



Welcome to another edition of our world famous (or soon to be, we in the H&S Committee aim high) Health & Safety Newsletter. This month we offer some easy grocery shopping tips, Walking Club final results, some simple medical tests that no man should skip, and the Gatt Family provides their secret chicken marinade recipe that is perfect for those summer BBQ's. Enjoy!

8 Ways To Slim Down Your Grocery Cart This Summer

If you want to eat more healthfully and lose weight this summer, consider revamping your grocery shopping list and start choosing the most nutrition-rich products at the store. Here's how to do it.

Know Before You Go

Planning a summer barbeque? Before you load up that grocery cart with frozen burger patties, white flour buns, chips, and potato salad, it's important to remember that summer is the best time of year to get your hands on flavorful, juicy, fruits and vegetables at their peak, farm-fresh dairy and naturally-raised proteins. Sometimes it's easy to forget, but eating nutritious, whole foods can be just as delicious — and even more satisfying — than indulging in summer's three-month fat and sugar marathon.

If It's Bagged or Boxed, Don't Buy It

Odds are, if the food comes in a bag or a box, it's been processed and contains chemicals and preservatives that could add to your body's toxic load.

Shop the Perimeter of the Store

The healthiest foods — fresh produce, meats, and dairy — are often located in the outer aisles, while the interior of the store — or Fake Food Land, as I like to call it — is stocked with the processed foods that will add to both your toxic load and your waist line.

Check the Labels

If it lists something long and unpronounceable, put it down. If you can't read it and say it, you probably don't want to eat it.

Look for Clean Foods

When you're looking for a protein to throw on the grill, choosing organic produce, grass-fed beef and lamb, organic chicken, wild-caught seafood and natural pork will limit your exposure to toxins.

Avoid Refined Carbohydrates

White flour, white rice, corn, and most sweeteners are Insulin Triggers that can cause your body to store all the calories you eat as fat — and make it hard for you to burn your stored fat as energy. Look for whole-grain breads and pastas to help avoid the insulin rush. Better yet, try a lean, juicy turkey burger between two leaves of crispy, nutrient-rich lettuce. I'm telling you — it's even better than a bun!

Choose the Best Beverages

Water is the best and healthiest drink, especially when the weather is hot and your body is constantly losing moisture. Decaffeinated teas and Swiss Water decaffeinated coffees on ice are also good choices. Avoid sodas, whether regular or diet. The regular kinds are loaded with sugar and trigger an insulin surge, and the diet ones are full of chemicals and toxins.



Knowing How to Eat = Weight Loss

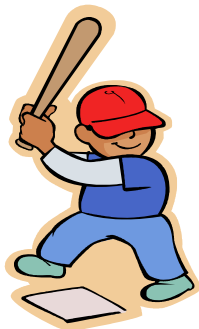
The foundation of any weight loss plan is adopting and adapting to healthy eating habits, and a huge part of that is knowing how to shop for healthy, wholesome food. Once you learn how to master the tricky terrain that is the grocery store, eating well this summer (and losing weight!) will be a cinch.

WALKING CLUB FINAL RESULTS

Friday, June 28 marked the end of this year's Walking Club and it was definitely a great 3 months. This year we had 31 participants and they went out on a total of 698 walks. The best part about it is that every lunch hour we still see tons of them out there for their daily walks. Together they earned 49 gift certificates and 8 participants reached 50 walks each. Awesome work everyone! Stay tuned for our presentation of all gift certificates and a special gift for the 50 Walk Members.

BASEBALL GAME AND BBQ

Unfortunately Mother Nature did not cooperate with us and we had to postpone our baseball game and BBQ. We will reschedule for later in the summer or early fall so stay tuned.



6 Routine Screenings for Men's Health

Skipping important health tests could be a matter of life and death, especially for men, who are less likely to see their doctors on a regular basis anyway. Don't ignore these essential routine screenings.

By Wyatt Myers - Medically reviewed by Farrokh Sohrabi, MD



When it comes to men and health care, the numbers don't lie: Compared with women, men are 24 percent less likely to visit their doctors in any given year and 22 percent less likely to get their cholesterol checked. They're also less willing to be screened for cancer, despite the fact that their cancer mortality rates are higher.

"Men are stubborn about getting routine health screenings for several reasons," says Jennifer Landa, MD, a preventive medicine specialist in private practice in Orlando, Fla. "One is fear: They are afraid that something might be wrong with them. Second, a lot of men tell me that they are simply too busy. Third, men don't tend to



be as tuned in to their bodies as women, so they don't notice small telltale signs that things are amiss and just figure any changes can be chalked up to age."

The problem, she says, is that skipping these routine tests for **men's health** can often be a matter of life and death. "Screenings are important because they help us catch disease early," says Dr. Landa.

