



# HEALTHY AT 80

www.communityhealthdayton.org

June 2016

## MEN'S HEALTH MONTH

June is Men's Health Month, the time to celebrate the men in our lives. Let's encourage the men in our lives to take care of their health, this month and every month!

- ⇒ **Stay on Top of Your Game:** Men also need to see their doctor or nurse practitioner for checkups. Certain diseases and conditions may not have symptoms, so checkups help identify issues early or before they can become a problem. Pay attention to signs and symptoms such as chest pain, shortness of breath, excessive thirst, and problems with urination. If you have these or symptoms of any kind, be sure to see your health care provider. Don't wait!
- ⇒ **Check Cholesterol:** Your health care provider should test your blood levels of cholesterol at least once every 5 years. If you have high cholesterol, medications and lifestyle changes can help reduce your risk for heart disease.
- ⇒ **Take Your Medicine:** If you take medication to treat high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something. Never stop taking your medication without talking to your health care provider.

See Inside for More Tips on Staying Healthy Longer!



Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:  
[www.communityhealthdayton.org/healthyat80](http://www.communityhealthdayton.org/healthyat80)

**MEN'S HEALTH AWARENESS MONTH** **IN THIS ISSUE**

June 2016



What can you Do?







**TALK TO YOUR DOCTOR TODAY ABOUT PREVENTATIVE TESTING AND TREATMENT**

**Community Health Centers of Greater Dayton—Your Medical Home**

- Men's Health Month
- Get It Checked!
- Be a Stroke Hero
- Nutrition Bites: 3 Healthy Diets
- Delicious & Nutritious: Moroccan Vegetable Soup

## Ways to Prevent a Stroke



Keep your blood pressure under control.



Get your cholesterol checked regularly.



Stop smoking.



Exercise regularly.



Maintain a healthy weight.

## MEN... GET IT CHECKED!

Regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability. You should talk with your health care provider and discuss if this screening schedule is appropriate for you.

### MEN'S HEALTH CHECKLIST

CHECKUPS AND SCREENINGS	WHEN?	AGES		
		20-39	40-49	50+
<b>PHYSICAL EXAM:</b> Review overall health status, perform a thorough physical exam and discuss health related topics.	Every 3 years Every 2 years Every year	✓	✓	✓
<b>BLOOD PRESSURE:</b> High blood pressure (Hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	✓	✓	✓
<b>TB SKIN TEST:</b> Should be done on occasion of exposure or suggestive symptoms at direction of healthcare provider. Some occupations may require more frequent testing for public health indications.	Every 5 years	✓	✓	✓
<b>BLOOD TESTS &amp; URINALYSIS:</b> Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every 3 years Every 2 years Every year	✓	✓	✓
<b>EKG:</b> Electrocardiogram screens for heart abnormalities.	Baseline Every 2 years Every year	Age 30	✓	✓
<b>TETANUS BOOSTER:</b> Prevents lockjaw.	Every 10 years	✓	✓	✓
<b>RECTAL EXAM:</b> Screens for hemorrhoids, lower rectal problems, colon and prostate cancer.	Every year	✓	✓	✓
<b>PSA BLOOD TEST:</b> Prostate Specific Antigen is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your healthcare provider.	Every year		*	✓

\*African-American men and men with a family history of prostate cancer may wish to begin prostate screening at age 40, or earlier.

CHECKUPS AND SCREENINGS	WHEN?	AGES		
		20-39	40-49	50+
<b>HEMOCCULUE:</b> Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every year		✓	✓
<b>COLORECTAL HEALTH:</b> A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 3-4 years			✓
<b>CHEST X-RAY:</b> Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.	Discuss with a physician		✓	✓
<b>SELF-EXAMS:</b> <b>Testicle:</b> To find lumps in their earliest stages. <b>Skin:</b> To look for signs of changing moles, freckles, or early skin cancer. <b>Oral:</b> To look for signs of cancerous lesions in the mouth. <b>Breast:</b> To find abnormal lumps in their earliest stages.	Monthly by self	✓	✓	✓
<b>BONE HEALTH:</b> Bone mineral density test. Testing is best done under the supervision of your healthcare provider	Discuss with a physician		Age 60	
<b>TESTOSTERONE SCREENING:</b> Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.	Discuss with a physician		✓	✓
<b>SEXUALLY TRANSMITTED DISEASES (STDs):</b> Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia, gonorrhea, herpes and other STDs.	Under physician supervision	✓	Discuss	

## KEEP STROKE AWAY

When one of the blood vessels that keep the brain supplied with oxygen gets blocked or bursts, the brain doesn't get the oxygen it needs to function. Although your body replaces dead cells everywhere else in your body, brain cells aren't replaced, which means that any damage done by a stroke may be permanent. The best way to prevent a stroke is to eat a healthy diet, exercise regularly, and control your blood pressure.

1) **Check Your Blood Pressure Regularly.** To make sure your blood pressure remains within a safe range, you may need frequent blood pressure readings. This can be done with a home blood pressure monitoring device or at your local drug/health store.

2) **Watch What You Drink.** You should have no more than 2 alcoholic drinks per day (if you're not a drinker, don't start unless your healthcare provider advises you to).

3) **Watch Your Weight.** As your weight increases, so does your blood pressure—and losing weight will have an immediate, positive effect.

