

# Ways to wellness

JUNE IS  
NATIONAL  
MEN'S HEALTH  
MONTH



Semper Fit Health Promotions  
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MCRD San Diego  
Health Promotions

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## MEN!

## TAKE CHARGE OF YOUR HEALTH

THE LIFE-EXPECTANCY for men is nearly 6 years less than women. Compared to women, men are more likely to:

- Smoke & drink more
- Put off routine checkups
- Ignore symptoms of a health problem
- Participate in risky and dangerous behaviors

The good news is that many of the health conditions that men face can be prevented or treated, if found early. To take better care of your health, learn about your risk factors. Risk factors are things that increase your chance of developing a certain disease. Some risk factors you cannot change, like your age or family history. But many risk factors are in your control.

Find out what you can do to lower your risk and improve your overall health. Find out how often you should see a doctor for routine checkups and what screenings, tests, and vaccines you might need. By taking these steps, you will feel good knowing you are doing all you can to take charge of your health.

*Ready to learn more?* Come out to the Martial Arts Expo & Men's Health Fair on Friday, 11 June from 1100-1300 at the MCRD Fieldhouse to enjoy martial arts demonstrations and pick up men's health information.

Here's to Your Health!

*Andrea Callahan*

MCRD Health Promotions Coordinator

# Men's Health Stats

## DID YOU KNOW? *On average, in the United States...*

- 1500 men develop breast cancer, and 400 die, each year
- Testicular cancer is most often found in men under age 40
- 1 in 6 men will develop prostate cancer
- Men die about 6 years earlier than women
- Men make 1/2 as many visits to the doctor as women
- About 1 in 3 men have high blood pressure
- Men are more likely than women to die from:
  - heart disease
  - cancer
  - accidents
  - pneumonia & flu
  - diabetes



## Are you an **AVERAGE JOE?**

*Here are some statistics about the average American man. How do you compare to the Average Joe?*

<b>Average Height:</b>	5'9"
<b>Average Weight:</b>	172 lbs
<b>Average Waist Size:</b>	34"
<b>Average Chest Size:</b>	40" (inhaled)
<b>Average Bicep Size:</b>	13" (flexed)
<b>Number of Bones:</b>	206
<b>Average Hair Count:</b>	100,000 hairs
<b>Average Lifetime Heart Beats:</b>	2,700,000,000
<b>Average # of Sperm Produced:</b>	3,000 per second
<b>Average # of Sperm per Ejaculation:</b>	200-300 million
<b>Average Penis Size:</b>	2.5 to 5" (flaccid) 4 to 8" (erect)

## WHY DO MEN HAVE NIPPLES?

There seems to be a logical explanation about why women have nipples - for babies. But why do men have them? What's the deal?

As developing embryos, men and women have similar tissues and body parts. If anything the embryo follows a "female template". The Y ("male") chromosome and testosterone masculinize the embryo. Testosterone promotes the growth of the penis and testicles. Because nipples are there before this process begins the nipples stay!

In men, nipples and breast tissue have no function. However, men can still develop breast cancer.

## Men's Health Myths

### Myth: Frequent sexual activity & ejaculation increase prostate cancer risk.

*This is untrue. In fact, some studies show that men who ejaculate more frequently had a lower risk of developing prostate cancer.*

### Myth: Aerobic exercise is the only workout that will keep your heart healthy.

*Weight training for 30 minutes or more per week reduces the risk of heart disease by building muscle mass and increasing your resting metabolic rate. It also helps control blood sugar and reduces insulin resistance.*



### Myth: A soy burger is healthier than a beef burger.

*Soy contains plant estrogens. Some of this female hormone in men's bodies is normal, but high amounts of the plant version is not. A study found that men eating high amounts of soy had significantly lower testosterone than beef eaters.*

### Myth: Men reach their sexual peak at 18.

*With regard to their supply of sexual hormones, at least. Testosterone peaks at age 18 in men. "But peak hormones don't mean peak sexual performance," says Marc Goldstein, M.D., a professor of reproductive medicine and urology at Cornell University's Weill Medical College.*

### Myth: Men think about sex every 7 seconds.

*A national survey about sexual habits in the United States found that 43% of men reported thinking about sex not even once a day, but more like between a couple times a week to a couple times a month.*



### Myth: Men don't have fertility cycles.

*Apparently, a man's sperm count is affected by the time of the year and the time of day. Generally sperm counts go up in the winter and down in the summer, possibly because sperm production is increased in cooler temperatures. A man's sperm count is also highest in the morning, matching the time when male hormone levels are also at their daily high.*



### Myth: Shave close to prevent ingrown hairs.

*Actually, it is more likely that if you cut your beard too close, the stubble could turn in on itself and drill into the pore and inflame the skin. Consider using an electric razor or growing a light, well-trimmed beard. Always shave in the direction your beard grows.*

