

### In This Issue:

- P.1 Heart Disease in Men
- P.1 Get A Handle on Depression
- P.2 Helping Men Get a Handle on Job Stress
- P.2 Why Don't Men Take Better Care of Their Health
- P.3 Going The Distance For Prostate Cancer
- P.3 Stay In The Game
- P.4 Healthy Recipe
- P.4 Cartoon Corner
- P.4 Upcoming Events

CITY OF MISSION  
July 2015



# Health & Wellness Highlights

WELCOME TO THIS MONTH'S EDITION OF *HEALTH & WELLNESS HIGHLIGHTS*. IN THIS ISSUE, WE WILL BE HIGHLIGHTING THE IMPORTANCE OF:

## Men's Health

### Heart Disease In Men

Although heart disease is the leading killer of both men and women, almost twice as many males die of conditions that affect the cardiovascular system, the MHN reports. According to the CDC, one in four men has some form of heart disease. It is the leading cause of death.

The average annual rates of the first heart disease complication rises from seven per 1,000 men at ages 35-44 to 68 and per 1,000 at ages 85-94. For women, similar rates occur but they happen about 10 years later in life. The average age of a person having a first heart attack is 65.8 for men and 70.4 for women.

"For men, heart disease begins to manifest itself about 10 years earlier than women," says Gregory Burke, MD, professor and chairman of the department of public health sciences at the Wake Forest University School of Medicine. This does not mean men have a free pass against heart disease until they're older. Men have a shorter time to prevent the development of the condition so their overall risk is greater.

According to the American Heart Association (AHA), risk factors for heart disease include: increasing age, male sex, family history and race (Folks with family history of the disease have greater risk, so do: African-Americans, Mexican Americans, Native Hawaiians, and some Asian Americans.), smoking, high blood cholesterol, high blood pressure, physical inactivity, obesity, and diabetes.

Some things, such as your age and sex, obviously cannot be controlled, but modifying lifestyle to eat right and exercise can reduce your risk of heart disease, says Burke.

Source: WebMD, American Heart Association



### Get A Handle On Your Depression

Some of the most common signs of depression include:

- ☘ Constant feelings of sadness or emptiness
- ☘ A loss of interest or pleasure almost everyday
- ☘ Weight gain or loss in the last month that is not due to dieting

If you think you're depressed:

- ☘ Make a list of symptoms and speak with your doctor.
- ☘ Learn more about depression through reading, or research the topic at your local library or on the Internet.
- ☘ Join a support group

Fifteen percent of men are diagnosed with depression.

Source: BCBS





One-third of colon cancer deaths could be prevented with regular screening



## Helping Men Get a Handle on Job Stress

More than two in three Americans feel their job is a major source of stress, according to a recent survey by the American Psychological Association. Typical problems are a heavy workload, low salary, an employer who doesn't recognize their work, and little opportunity for advancement.

**The Heart-stress Connection:** Stress, as well as personality traits such as anger and hostility, can lead to the release of stress hormones. They trigger the body's fight-or-flight response, which speeds a person's heart rate and raises blood pressure, which can damage artery walls and can trigger angina (chest pain) in some individuals. Feeling stressed can also lead to unhealthy behaviors, like eating too much, not exercising, smoking and drinking too much alcohol. These behaviors can contribute to high blood pressure. Men tend to express stress and depression differently than women. They may feel more emotions, like anger instead of sadness, or withdraw from those they love the most. Cultural ideas sometimes prevent men from getting the help they need. In some cases, they don't know they can feel better. Or, they think seeking support makes them weak.

**Get a Handle on Stress:** You can tackle stress by understanding it. Learn to recognize your sources of stress. Identify the situations and events that trigger stressful feelings because they're different for everyone. Notice how you typically react to stress, too. Do you get angry or impatient? Do you get tense muscles, get a headache or feel tired? Do you turn to food or alcohol for comfort? The next time this stress response occurs, take action to relieve the stress. You might take a break, go for a short walk, or use a breathing method or other relaxation technique. The next step is to develop healthy lifestyle habits. They can protect you from the harmful effects of stress. Make time to talk with family and friends. Get enough sleep, exercise and eat healthy meals. At work, don't let stress get the best of you. Take short breaks to stretch and breathe deeply. Some people find it helps to tune out technology now and then. You can set limits on when you'll take phone calls, check your mobile device or respond to email.

**Sources:** Psychology Today, Medicaldaily.com

## Why Don't Men Take Better Care Of Their Health

**Men die at higher rates than women for all of the top 10 causes of death.**

According to a 2001 CDC report, women are 33% more likely than men to visit a doctor in general, although the gap narrows with increasing age. One could accept the statistic as just another difference between men and women, but the stakes are too high to remain complacent.

