

Prostate Awareness

WELCOME TO THIS MONTH'S EDITION OF LIVE WELL, WORK WELL. IN THIS ISSUE WE WILL BE FOCUSING ON THE IMPORTANCE OF PROSTATE AWARENESS.



NATIONAL PROSTATE HEALTH MONTH

National Prostate Health Month is observed every September by health experts, health advocates and individuals concerned with men's prostate health and prostate cancer. This year, more than 174,600 men will be diagnosed with prostate cancer, and more than 31,600 die from the disease. Most prostate cancer is diagnosed in men older than 65. Local and national awareness organizations and professional associations engage in activities designed to raise awareness of the issue and encourage men to talk to their healthcare provider about prostate cancer and early detection. Early detection is the key to successful treatment. This awareness period, and the organizations and associations that support it, are responsible for saving an untold number of men's lives by encouraging them to have a discussion with their healthcare provider about prostate cancer and early detection.

Source: preventcancer.org



HUMAN RESOURCES DEPARTMENT

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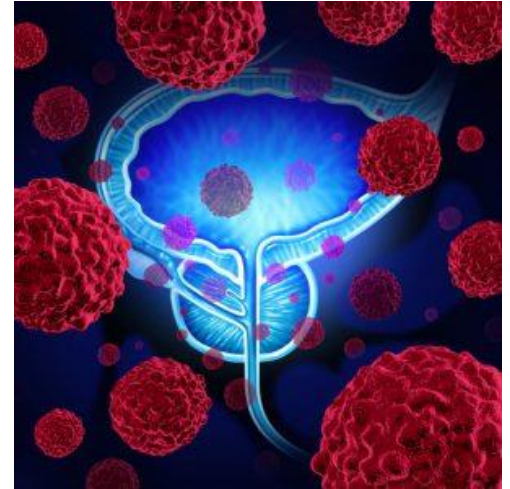
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Treating Prostate Cancer

If caught early, prostate cancer is one of the most treatable cancers. Simple routine screenings are all that is required to determine if cell or tissue abnormalities merit further investigation. Beyond yearly trips to the doctor, physicians can use high-resolution MRI computer tomography and bone scans to determine the nature of irregular cell growth and gauge how profoundly surrounding tissues or bones may be involved. These are minimally invasive tests which give a broad spectrum but minute-level evaluation of any areas which may be at risk. Men aged 50 or over, aged 40 or over and of African-American descent, or with a family history of prostate cancer should consider a yearly rectal examination and prostate-specific antigen (PSA) test, and discuss the risk and benefits of these procedures with their doctor.



Source: <https://www.nfcr.org/blog/preventing-treating-prostate-cancer/>

Eat Smart!

It goes without saying that a healthy diet will aid in avoiding many cancer diagnoses. Specific to prostate cancer, medical experts suggest the following:

- Eat more fish! Aim for those with omega-3 fatty acids that are wild caught and not farm-raised.
- Don't like fish? Try flaxseed or flaxseed oil which also possesses high levels of omega-3s.
- Avoid trans-fats like those in margarine. There is no healthy or acceptable level for these.
- Keep calcium intake at or below 1,500 mg (milligrams) per day.
- Limit red meat consumption and aim to get plant-based fats instead.
- Cook with olive oil rather than butter.
- Eat greens to keep the prostate clean. Broccoli, collard greens, cabbage, and kale are rich in nutrients ideal for supporting the prostate.



Source: <https://www.nfcr.org/blog/preventing-treating-prostate-cancer/>

ENLARGED PROSTATE

Many men will experience an enlarged prostate in their lifetime. By the time you reach the age of 60, you have a 50/50 chance of having an enlarged prostate. When you blow out 85 candles on the birthday cake, the likelihood increases to 90%.

In a post-pubescent male, the prostate is about the size of a walnut and stays that way until age 40. For a still unknown reason, the prostate experiences a second growth spurt and can grow to the size of an apricot or even a lemon. When you take into account that the prostate gland is located just below the bladder at the site where the urethra connects, you can start to see how this can become a serious issue. The pressure can block the natural flow of urine causing irritation. If left untreated, this condition can lead to symptoms such as increased urination, difficulty urinating, or more serious problems.

Source: <https://www.nafc.org/enlarged>

Common Causes Of ENLARGED PROSTATE SYMPTOMS

Symptoms of an enlarged prostate don't always point to cancer, but they might not be a sign of something serious.

