

A monthly wellness newsletter from Better You

Men's Health: Top 6 Preventive Care Tips

1. Have an annual wellness exam.

A health history, your blood sugar, blood pressure and cholesterol levels will be measured, along with your height and weight. Knowing these numbers can help you and your provider find problems early and treat them to prevent health issues. Heart disease and stroke are two of the leading causes of death for men.

2. Watch your waistline.

If you can pinch an inch at your waist, that may indicate the need to lose 10 or more pounds. A man's waist should be less than 40 inches. If you do have some weight to lose, focus on small changes and lose weight slowly.

3. Eat a healthy diet.

Your diet matters! To improve all the lab values above AND your waistline, consider doing 2 simple things. Increase the number of fruits and vegetables



you consume and eat less processed foods. Most packaged foods are higher in calories, fat and sodium and provide less nutritional bang for your buck.

4. Schedule cancer screenings.

This includes skin cancer checks. Your health care provider will do a visual check of your skin including your scalp and behind your ears, paying attention to areas you can't see. Colorectal cancer screening should start at 45 (younger with a family history of colon cancer). And don't forget prostate cancer screening, especially if you experience frequent or painful urination, urinate more than 8 times a day or more than twice a night.

5. See your dentist.

Brushing your teeth twice a day and flossing, plus an annual visit to your dentist will keep your choppers and gums healthy. Report any issues with your teeth or gums to your dentist.

6. Get enough sleep.

The recommendation is 7-9 hours of quality sleep every night. Snoring and sleep apnea are associated with a higher risk of high blood pressure, diabetes, obesity, and more accidents. If a loved one tells you that you snore, let your doctor know as it can affect the quality of your sleep. If you are overweight, losing weight has been shown to help reduce snoring.

Resources: [Mayoclinic.org](https://www.mayoclinic.org); [cdc.gov](https://www.cdc.gov); [NIH.gov](https://www.nih.gov)

Chronic Traumatic Stress in the Time of COVID-19

A million Americans have died from COVID-19. People have suffered from significant financial losses intensified by closings of schools, daycare, and workplaces. The repercussions of the pandemic are real, and for some Americans, it has caused post-traumatic stress disorder (PTSD). This disorder is most known for affecting war Veterans, but it can happen in anyone, irrespective of their age, ethnicity, or gender.

PTSD is a psychiatric disorder that develops in some people after suffering a trauma that is shocking, terrifying, or dangerous. The traumatic event can be a single event, like a car crash, or from chronic traumatic stress, like the COVID-19 pandemic. The characteristics of the ongoing

trauma from the pandemic are vast, but a few examples include separation from loved ones, hospitalization for severe cases of COVID, loss of routine, loss of income and death of a loved one.

It is normal to feel fear after a traumatic occurrence, but with time, this fear typically lessens. In people with PTSD, the memory does not diminish and can influence thoughts, emotions, and the capacity to function day to day. The pandemic created a unique situation for developing PTSD, because it has been an escalated series of events.

The development of the disorder is related to how an individual's body and mind process what was experienced. PTSD is treatable with a variety of evidenced-based

treatment options available, including psychotherapy, medications, or a combination of the two. The most important attribute of treatment is that it must be tailored to the individual.

Every person and trauma are unique and what works for another might not work for someone else. PTSD is difficult to manage on your own. Please talk to your primary care doctor or schedule an appointment with a therapist. Getting treatment as soon as possible can help prevent PTSD symptoms from getting worse.

If you would like to learn more, [click here](#) to join us for a live webinar on Post Traumatic Stress Disorder on June 16, 2022, at 1:00 pm Eastern time.

Resources: medicine.yale.edu; jamanetwork.com

Tropical Cucumber Salad (Serves 4)

Ingredients:

- 3-5 teaspoons fish sauce
- 1 teaspoon freshly grated lime zest, plus more for garnish
- 2 tablespoons lime juice
- 1 tablespoon canola oil
- 2 teaspoons light brown sugar
- 1 teaspoon rice vinegar
- ¼ teaspoon crushed red pepper

- 1 medium English cucumber, cut into ¾-inch dice
- 1 avocado, cut into ¾-inch dice
- 1 mango, cut into ¾-inch dice
- ¼ cup chopped fresh cilantro

Directions

Whisk fish sauce to taste, lime zest, lime juice, oil, brown sugar, vinegar and crushed red pepper in a large



bowl until combined. Add cucumber, avocado, mango and cilantro; gently toss to coat. Serve garnished with lime zest, if desired.

Recipe courtesy of [Eatingwell.com](https://www.eatingwell.com); for nutritional information click [here](#).

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ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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