Fortunately, most men's health screenings are simple and quick and can be given in your regular physician's office. Here are six to add to your preventive care plan now:

Blood Pressure Test

A **blood pressure screening** is one of the easiest, most painless things you can do for your health. It's so simple, in fact, that there's just no excuse not to do it. You often don't even need to go to the doctor — many pharmacies have machines that can check your blood pressure right there in the store.

The National Institutes of Health currently recommends that men between the ages of 18 and 64 be screened at least once every two years, but your doctor may advise more frequent tests depending on how high your numbers are. "The optimal blood pressure ranges are getting tighter," Landa says. "Optimal is now considered less than 120/80, and 110/70 has been shown in some studies to be the blood pressure associated with better clinical outcomes." If your readings are high, your doctor can suggest simple lifestyle changes to decrease them, such as putting you on a salt-restricted diet. "Exercise and weight loss are two other interventions that work great to lower blood pressure," Landa adds.

Cholesterol Test

A cholesterol check is also simple and vital to overall heart health as you age. Measured with a simple blood test, cholesterol screenings for men's health are

recommended every five years. You may need them more often, however, if you are over age 45, at high risk for heart disease, or have high levels of "bad" LDL cholesterol or low levels of "good" HDL cholesterol. Optimal cholesterol is less than 200 milligrams per deciliter, but the ratio is important as well, Landa says. "If a patient has an elevated total cholesterol and a very high HDL mg/dL, I may consider the total cholesterol elevation irrelevant." She adds that the optimal LDL is under 100 mg/dL but that some laboratories consider up to 130 mg/dL acceptable. The optimal triglyceride level is under 150 mg/dL.

Prostate Cancer Screening

Prostate cancer screening has been the subject of some controversy recently, in part because of concern over the possibility of false positives and overtreatment, but many experts say men should still be tested. The primary method of screening is the PSA (prostate specific antigen) test, which measures the level of PSA in your blood. Optimal levels are usually considered to be under 4 ng/mL (nanograms per milliliter).

"The necessity of the PSA test has recently been questioned, but since its institution we have seen a 40 percent decline in the rate of prostate cancer," Landa notes. "On the other side of the coin, because the test is not specific for just prostate cancer and [PSA levels] can be raised by other conditions, some question whether it leads to unnecessary intervention when there is a false positive." She recommends discussing with your doctor whether PSA testing is right for you. Another screening option is the digital rectal exam, during which the doctor physically checks your rectum for signs of cancer. Opinion varies widely on how often you should be screened, so talk with your doctor about what kind of schedule is right for you.





Colon Cancer Screening

Colorectal cancer is the second leading cause of cancer deaths in the United States. According to the American Cancer Society, 103,170 new cases of colon cancer will be diagnosed this year alone — more than half of which will be in men. Because of this, current guidelines say that men should start getting checked at age 50.

There are several testing options for colon cancer. A colonoscopy, for example, involves checking the entire colon with a camera on a flexible tube. A flexible sigmoidoscopy is similar but checks just the lower third of the colon. A CT colonography is a less invasive test that examines the colon using computerized tomography, or a CT scan. And a double-contrast barium enema involves filling the colon with a contrasting substance that will help doctors see problems on an X-ray. “Beginning at age 50, men should receive a flexible sigmoidoscopy every five years, a colonoscopy every 10 years, a double-contrast barium enema every 5 years, or a CT colonography every 5 years,” says Robert T. Grant, MD, a surgeon with New York-Presbyterian Hospital/Columbia University Medical Center.

Skin Cancer Check

“Men are actually two to three times more likely to get nonmelanoma basal cell and squamous cell skin cancers than women are, and their risk increases as lifetime exposure to sun accumulates,” says Dr. Grant. “About every three months, men should do a self-examination for new or changing skin lesions.” Also be sure to ask your doctor to check your skin, head to toe, during your yearly physical as part of regular preventive care.

Diabetes Test

“One-third of Americans with diabetes don't know they have it,” Grant says. Uncontrolled diabetes can lead to heart disease and stroke, kidney disease, blindness from damage to the blood vessels of the retina, nerve damage, and impotence. “If your family has a history of diabetes, consult with your doctor to see how often you should be tested,” he adds.

If you show some of the symptoms of diabetes, your doctor will probably check you with a blood test known as a fasting plasma glucose test. If results come back greater than or equal to 126 mg/dL on two separate tests, you may have type 2 diabetes.

Don't let fear keep you from these important checks. “When diseases are picked up early, they are easier to treat and respond better to treatment,” says Landa. “In the case of preventive medicine, the way I practice, I frequently find diseases in the state before they are even diseases.”



RECIPE OF THE MONTH

Chicken Saute

This is an easy chicken marinade that works great with chicken tenders and skewers. It is great by itself or you can add it to a salad for extra flavor.

1. Mix the following ingredients in a flat pan:
 - 2 cloves minced garlic
 - 1/4 cup soy sauce
 - 1/4 cup lemon juice
 - 2 tbsp oil
2. Place the chicken tenders in the marinade, cover and let sit for 12 – 24 hours.
3. Cook the chicken on a grill or a bbq.