## TEST YOUR KNOWLEDGE: Men's Health Quiz

- Which of the following "female conditions" can also occur in men?
  - Osteoporosis
  - Breast cancer
  - Eating disorders
  - PMS
  - a, b, and c
  - All of the above
- The function of the prostate gland is:
  - to aid with the digestion of fatty foods
  - to produce seminal fluid and keep the urethra moist
  - to keep the bladder healthy
  - to produce insulin in order to prevent diabetes
- Which of the following is the best predictor of heart disease in men:
  - Weight
  - Size of the belly
  - Blood pressure
  - Inactivity
- Which group is most at risk for testicular cancer?
  - Men under age 15
  - Men ages 15 to 49
  - Men over 50
  - Any man at any age
- At some point in their life impotence will affect roughly:
  - Every single man
  - 1 in 1,000 men
  - 1 in 100 men
  - 1 in 10 men
- Male fertility is reduced by smoking up to:
  - 20%
  - 30%
  - 40%
  - 50%
- Cancer is the leading cause of death in men.  
True  
False



## A MESSAGE FOR WOMEN

Did you know that women play an important role in the health care of men through education and awareness?

Men often learn about health from wives, girlfriends, mothers and other female influences in their lives. Women tend to get health information from doctors, the television, the Internet, and printed materials.

Although men need to take charge of their own health, you can help the men in your life get started by raising awareness about men's health issues.

## STAYING HEALTHY

Taking preventive measures, like those below, will help to increase your odds of living a long & healthy life.

- Eat a healthy diet
- Be physically active
- Quit tobacco use
- Get regular check-ups
- Manage stress
- Limit sun exposure
- Get plenty of sleep
- Any drinking should be done in moderation
- Manage health conditions, like high blood pressure & diabetes

# Prostate Health

## ABOUT THE PROSTATE GLAND

The normal prostate is a small, soft gland about the size of a walnut. It sits under the bladder and in front of the rectum. The urethra—the narrow tube that runs the length of the penis and carries both urine and semen out of the body—runs directly through the prostate. The rectum, or lower end of the bowel, sits just behind the prostate and the bladder.

Sitting just above the prostate are the seminal vesicles—two little glands that secrete the majority of the substances that make up semen. Running alongside and attached to the sides of the prostate are the nerves that control erectile function.

The prostate is not essential for life, but it's important for reproduction. It supplies substances that help with egg fertilization and sperm transit and survival.



## Risk Factors

**Age:** The older you are, the more likely you are to be diagnosed with prostate cancer. Men are diagnosed at a rate of about:

- 1 in 10,000 under age 40
- 1 in 38 for ages 40 to 59
- 1 in 15 for ages 60 to 69

**Race:** African American men are 60% more likely to develop prostate cancer, and nearly 2.5 times more likely to die from it, than Caucasian men.

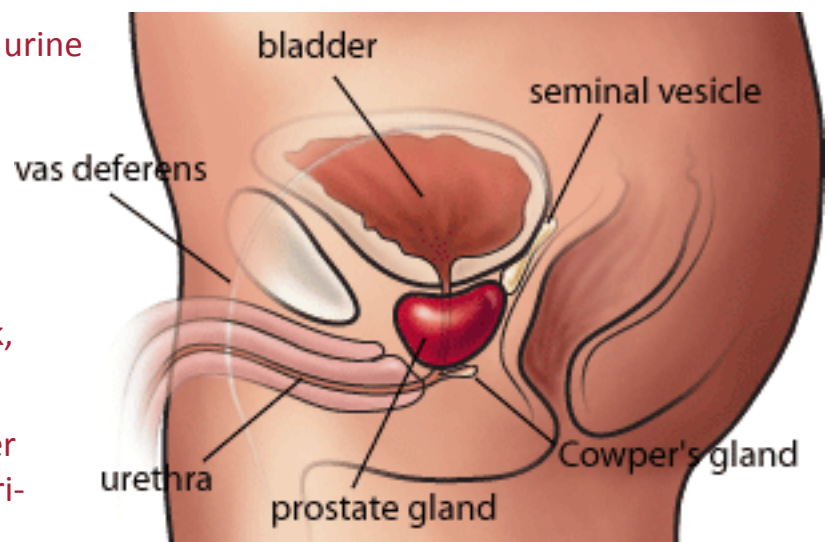
**Family history/genetics:** A man with a father or brother with prostate cancer is 2 times as likely to develop it. Risk increases if the family member was diagnosed under the age of 55, or if it affected three or more family members.

## POSSIBLE SYMPTOMS

Not everyone will experience symptoms of prostate cancer. Often, a doctor will detect the first signs at a routine visit. However, some men may have changes in urinary or sexual function that might indicate the presence of prostate cancer. Possible symptoms include:

- Frequent urination, especially at night
- Difficulty starting urination or holding back urine
- Weak or interrupted flow of urine
- Painful or burning urination
- Difficulty in having an erection
- Painful ejaculation
- Blood in urine or semen
- Frequent pain or stiffness in the lower back, hips, or upper thighs

These symptoms may also be the result of other health conditions. Consult a doctor if you experience any of the symptoms above.



# Testicular Cancer

## ABOUT TESTICULAR CANCER

The testes are the male sex glands. They are located behind the penis in a pouch of skin called the scrotum. The testes produce and store sperm, and are also the body's main source of male hormones, such as testosterone.

