brochures with more information in the staff lounge areas.



# Laughter

When I was recently asked, “What do I do for my health?” I couldn’t do anything else but laugh! And believe it or not, that was it! Laughter!!

Once my doctor told me that he noticed I liked to laugh a lot... How true! He told me to continue doing it as it is the best medicine for the heart! And not only for the heart..., look at the other health benefits!

- Laughter stretches the muscles throughout our face and body
- Elevates our pulse and blood pressure making us breath faster
- By breathing faster, we send more oxygen to our tissues
- Some believe it is a mild workout as it boosts the heart rate when combined with movement.
- According to William Fry, a laughter research pioneer, 1 minute of hearty laughter is equivalent to 10 minutes of exercise in a rowing machine.
- It burns calories too! Researchers found out in a small study that 10 to 15 minutes of laughter burned as many as 50 calories. (*Laughter: Good For Your Health - WebMD*)

So as I’m heading to fulfill the very important mission of helping my daughter move from Guam to California and deliver her second baby in the process, I have to pause to think of all of you, my dear DOH-Broward family, who influenced my every-day-laughter! *Thanks for the Memories... Keep On Laughing!!*

Nilka Reyes

# Healthy Eats

## Ingredients

In honor of the 2016 summer Olympics in Rio, *Rosângela Horvath* sent us this recipe for a traditional Brazilian seafood dish. It comes from the state of Bahia in northern Brazil. The dish, moqueca de peixe, (moo-KAY-ka duh PAY-shuh) is a fish stew fragrant with garlic and peppers, and enriched with coconut milk. Serves 4-6 people.



## Moqueca de Peixe

Serve with rice and salad



- 1 1/2 pounds grouper, snapper, mahi mahi, salmon, or monkfish
- Juice of 2 limes
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 2 teaspoons minced garlic
- 2 tablespoons olive oil
- 1 red pepper, sliced thinly
- 1 green pepper, sliced thinly
- 1 large onion, sliced thinly
- 2 tomatoes, sliced thinly
- 4-5 green onions, white and green parts, finely chopped
- 1 bunch of cilantro, washed and roughly chopped
- 2 teaspoons paprika
- 1/2 - 1 teaspoon chile pepper (or to taste)
- 2 1/2 cups coconut milk
- 3 tablespoons palm oil

## Directions

1. Cut the fish into bite size pieces and place the pieces in a Ziploc bag. Add the lime juice, salt, ground pepper, and minced garlic. Marinate the fish for 1 to 4 hours in the refrigerator.
2. Add 2 tablespoons of olive oil to a large sauté pan. Layer half of the peppers, half of the tomatoes, and half of the onions over the bottom of the pan.
3. Cover the vegetables with the fish and the marinade.
4. Layer the rest of the peppers, onions, and tomatoes on top. Sprinkle with the chopped green onions and half of the chopped cilantro.
5. Whisk the paprika and the chile pepper into the coconut milk, and pour the mixture over the vegetables and fish.
6. Drizzle the vegetables with the palm oil.
7. Bring the mixture to a boil, and simmer gently, covered, for 15 minutes. Remove cover and simmer for 25 minutes more, or until vegetables are well-cooked and tender. Season with salt and pepper to taste.
8. Sprinkle the rest of the chopped cilantro over the hot stew. Serve with rice and salad.

### What's in season?

Avocado, Cantaloupe, Eggplant, Guava, Lychee, Mango, Mushroom, Orange, Papaya, Passion Fruit, Peanut, Potato, Sweet Corn, Tomato and Watermelon.

A cold slice of watermelon on a summer's day.



## Back Page Story:

# Sometimes you have to re-align your goals



By Robert M. Shore

From my youth, I always found fitness elusive. I was an overweight kid, tried weight loss programs with my mom and other family members over many years, and was an unhealthy 220 pounds at 32 years old and 5'7". Then I discovered running, weight lifting, marathons, boot camps, and Tough Mudders. I was a fitness machine. My weight dropped to 155 pounds by my 33<sup>rd</sup> birthday and I felt great. Meals included a handful of pretzels and some peanut butter, and were eaten every few hours. I loved it.

Years later arthritis ended marathons and other joint issues limited my fitness regimens. Was it too much stress on the joints? Genetics? Destiny? Who knows. But I felt horrible for a while. I missed those days and sometimes got dejected because I couldn't engage in the level of activity I used to. My fitness and I had become more 'frenemies' than the buddies we used to be. I worried my fitness and I would slowly grow tired of each other and just end up in a horrible break-up, forever lost to each other.

But I came to realize that my old fitness might just not be a suitable buddy for me anymore. I needed to find another 'fitness' that worked better for me as I aged. I cannot do everything I used to do but that does not mean I cannot still have fitness in my life somehow. I've learned to recognize the positive aspects of my fitness regimens and not dote on negatives or occasional 'slip-ups'.

It is important to me to have some activity daily – walking stairs, walking across a parking lot rather than parking close to a store, doing some sit-ups during TV commercials, or taking a walk during lunch. I get to the gym at least 3 days a week for more intense exercise no matter what. I bring prepared food for lunch so I don't have to be tempted to go out or make a decision while hungry. These good habits all add up over time. I keep the long term goal of 'healthier' in mind but I know I can't eat an elephant in one bite, so recognizing the modest progress made every day is important.

Recently, I have gotten back to weight lifting. It is not the same as before, now with lighter weights, but I am active and my fitness is coming back. I have not insisted it be the same as it once was, accepting that I have aged and my fitness goals are different today. But by re-aligning my goals and realizing that a 'one size fits all' fitness is just not reasonable, I have been able to keep my fitness going and grow it little by little, watching the elephant disappear bite by bite.

Any advice I would give about healthy lifestyle would include finding something you like to do rather than adapting to activities you are told to do. Also, give yourself credit for what you accomplish and don't beat yourself up over slip-ups. Track your progress if that works for you, and plan out time to be active. Make YOUR health a priority because you can't be there for others if you are unavailable due to poor health.

*Robert, thank you for sharing your journey with us and reminding us of the importance of re-aligning our goals with time and making health our priority.*

Please consult your healthcare provider before starting any diet or exercise program.

### Contact Us:

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### DOH-Broward Employee Wellness



**The Walking Club,  
Is on HOLD for the Summer.  
We will resume our exercise program in  
September. Do your best with your 150  
min a week, stay cool, drink your water.  
Have a great summer!**