- NATURAL AGING (BPH)**
 - 50% of men over age 60 have an enlarged prostate
 - This is a noncancerous, normal condition referred to as Benign Prostatic Hyperplasia (BPH)
- URINARY TRACT INFECTIONS (UTI)**
 - Causes frequent urination and/or burning sensation while urinating
 - Your doctor may recommend an ultrasound or biopsy to rule out prostate cancer
- BLADDER CANCER**
 - Less commonly diagnosed than prostate cancer
 - White males aged 55 or above may be at higher risk
- KIDNEY STONES**
 - Characterized by abnormally high concentration of minerals in urine
 - May be caused by numerous factors, including lifestyle and genetics*
- PROSTATE CANCER**
 - Second most common type of cancer diagnosed in males (12.1%)
 - May be genetically linked or caused by long-term behaviors, such as diet and smoking

WATCHFUL WAITING WITH AN ENLARGED PROSTATE

When the symptoms of an enlarged prostate gland are mild, with low scores on the BPH Impact Index (less than 8), it may be best to wait before starting any treatment—what’s known as “watchful waiting.”

With regular checkups once a year or more often, doctors can watch for early problems and signs that the condition is posing a health risk or a major inconvenience. That’s where the BPH Index is especially helpful.

The “driving force in treatment”, is whether the symptoms are affecting your quality of life - and whether a blockage is causing serious complications, such as inability to urinate, blood in the urine, bladder stones, kidney failure, or other bladder problems.

A few questions to ask yourself:

- How severe are your symptoms?
- Do symptoms prevent you from doing things you enjoy?
- Do they seriously affect your quality of life?
- Are they getting worse?
- Are you ready to accept some small risks to get rid of your symptoms?
- Do you know the risks associated with each treatment?
- Is it time to do something?

Source: <https://www.webmd.com/men/prostate-enlargement-bph/features/enlarged-prostate-bph-complex-problem>

PROSTATE HEALTH

About one in seven men will be diagnosed with prostate cancer during his lifetime.

- No. 2** Other than skin cancer, prostate cancer is the most common cancer in American men.
- 65+** It occurs mainly in older men: 65 or older, and 85 or above.
- 3 million** Estimated number of men living with prostate cancer in the U.S.
- No. 2** The second leading cause of cancer death in American men, behind only lung cancer. About one man in 26 will die of prostate cancer.
- 66** The average age at the time of diagnosis.

RISK FACTORS

- age** About 70 percent of all occurrences are in men over 65. Beginning at age 50, you should have a prostate exam every year.
- genetics** Men with a first degree relative diagnosed with prostate cancer are considered high risk, and should consider screening at age 40.
- race** African American males over 40 have the highest rate of prostate cancer and should consider screenings at age 40.
- diet** Studies suggest that men who eat a diet high in animal fat or meat may be at increased risk.

HEALTH TIPS

- Get fewer calories and exercise more to maintain a healthy weight.
- Men who eat a diet rich in fruits and vegetables may reduce their risk of developing prostate cancer.
- Limit the amount of fat you get from red meat and dairy products.
- Avoid smoking and drink alcohol in moderation, if at all.
- Physical activity is important: to exercise two to three times a week.
- Watch your calcium intake: Avoid taking more than 1,000 mg of calcium supplements a day.
- Eat more fish: Fish may help protect against prostate cancer because of "good fat," particularly omega-3 fatty acids.
- City of Hope researchers are studying whether whole-fiber multigrains provide tumor-blocking effects for prostate cancer.

Symptoms

- Weak or interrupted flow of urine
- Frequent urination (especially at night)
- Trouble urinating
- Painful ejaculation
- Pain or burning during urination
- Blood in the urine or semen
- A pain in the back, hips or pelvis that does not go away.

ENLARGED PROSTATE SYMPTOMS AND CAUSES

There is not a consensus among physicians on exactly why the prostate begins to grow again, though it is widely speculated that an excess of certain hormones may be the catalyst. One study has shown a high correlation between DHT levels (dihydrotestosterone) in the blood and enlarged prostates. Conversely, men with low DHT levels do not experience enlarged prostates.

Estrogen has also been linked to prostate enlargement. As men age, less testosterone is found in the blood stream creating a larger proportion of estrogen. High levels of estrogen have been documented as a marker for this condition as well.