Testicular cancer occurs most often in men between the ages of 20 to 39. It accounts for only 1% of cancers in men.

There are two main types of testicular cancer:

- Seminomas- slow growing and sensitive to radiation therapy
- Nonseminomas- grow more quickly than seminomas

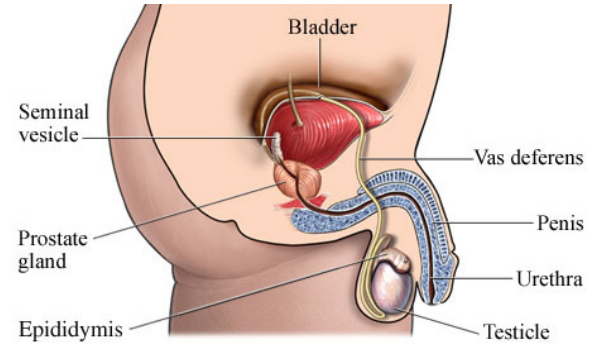
## RISK FACTORS

Risk factors include:

- Having an undescended testicle
- Previous testicular cancer
- A family history of testicular cancer

## POSSIBLE SYMPTOMS

- A lump
- Swelling
- Enlargement in the testicle
- Pain or discomfort in a testicle or in the scrotum
- Ache in the lower abdomen, back, or groin



### In the U.S.

Testicular cancer in the United States (2009):  
 New cases: 8,400  
 Deaths: 380

## DIAGNOSIS & TREATMENT

Diagnosis generally involves blood tests, ultrasound, and biopsy. Treatment can often cure testicular cancer, but regular follow-up exams are extremely important.

## RECIPE: PORK CHOPS & VEGGIES

- |                      |   |
|----------------------|---|
| 12 oz pork cutlet    | 2 tsp olive oil                             |
| 1/3 cup pecan pieces | ¼ cup finely chopped chives or green onions |
| 1 egg                | 14oz cubed butternut squash                 |
| 1 clove garlic       | 11oz apples                                 |
| sea salt             | Cinnamon                                    |
|                      | 2 cups spinach                              |

1. Preheat oven to 400°F
2. Slice butternut squash and apples. Spread squash onto cookie sheet, lightly coat with olive oil on both sides and sprinkle with sea salt.
3. Bake for 15 -20 minutes on each side. For the last 5-10 minutes, add apples and cinnamon and return to oven.
4. Pound/flatten pork chops
5. Combine finely chopped chives (or green onions), pecan pieces, & garlic
6. Whip egg in a bowl, dip pork and coat with pecan mixture
7. Heat olive oil in large pan. Pan fry pork for about 5 minutes until done.
8. Add fresh spinach to plate and serve



## SEMPER FIT EVENTS

### FREEDOM RUN 5K

25 June - 1300

Boathouse

Sign up online @  
www.mccsmcrd.com

### BBQ COOK-OFF

9 July

Fieldhouse Lawn

More details coming  
soon on the web @  
www.mccsmcrd.com

### SMP VIDEO GAME

#### TOURNAMENT

10 July

Recreation Center

More details coming  
soon on the web @  
www.mccsmcrd.com

### SMP

#### BARRACKS BASH

23 July

MCRD Barracks

More details coming  
soon on the web @  
www.mccsmcrd.com

### FITNESS CLASSES

Ongoing

Check out the  
schedule @  
www.mccsmcrd.com

### CHECK THE STANDINGS



WWW.MCCSMCRD.COM

## HEALTHY HAPPENINGS @ MCRD

### MARTIAL ARTS EXPO & MEN'S HEALTH FAIR

Friday, 11 June - 1100-1300 @ The Fieldhouse

- Informational booths and demonstrations from local dojos
- Free men's health screenings & information
- Giveaways & Raffle
- MCX one day sale on selected men's health & fitness items (see event flyer)
- Earn points for your command in the 101 Days of Summer Challenge!



### FUNCTIONAL FITNESS CLASSES

1st & 3rd Thursday each month - 1130-1230 @ Fitness Center lawn



- Get in a high intensity, functional workout during your lunch break
- Learn & refine your weightlifting technique
- Earn points for your command in the 101 Days of Summer Challenge!

### SUN SAFETY FAIR

Wednesday, 7 July - 1100-1300 @ Fitness Center lawn

- Learn about summer & sun safety and pick some free samples
- Info booths on sun & skin safety, protective clothing & gear
- Earn points for your command in the 101 Days of Summer Challenge!



### FREE HEALTHY BBQ COOKING CLASS

Wednesday, 14 July - 1700-1900 @ TBD (priority for MCRD active duty)

- We'll head outdoors & learn how to grill healthy foods
- Come ready to grill and with an appetite – we'll eat what we make!
- Earn points for your command in the 101 Days of Summer Challenge!

### FIGHT GONE BAD COMPETITION

Thursday, 19 August - TBD

- This is the final event in the 101 Days of Summer Challenge
- Compete in command teams of 5 in a functional fitness workout
- Details of event to come...get ready!



POC FOR ABOVE EVENTS: ANDREA CALLAHAN, 619-524-8913