The Men's Health Network (MHN) reports that men die at higher rates than women from the top 10 causes of death - heart disease, cancer, stroke, chronic obstructive pulmonary disease, accidents, pneumonia and influenza, diabetes, suicide, kidney disease, and chronic liver disease and cirrhosis. Men also die younger than women. In 1920, women outlived men only by one year. Today, CDC figures show the life expectancy gap has widened: On average, women survive men by over five years.

"Any human being who is not connected to a physician to screen for major health problems is at greater risk (of disease and death)," says Jean Bonhomme, MD, MPH, a board member of the MHN. The biggest problem that men have is not so much a specific disease, says Bonhomme, but the diseases are the result of lack of health care monitoring earlier in life. He cites the progression of heart disease as an example: "If you don't get your cholesterol checked when it's going high when you're 20, and if you don't get your blood pressure checked when it's going high when you're 30, maybe your blood sugar's getting a little high when you're 40, what do you think is going to happen when you're 50?"

Bonhomme places part of the blame on society in general, which expects boys to be tough and ignore pain. As people get older, however, the rules change. A little pain can get worse, or signal something more serious going on in the body.

Many of the top 10 causes of death are preventable, and can be treated, if found early.



**Source:** WebMD

## Going The distance for Prostate Health

The National Prostate Cancer Coalition (NPCC) is the largest advocacy organization dedicated to ending the impact of prostate cancer on men, families and society. Founded in 1996, the organization helps increase awareness about the disease through educational outreach and free screenings.

The NPCC is doing its part to put the brakes on prostate cancer with the Drive Against Prostate Cancer (DAPC) program, the only national mobile screening program for prostate cancer. A 39-foot mobile screening unit tours the country to offer free screenings to men. The screenings include both the PSA and DRE tests.

You can find out more about the NPCC or check the DAPC screening tour schedule by logging on to their Web site at [www.pcacoalition.org](http://www.pcacoalition.org).

*Sources: Centers for Disease Control and Prevention; Academy of General Dentistry*

## Stay In The Game

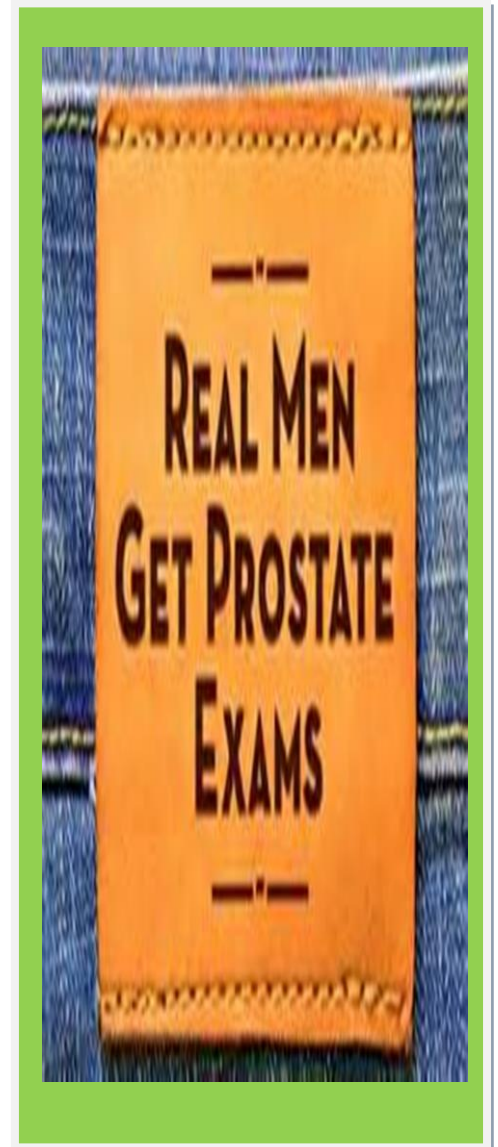
Whether you're playing football, baseball or basketball, a smart game plan can make a difference in whether you win or lose. And the same holds true for your health. By having a wellness plan that includes regular prostate cancer screening, you can increase your odds of beating one of your toughest opponents.

Prostate cancer is the most common male malignancy diagnosed in the United States, with an estimated 189,000 new cases each year. Fortunately, the disease is highly treatable and curable when detected early, and the five-year survival rate for early stage prostate cancer can be as high as 99 percent.

