

MOVEMBER MEN'S HEALTH NEWSLETTER

With Movember upon us we thought it was important to contribute to Men's Health awareness at SXS Fitness without having to watch Stefan grow a mustache!

Here are Nadine the Naturopath's top 3 foods to promote men's health:

1. COOKED TOMATOES

(you can't get at the good stuff when it is raw!)

WHY EAT IT?

LYCOPENE

- It is a carotenoid (give tomatoes their color) and in the body lycopene concentrates in the prostate
- It has been shown to decrease prostate epithelial (type of cell much like skin) proliferation and may reduce the risk of prostate cancer
- Although this is not recommended to treat the symptoms of benign prostate hypertrophy (BPH) it IS great to add to your routine to promote prostate health

Check out this recipe:

<http://www.marthastewart.com/333211/simple-tomato-sauce>



2. PUMPKIN SEEDS

WHY EAT IT?

BETA-SITSEROL

- It contains BETA-SITSEROL, a plant sterol that has been shown to have anti-proliferative effects on the prostate (slows down growth)
- A 2011 randomized control study published in Urology International concluded that pumpkin seeds can reduce the occurrence of prostate cancer

Check out this recipe:

http://allrecipes.com/Recipe/Spiced-PumpkinSeeds/Detail.aspx?prop24=RD_RelatedRecipes



3. GET REGULAR CHECK-UPS

WHY EAT IT?

...WHOA! NADINE, THIS ISN'T A FOOD???

- No it's not, but one of the biggest barriers to men achieving optimal health is that they don't get regular check-ups or they avoid going to the doctor to address new health issues.

Recommended screening:

PREVENTATIVE HEALTH SCREENING (men and women)

- Every two years until 50 years old
- Every year from 50 years old onwards
- Should include:
 - Height and weight
 - Alcohol and cigarette use
 - Depression (a problem often overlooked in men's health)

BLOOD PRESSURE (men and women)

- Checked every two years if UNDER 120-139/80-89 mmHg
- If your BP is higher you may have to go in more often

CHOLESTEROL (men and women)

- At 35 years old your cholesterol levels should be checked every 5 years
- If you have diabetes, heart disease or kidney problems you may need to be monitored more often

COLON CANCER SCREENING (men and women)

- You should be screened starting at 50 years old
- Screening may include
 - Stool screening every year
 - Flexible sigmoidoscopy (less invasive vs. the colonoscopy) every 5 years
 - Colonoscopy every 10 years

DENTAL (men and women)

- Have your teeth checked and cleaned every year

EYES (men and women)

- Go see an ophthalmologist if you:
 - Can't see the signs when you are driving anymore
 - You hold the newspaper 3 feet away from you face
 - You notice changes in your vision
 - Eyes should be checked every 2 years if you have eye problems

PROSTATE CANCER SCREENING

- Men over 50 should discuss screening with their health care provider
- Screening could include:
 - PSA, best results if tested over time (3 or more tests over 1-3 years)
 - DRE (manual exam)
 - Free PSA*** often missed, but considered to be a more accurate marker

Please note there is controversy about the effectiveness of screening for prostate cancer. There is concern that these screening tests do not result in increased positive outcomes in prostate cancer and will only increase unnecessary biopsies. Talk to your health care professional regarding if screening best for you.

About the author:



Nadine Jackson is a fourth year student at the Canadian College of Naturopathic Medicine (CCNM) and is a Naturopathic Doctor candidate expecting to graduate in 2013. Nadine has extensive experience in the world of fitness growing up as a competitive gymnast, then focusing on dance, yoga and Pilates. She is certified as a Pilates, spin and cross fit instructor as well as a personal trainer, a health & wellness specialist and a level two CAC gymnastics coach. In her final year at CCNM she is working on the sports medicine shift focusing on sports nutrition and pre/rehabilitation for sport injuries. She has also gained experience treating a variety of other health concerns from insomnia to digestive complaints.

Nadine is passionate about health and fitness and hopes to share her knowledge with everyone in the SXS Fitness community.