<http://www.menshealthresourcecenter.com/conditions/stroke/#prevention-anchor>

## BE A STROKE HERO

Every 40 seconds, someone has a stroke in the U.S. F.A.S.T. is an easy way to remember the sudden signs of stroke. When you can spot the signs, you'll know when you need to call 9-1-1 for help right away.

### F

Face Drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

### A

Arm Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

### S

Speech Difficulty – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

### T

Time to call 9-1-1 – If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

**5 THINGS EVERY STROKE HERO SHOULD KNOW!**

- 1** Even **SUPERHEROES** are in **DANGER**. **STROKE RISK** increases with age, but young adults, children, and even unborn babies can suffer strokes. If one of your parents had an ischemic stroke before 65, you are at **3X THE RISK** of suffering one yourself.
- 2** **HIGH** blood pressure is stroke's public **ENEMY #1**. **3 OUT OF 4 PEOPLE** who suffer first strokes have high blood pressure.
- 3** **STROKE** targets by **COLOR**. **BLACKS** have nearly **2x the risk** for a first-ever stroke as whites.
- 4** **STROKE** is largely **TREATABLE**. Clot-busting drugs and medical devices have made stroke largely treatable, but every second counts. The faster you are treated, the more likely you are to **recover without permanent disability**.
- 5** **FRIENDS** usually **SAVE** friends from **STROKE**. Learn to recognize the warning signs of stroke.

**F A S T**  
FACE DROOPING | ARM WEAKNESS | SPEECH DIFFICULTY | TIME TO CALL 911

Become a **STROKE HERO** and help save lives at [StrokeAssociation.org/StrokeHero](http://StrokeAssociation.org/StrokeHero)

## NUTRITION BITES!

The new 2015–2020 federal dietary guidelines focus on the prevention of diet-related chronic diseases instead of just weight management alone. Here are three approaches to the guidelines to help make them more user-friendly:

- ⇒ **Healthy American Diet:** A healthier version of what people in the United States typically consume, it suggests 2.5 cups of vegetables, 2 cups of fruit, 6 ounces of grain, 3 cups of dairy and 5.5 ounces of protein daily.
- ⇒ **Mediterranean Diet:** Heavy on protein and fruits while light on dairy, this diet suggests 6.5 ounces of protein, 2.5 cups of fruit and 2 cups of dairy daily. Like the American diet, it also suggests 2.5 cups of vegetables and 6 ounces of grain daily.
- ⇒ **Vegetarian Diet:** This diet only suggests 3.5 ounces of protein daily. To replace meat and seafood, it prescribes 7 ounces of nuts and seeds, as well as 8 ounces of tofu and other soy products. It also recommends 2.5 cups of vegetables, 2 cups of fruit and 6.5 ounces of grain.

# Delicious & Nutritious

These flavor-packed vegetarian tacos are filled with several ingredients you probably have on hand. Learn how to make them in just 20 minutes!

## MUSHROOM CORN & POBLANO TACOS

- 2 Tbsp olive oil, divided
- 1 cup sliced mushrooms
- 1 cup chopped onion
- 1 tsp dried oregano
- 1 tsp minced garlic
- 3/4 tsp chili powder
- 3/4 tsp ground cumin
- 1 poblano chile, chopped
- 1 1/2 cups frozen corn
- 1 (14.5-ounce) can no-salt-added black beans, rinsed and drained
- 1/4 cup salsa verde
- 1 tablespoon fresh lime juice
- 1 teaspoon hot sauce
- 1/2 teaspoon salt
- 8 (6-inch) corn tortillas
- 3/4 cup (3 ounces) crumbled queso fresco
- 1/4 cup chopped fresh cilantro
- 1/4 cup light sour cream



- ⇒ Heat a large nonstick skillet over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add mushrooms to pan; cook 4 minutes, stirring occasionally. Add remaining 1 Tbsp oil to mushrooms. Stir in onion and next 5 ingredients (through poblano); cook 4 minutes, stirring occasionally. Add corn and beans to pan; cook 4 minutes, stirring occasionally. Remove pan from heat; stir in salsa and next 3 ingredients.
- ⇒ Heat tortillas according to package directions. Divide vegetable mixture evenly among tortillas. Top each tortilla with 1 1/2 tablespoons cheese, 1 1/2 teaspoons cilantro, and 1 1/2 teaspoons sour cream.

<http://www.myrecipes.com/recipe/mushroom-corn-poblano-tacos/print>

### Amount per serving

Calories 390    Fat 14.4 g    Satfat 4.5 g    Monofat 6.7 g    Polyfat 1.7 g    Protein 15.6 g    Carbohydrate 56.6 g  
Fiber 9.8 g    Cholesterol 20 mg    Iron 2 mg    Sodium 553 mg    Calcium 225 mg

## Community Health Centers of Greater Dayton

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

### Health Centers

Appointment Line:  
937-461-6869

#### 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 45503  
Phone: 937-528-6850

#### Southview Health Center

25 Thorpe Drive Dayton, OH 45420  
Phone: 937-258-6330

#### Victor Cassano Health Center

165 South Edwin C. Moses Blvd. Dayton, OH 45402  
Phone: 937-558-0180

### Dental Center

#### East Dayton Dental Center

2123 East Third Street Dayton, OH 45403  
Phone and Appointments: 937-528-6830

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