Men age 50 and older who have at least a 10-year life expectancy would benefit from intervention and treatment and should have a prostate-specific antigen (PSA) and digital rectal examination (DRE) annually\*. Currently, African-American men have the highest incidence of prostate cancer in the world – 137 per 100,000 per year. So, if you are African-American, or are younger than 50 and have a strong family history of the disease, you'll want to talk with your physician about a screening schedule that's tailored for you.

Don't let life throw you a curve ball. Safeguard your health by scheduling regular prostate cancer screenings with your physician, or by checking with your local hospital or the Internet for free screenings available in your area.

Source: American Cancer Society



# Healthy Recipe

## Garlic Salmon with Black Bean Sauce

Fish is a delicious dinner option, rich in protein, B vitamins and selenium. Salmon is rich in beneficial omega-3 fatty acids, linked to lower rates of heart disease. Emerging evidence from AICR's new report on liver cancer suggests that eating fish may offer protection against this cancer. This recipe calls for a simple garlic-infused marinade, adding cancer-protective phytochemicals quercetin and allixin. Topping the dish with fresh black bean sauce adds fiber and complements the mildly sweet salmon.

**Makes 4 Servings**

**Per serving:** 318 calories, 13 g total fat (2 g saturated fat), 22 g carbohydrate, 31 g protein, 6 g dietary fiber, 250 mg sodium



### Ingredients:

- 4 cloves of garlic, minced
- 1 Tbsp low-sodium soy sauce
- 1 Tbsp rice or white wine vinegar
- 2 Tsb. Canola or extra virgin olive oil
- 1 tsp. unsulphured blackstrap molasses
- 1 lb. salmon fillet, cut into 4 equal slices
- 1 med. Orange, peeled, sliced

### Black Bean Sauce:

- 1 can, no-salt black beans
- 1 tbsp. extra virgin olive oil
- 4 cloves garlic, minced
- ½ tsp, grated ginger root
- 1 tsp grated orange rind
- 1 tbsp rice or white wine vinegar
- 1 tsp low-sodium soy sauce
- 1/8 tsp crushed red pepper
- Salt & freshly ground black pepper

### Directions:

1. Prepare *Black Bean Sauce* (below) and keep warm, covered, on low heat.
2. Adjust oven rack on second rung from top, at least 6 inches from broiler. Turn broiler on high.
3. In medium bowl, mix together garlic, soy sauce, vinegar, oil and molasses. Stir to combine. Place filets in marinade, turning to coat well.
4. Line rimmed baking sheet with foil. Arrange fillets skin side down and pour marinade on top.
5. Broil salmon until internal temperature is 145 degrees F, about 5-6 minutes.
6. On four dinner plates, divide Black Bean Sauce in center. With back of spoon swirl sauce in oval shape and clear a line in the oval to set the fillet. Carefully slide long spatula between salmon and skin. Gently lift up salmon away from skin and place lengthwise on sauce. Garnish plate with orange slices, if using, and serve.

### Black Bean Sauce

1. In small bowl, mash beans with liquid and set aside.
2. In small saucepan, heat oil over medium heat. Add garlic and ginger and sauté until garlic starts to turn golden, about 1 minute.
3. Add mashed beans and remaining ingredients. Mix thoroughly and cook, stirring often, until hot, about 2 minutes. Season to taste with salt and pepper. Reduce heat to low, stirring occasionally. Sauce should be slightly chunky and thick. Set aside, covered. If sauce thickens too much before plating, stir in water in 1 tablespoon increments and heat through.



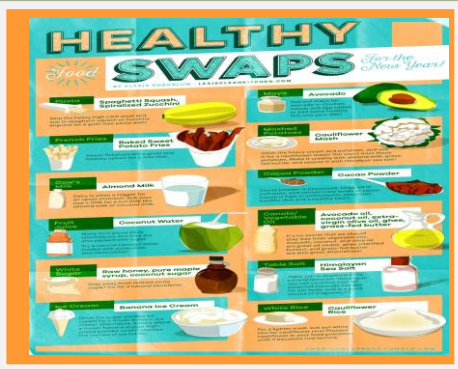
## Mission In Motion

*Our mission is to promote health awareness and to encourage healthy lifestyles.*

### Upcoming Events

July 23, 2015 – Health and Wellness Seminar  
Men's Health  
2:30 p.m. – 3:30 p.m.  
City Council Chambers

Please register with the Human Resources Department by  
Wednesday, July 22, 2015 at 580-8631.



- Noemi Munguia
- Nereyda Peña
- Catherine N. Hernandez
- Anais Chapa
- Human Resources Director
- Benefits Coordinator
- Human Resources Coordinator
- Insurance Benefits Specialist