



**SPECIAL EDITION:  
Men's Health**



## Heart Health

If you're like most Americans, heart health might be something you don't think about very often. You should. The risk of heart disease increases with age and is a leading cause of death for both men and women in the United States. Men, on average, develop heart disease ten years earlier than women. That makes it vitally important that men, as they age, know the warning signs of heart disease and take steps to prevent it.

### Symptoms of an emergency or impending heart attack may include:

- ✓ Feeling faint
- ✓ Weakness or a sensation of light-headedness
- ✓ Having a hard time catching your breath
- ✓ Feeling nauseous or vomiting
- ✓ Feeling very full or having indigestion
- ✓ Pain or an uncomfortable pressure in the chest
- ✓ Unusual pains in the back, shoulders, or neck
- ✓ Sweating
- ✓ An irregular heartbeat

**The good news is that heart disease doesn't have to be an inevitable part of getting older.**





# Prostate Health

Other than skin cancer, prostate cancer is the most common cancer in American men. The American Cancer Society estimates that about one man in nine will be diagnosed with prostate cancer during his lifetime.

While prostate cancer is the second leading cause of cancer death (behind lung cancer) in American men, most men diagnosed with prostate cancer do not die from it. In fact, more than 2.9 million men in the U.S. who were diagnosed with prostate cancer at some point are still alive today. That is why all men, regardless of age, should take steps daily to support, protect and maintain prostate health.

For seniors this is a particularly telling issue because the size of the prostate slowly grows larger as men get older, increasing the likelihood of having prostate problems. If the prostate gets too large, it can be very serious and life-threatening.

Often, older men notice symptoms themselves, and sometimes their doctor finds something during a routine check-up. Among the signs of a prostate problem are:

- Frequent urge to urinate.
- Blood in urine or semen.
- Painful or burning urination.
- Difficulty in urinating or dribbling of urine.
- Painful ejaculation.
- Frequent pain or stiffness in lower back, hips or upper thighs.

“Like all diseases, the time to help prevent prostate problems and support good prostate health is before any of these symptoms occur,” says David Sand, M.D., chief medical officer of Care N’ Care. “Prostate health – and all health for that matter – can be enhanced by eating lots of fruits and vegetables, avoiding environmental toxins, eating healthy fats and exercising regularly.”

You can keep your heart healthy no matter how old you are, if you practice some positive everyday habits, such as:

- ♥ Get at least 30 minutes of exercise almost every day of the week.
- ♥ Don’t smoke.
- ♥ Eat a heart-healthy diet loaded up on fresh fruits and vegetables while limiting saturated fats, salt, and fatty meats.
- ♥ Get regular check-ups to monitor blood pressure, cholesterol and diabetes, and make sure they’re under control with medication.
- ♥ Reduce your alcohol intake.
- ♥ Minimize stress in your life.
- ♥ Maintain a healthy body weight.
- ♥ Working with your doctor can help keep health problems under control.

***It’s never too late to start living a healthy lifestyle and getting your heart disease risks in check.***

Dr. Sand also advises men to maintain a healthy weight, stay hydrated daily, manage stress, maintain a healthy sex life and follow what he calls a prostate friendly lifestyle. “Smoking, inadequate sleep, consuming harmful medications or supplements, and alcohol use can all have a negative effect on prostate health,” he warns.

“There are several different kinds of prostate problems and only a doctor can tell one from another,” says Dr. Sand. “That’s why seniors and their caregivers need to be vigilant when it comes to prostate health and need to see their Care N’ Care provider immediately if something doesn’t seem right.”



## Reduce Your Colon Cancer Risk

We hear about prostate cancer awareness for men and breast cancer awareness for women, but there’s one cancer that both genders have an equal risk of developing: colon cancer.

Colorectal cancer surpasses both breast and prostate cancer as the second-leading type of cancer in the United States. However, it’s a largely preventable disease with early screening and detection.

Ways to reduce your risk of colon cancer include:

→ Get a regular colon cancer screening starting at age 50 if you’re at a normal risk. For those at high risk due to personal or family history, your doctor may recommend screenings before age 50.

→ Consume between 25 and 30 grams of fiber each day from fruits, vegetables, nuts, beans and whole-grain breads. Eat a low-fat diet and maintain a healthy weight.

→ Drink alcohol only in moderation (if you drink) and quit smoking.

→ Aim for at least 20 minutes of exercise a day three to four times a week.

→ Tell your doctor if you experience symptoms such as blood in your stool, a change in bowel habits, unplanned weight loss, stools that are narrower than usual, abdominal pains or other gastrointestinal problems.



# Bladder Health

While many health issues are often discussed among family and close friends, one topic that is rarely mentioned is bladder health. Yet the fact remains that with aging the risk of bladder-related problems increases as both the bladder and the urethra undergo natural changes. For men over 60, the most common bladder-related medical problems include bladder or urinary tract infections, urinary incontinence, overactive bladder and changes in the prostate which can become enlarged and block the flow of urine.

While you can't control everything that affects bladder health, the **National Institute on Aging provides 13 tips to help keep your bladder healthy:**

1. Drink six to eight, 8-ounce glasses of fluid each day. Water is best for bladder health.
2. Limit alcohol and caffeine.
3. Quit smoking.
4. Eat plenty of high-fiber foods (whole grains, vegetables, fruits) to help prevent constipation.
5. Keep a healthy weight.
6. Exercise regularly.
7. Do pelvic floor muscle exercises to help hold urine in the bladder.

8. Try to urinate at least every 3 to 4 hours and use the bathroom whenever needed.
9. Take enough time to fully empty the bladder when urinating.
10. Be in a relaxed position while urinating; relaxing the muscles around the bladder will make it easier to empty the bladder.
11. Wipe from front to back after using the toilet, especially after a bowel movement.
12. Urinate after sex.
13. Wear cotton underwear and loose-fitting clothes. That allows air to keep the area around the urethra dry and minimizes that chance that bacteria can grow.

“Bladder-related issues in men are more common than many people realize,” says Dr. Sand. “Uncontrollable urination or urinary incontinence occurs in eleven to 34 percent of older men while, at the same time, one in three men over 50 years of age and nearly all men aged over 85 years experience some difficulty in urinating.

“These problems can be annoying but generally, if they are mild, they will not affect your health and may be improved by following the simple self care measures,” Dr. Sand continues. “The best thing to do is to talk to your doctor if you are concerned about your symptoms. They will be able to assess whether self-care, medication, surgery or further testing is right for you.”