One important thing to note: just because you have a larger prostate does not necessarily mean you will suffer. As with real estate, it's about location.

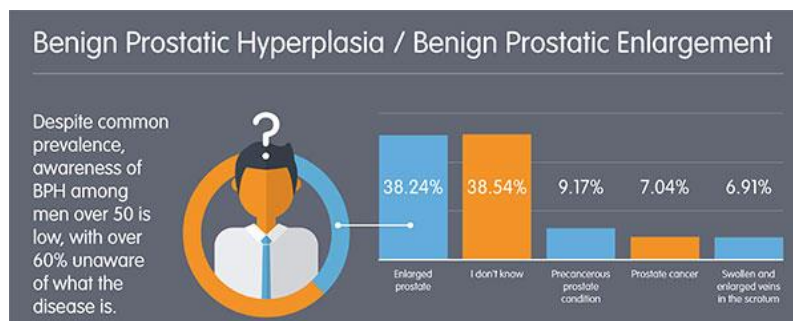
What must be remembered is if you recognize any of the enlarged prostate symptoms below, you need to ask for clinical testing to determine obstruction.

- A weak or interrupted urinary stream
- Sudden urgency to urinate
- Frequent urination
- Inability to completely empty the bladder during urination
- Trouble initiating urine flow even when bladder feels full

While these are most common, you may have an enlarged prostate and still not experience any of these. It's safe to say that after the age of 40, you will want to keep a dialogue with your physician about your prostate health as well as receiving full exams.

Important note: symptoms of bladder cancer, overactive bladder (OAB), and urinary retention may be similar to those associated with an enlarged prostate. It is important to have your primary care physician make a referral to a urologist if you fall into any of the following categories:

- Young patients
- Abnormal rectal exam, PSA, or urinalysis
- History of extensive urethral instrumentation or stricture
- Poor response to medical therapy



Source: https://www.nafc.org/enlargedprostate/?utm_source=Google&utm_campaign=EnlargedProstate&utm_medium=PPC&utm_content=Symptoms&utm_source=google&utm_medium=cpc&utm_term=prostate%20health&utm_content=449745030123&utm_campaign=&gclid=CjwKCAjwmqKJBhAWEiwAMvGt6Aqoz1VamxC5LUSeEKXCHFTvwjIFw_krl6Snuq2RxaLixD5Lb6chcRoCe5AQAvD_BwE

Did You Know?

EAP RESOURCES: BACK TO SCHOOL



With the new school year quickly approaching, we understand the stressors parents are facing as your children return to the classroom.

Although measures have been successful in curbing the spread of the COVID-19 virus in many areas, we still find ourselves in the midst of a global pandemic, leaving many people struggling to adjust to the events of the past year and the so called "new norm."

Your Employee Assistance Program (EAP) provided by Deer Oaks EAP Services is available to support you in this time of transition. You and your loved ones can access around-the-clock assistance for many of life's challenges.

- Coping with anxiety regarding returning to the classroom during the COVID-19 pandemic
- Help adjusting to the "new norm"
- Stress management techniques
- Child/elder care concerns
- Coping with burnout
- Developing a better work-life balance
- Tips on how to discuss the COVID-19 pandemic and the events of the last year with your child
- Addressing hesitancy/anxiety around the decision to receive the COVID-19 vaccine

In-the-moment telephonic support, counseling, legal and financial consultation, and work-life resources are available by calling our toll-free Helpline or you may call, text, or chat with a team member using our iConnectYou App.

Your EAP is here to support you 24/7/365. Call or logon to receive confidential assistance around whatever challenges come your way.

