



# HEALTHY TODAY

www.communityhealthdayton.org

July 2021

## MEN'S HEALTH

Men's Health isn't just for men – we want the women in their lives to learn more too! Encourage the men in your life to ask their healthcare provider for more info about:

- ⇒ **Prostate Cancer.** Men with a family history of prostate cancer, African-Americans, and Veterans exposed to Agent Orange are at high risk. These men should consider getting screened each year beginning at age 40, and age 50 for all other men. This consists of a blood test and a quick exam.
- ⇒ **Prostate Health.** BPH (benign prostatic hyperplasia) and prostatitis are also concerns for men. Both cause the prostate to swell and can cause painful or difficult urination
- ⇒ **Erectile Dysfunction.** The revolution in thinking about male sexual dysfunction, following the introduction of Viagra, offers new hope for men suffering from erectile problems. Failure to achieve and maintain an erection can be caused by heart disease, diabetes, certain medications, lifestyle, or other problems
- ⇒ **Testicular Cancer.** Testicular cancer is the most common form of cancer in men ages 20-35 but can occur any time after age 15
- ⇒ **Low Testosterone.** As men age, their testosterone decreases. This can cause andropause, a condition similar to menopause in women, and may lead to erectile dysfunction, fragile bones, depression, fatigue and other problems.

Healthy Today is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you and your family stay healthy and thriving every day!

To read more Healthy Today articles, please visit the archives on our website:

[www.communityhealthdayton.org/healthyat80](http://www.communityhealthdayton.org/healthyat80)

<https://menshealth-month.org/>

**01**  
**Eat Healthy.** Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.

**02**  
**Get Moving.** Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.

**03**  
**Make Prevention a Priority.** Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

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## HEALTHY EATING THROUGH THE LIFE STAGES

**Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium.**

⇒ **Young Adults:** Going away to college or moving out on your own? This exciting life change brings responsibilities and freedom to make your own choices. It's also a key time to build healthy habits.

⇒ Pack healthy snacks, like plain popcorn, dried fruits and nuts, and whole grain crackers into small containers or baggies. They make great grab & go options on busy days.

⇒ Fill reusable water bottles and store them in the fridge. When you open the fridge and see cold water, you'll be more likely to grab it.

⇒ Coordinate a "dinner club" with your roommates and friends. Pick a night or two a week where you cook healthy meals for each other. It's a great way to try new foods and learn new cooking skills!



⇒ **Adults:** Adults of all ages have different nutrition and physical activity needs as their lives and bodies change. Maintaining healthy habits is an important way to lower your risk for cancer, diabetes, heart disease and hypertension. Make your food and beverage choices a priority and stay physically active.

⇒ As you age, manage your calories to stay at a healthy weight. This will prevent gradual weight gain over time. .



⇒ **Older Adults:** As we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being.

⇒ Get enough protein throughout your day to maintain muscle mass.

⇒ With age, you may lose some of your sense of thirst. Drink water often. Low- or fat-free milk, including lactose-free options or fortified soy beverage and 100% juice can also help you stay hydrated. Limit beverages that have lots of added sugars or salt. Learn which beverages are healthier choices.

⇒ Focus on the nutrients you need, including potassium, vitamin D, calcium, dietary fiber, and vitamin B12.



## EXCHANGING HEROICS FOR BETTER MENTAL HEALTH

**No matter how committed you are, it's hard to remain tuned into the needs of others when you yourself are exhausted.**

We've built a bit of a mythology over the years about somehow being (or needing to be) heroic and self-sacrificing and unrealistically durable. The experience of COVID-19 is causing many of us to become more aware of our own psychological needs. We need to redefine strength to include the strength that it takes to ask for help, to say when you're tired, or to say, "I can't do this anymore" or "I can't do this right now." Strength is not the mythic view of endless reserves.

Many people benefit from counseling. Some need support from behavioral health professionals. Everyone can benefit from identifying someone you can call for support and emotional relief. Knowing support is there, and being strong enough to ask for it, can help get us through tough times.

[http://www.jhi.org/communities/blogs/exchanging-health-care-heroes-for-better-mental-health/utm\\_campaign](http://www.jhi.org/communities/blogs/exchanging-health-care-heroes-for-better-mental-health/utm_campaign)



## HEALTHY CHOICES FOR CHILDREN

Toddlers & young children are learning to feed themselves & to eat new foods during this important time of growth & development. Young children have small stomachs & are developing food preferences, so make every bite count!

Behaviors sometimes considered to be “picky eating” are normal for toddlers & young children as they explore new foods & learn to communicate their needs & preferences. Your child may be unwilling to try new foods. Try serving a new food alongside a familiar food in the same meal. Keep trying! It may take a child up to 8-10 tries to accept a new food.