CONTACT YOUR EAP 24/7

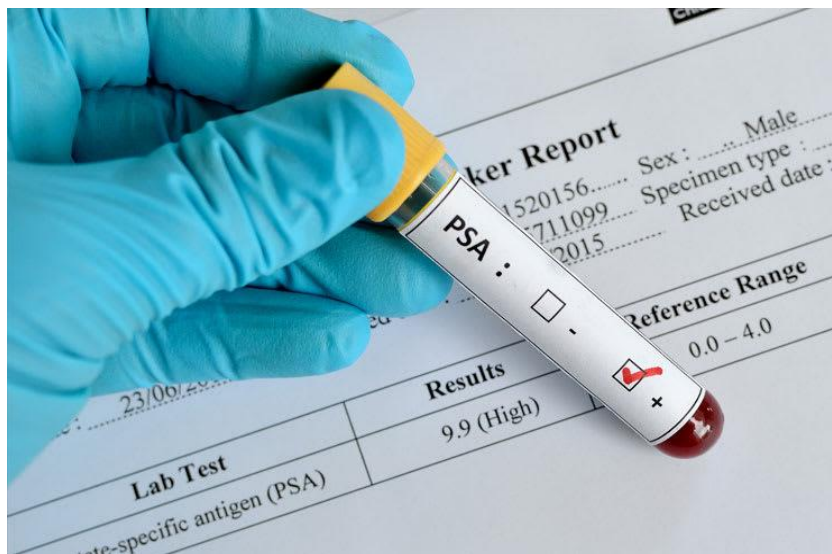
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Diagnosing an Enlarged Prostate

As with all incontinence conditions, a thorough diagnosis must be developed before action can be taken. You may have heard of some of these exams. And if you haven't, now is a good time to familiarize yourself with them. Not only is knowledge power, but it also eliminated surprises.

- Digital Rectal Exam. Due to the natural position of the prostate gland, an enlargement may be felt through the wall of the rectum. Your physician will insert a gloved finger into the rectum in order to assess the size and condition of the prostate gland.
- Urinalysis. With a urine sample, the laboratory can test for infections or other problems. This is a simple way to rule out bladder infection and bladder cancer, which can cause similar symptoms.
- Prostate Specific Antigen Test (PSA). Similar to a urinalysis, the PSA monitors the level of prostate-specific antigen in a patient's blood. Through a routine blood draw, this test can be used to check for prostate cancer and an enlarged prostate. Additionally, a man's PSA may actually be an indicator of whether or not he is at risk for continued prostate enlargement.
- Urodynamic Tests. Urodynamics are a group of diagnostic tests done to evaluate the performance of the lower urinary tract. Measuring bladder pressure and urinary flow, these tests investigate problems such as urine control, urinary frequency or urgency, poor bladder emptying, and intermittent urination. A low flow and high pressure usually indicate obstruction to the urinary outlet.
- Cystoscopy. During cystoscopy, a small flexible fiberoptic camera is inserted into the urethra and bladder to evaluate the anatomy of the urethra, prostate, and bladder.

Because those with BPH can experience symptoms from mild to severe, the treatment options featured here are organized from least invasive to more intense.



Source: https://www.nafc.org/enlargedprostate/?utm_source=Google&utm_campaign=EnlargedProstate&utm_medium=PPC&utm_content=Symptoms&utm_source=google&utm_medium=cpc&utm_term=prostate%20health&utm_content=449745030123&utm_campaign=&gclid=CjwKCAjwmqKJBhAWEiwAMvGt6Aqoz1VamxC5LUSseEKXCHFTvwljFw_kr16Snuq2RxaLixD5Lb6chcRoCe5AQAuD_BwE

Last Month's Events:

August 12, 2021
Health & Wellness Seminar
"Vaccination Awareness"



Upcoming Events:

Health & Wellness Seminar
"Prostate Awareness"

Thursday, September 9, 2021

Deer Oaks Stress Management Seminar
"Preventing & Overcoming Burnout"

Monday, October 11, 2021

Coming Soon:

- **Breast Cancer Awareness Event**
- **Health Fair**

Let's Get Moving!

SEPTEMBER STRETCH CHALLENGE

Stay in the stretch for the number of seconds listed each day and for each side, as applicable.

WEEK ONE: Seated Forward Fold		DAY 1 15	DAY 2 15	DAY 3 20	DAY 4 20	DAY 5 30	DAY 6 35	DAY 7 40
WEEK TWO: Half Splits (Each Side)		DAY 8 15	DAY 9 15	DAY 10 20	DAY 11 20	DAY 12 30	DAY 13 30	DAY 14 35
WEEK THREE: Seated Wide-Legged Forward Fold		DAY 15 15	DAY 16 15	DAY 17 20	DAY 18 20	DAY 19 30	DAY 20 30	DAY 21 35
WEEK FOUR: Pigeon (Each Side)		DAY 22 5	DAY 23 5	DAY 24 10	DAY 25 10	DAY 26 15	DAY 27 15	DAY 28 20
		DAY 29 20	DAY 30 20					