Let your child help prepare meals. Even young children can rinse fruits & veggies, tear lettuce, or stir ingredients. Children get excited about tasting items when they have been involved in the preparation.

<https://www.myplate.gov/life-stages/toddlers>

## THE DEAL WITH DIETS

High-protein diets. Low-fat diets. No-carb diets. With all the focus on dieting, how do you figure out what's healthy and what isn't? .

- ◆ Lots of people feel pressured to lose weight and try different types of diets. But if you really need to lose weight, improving your eating habits and exercising will help you more than any fad diet.

### Can Diets Be Unhealthy?

- ◆ Everyone needs enough calories to keep their bodies running well. Any diet on which you don't eat enough calories and important nutrients can be harmful. Extreme low-fat diets also can be bad for you. Everyone needs some fat in their diet, so no one should eat a completely fat-free diet. About 30% of total calories should come from fat.
- ◆ Don't fall for diets that restrict food groups, either. A diet that says no carbs — like bread or pasta — or tells you to eat only fruit is unhealthy. You won't get the vitamins and minerals you need. And although you may lose weight at first, these diets don't usually work in the long run.
- ◆ Some people start dieting because they think all the problems in their lives are because of weight. Others have an area of their lives that they can't control, like an alcoholic parent, so they focus on something they can control — their exercise and what they eat.
- ◆ Eating too little (anorexia) or eating a lot only to throw up (bulimia) are eating disorders. Some people may find it hard to control their eating. They may eat tons of food and feel like they can't stop (binge eating disorder). Eating disorders are harmful to a person's health. Someone with an eating disorder needs medical treatment.

### So how can I lose weight safely?

- ◆ The best way to diet is to eat a variety of healthy food. Aim to eat more fruits and veggies, whole grains, and drink water instead of sugary drinks like sports drinks or sodas. Cut back on meats high in fat (like burgers and hot dogs), fried foods, sweets, and other junk food.
- ◆ If you are concerned about your weight or think you need to lose weight, talk with your doctor or a registered dietitian.

	DIET	HEALTH
<b>FOOD</b>	As the Enemy	As Fuel & Ally
<b>HABITS</b>	Get Rid of Bad Ones	Develop Good Ones
<b>ACTIONS</b>	What I'm Doing Temporarily	What I'm Doing Forever
<b>THINGS</b>	That I Don't Like About Myself	That I Want For Myself
<b>NUMBER</b>	On the Scale	Of My Daily Choices
<b>GOAL</b>	A Finish Line	A Better Life

**WHICH ONE IS YOUR MENTALITY?**

<https://kidshealth.org/en/teens/dieting.html#catdieting>

# Frozen Broccoli Five Ways



## Cream of Broccoli Soup

- + Frozen broccoli
- + Chicken broth
- + Milk (non-fat)
- + Onion
- + Thyme
- + Bay leaves
- + Margarine
- + Flour
- + Salt
- + Pepper
- + Garlic powder



## Brag About it Bread Bake



- + Frozen broccoli
- + Eggs
- + Egg whites
- + Milk (non-fat)
- + Cheddar cheese (low-fat)
- + Onion
- + Bread
- + Chicken

## Magic Crust Quiche

- + Frozen broccoli
- + Onion
- + Cauliflower
- + Cheddar cheese (low-fat)
- + Eggs
- + Milk (low-fat)
- + Vegetable oil



## Broccoli and Corn Bake



- + Frozen broccoli
- + Cream-style corn
- + Egg
- + Margarine
- + Saltine crackers

## Macaroni and Cheese with Broccoli

- + Frozen broccoli
- + Elbow macaroni
- + Flour
- + Milk (low-fat)
- + Cheddar cheese (low-fat)
- + Pepper



Find these broccoli recipes here:  
<https://choosemyplate.gov/5-ways-5015>

What's?  
 Cooking



## Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

### Our Health Centers

**Appointment Line:**

**937-461-6869**

Hours: Mon-Fri 7:30am-5:30pm

#### Alex Central Health Center

5 South Alexandersville Road Miamisburg, OH 45342 Phone: 937-247-0304

#### Charles Drew Health Center

1323 West Third Street Dayton, OH 45402 Phone: 937-461-4336

#### Corwin Nixon Health Center

2351 Stanley Avenue Dayton, OH 45404 Phone: 937-228-0990

#### East Dayton Health Center

2132 East Third Street Dayton, OH 45403 Phone: 937-528-6850

#### Patterson Park Health Center

1074 Patterson Road Dayton, OH 45420 Phone: 937-258-6330

#### Victor Cassano Health Center

165 South Edwin C. Moses Blvd. Dayton, OH 45402 Phone: 937-972-0303

### Dental Center

#### East Dayton Dental Center

2132 East Third Street Dayton, OH 45403 Phone and Appointments: 937-528-6830

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