



WELSH CONNECTION

Men's Awareness Month

June is Men's Health Month

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Statistics show that many men's health care habits are as bad as teenagers' morning behavior: They seem to keep pressing snooze when it comes to getting recommended check-ups.

According to a survey conducted by the CDC, 26 percent of men had no office visits to a doctor or other health professional in the past 12 months, compared to 13 percent of women.

"My perception is that it's denial," say Dr. Jonathan Swartz, internal medicine physician and regional medical director for Montefiore Medical Center.

Men's Health Network, a nonprofit organization aimed at improving the health of men and boys, points at men's upbringing as one of the reasons guys might be hesitant to see their doctor.

From an early age, boys are taught not to cry or complain, and being ill could be seen as a weakness.

Dr. Swartz recognizes this behavior.

"What I experience much more with men [than women] is that they tend to deny and minimize symptoms and problems that they are having," he says. "I will usually start the visit saying, 'Are we having any problems today?' [The man says] no, but then the wife kicks in and says, 'You are not going to tell him about the chest pain you have had every day for the last two weeks and that you can't climb up the stairs anymore?'"

The Men's Health Network recently found that two-thirds of men wouldn't even go to the doctor if they were experiencing chest pain. They also found that more than half of premature deaths among men are preventable.

"High blood pressure, diabetes and high cholesterol don't have any symptoms, and if you wait until the time that you feel sick [before] coming to the doctor, it's too late," Dr. Swartz says. At his clinic and many others, the medical staff are starting a more active approach towards trying to pull patients into care than they did in the past.

"The typical practice over the years was that whoever calls for an appointment comes in and it's the one in front of me who I'm concerned about," he says.

"Whereas now we are trying to look at the population of patients that we are responsible for — see if they have come in for the regular check-ups, either for preventive needs or, for example, if they are diabetics and they are supposed to be seen every three months."

One man's story

Before Robert Torres, 63, was diagnosed with high blood pressure, asthma, heart failure and had a hip replaced, he would go years between his doctor visits, because why would anything be wrong?

"I was always an athlete. I was in great shape and I was never sick. But then I gained a lot of weight and things like that," he remembers. "I was sick for a while and I didn't know what was wrong, but I ignored it."

Torres is a Vietnam veteran and thinks that it's common for men to avoid doctors and ignore warning signs. "You think it will be all right, that it's not that bad. And finally when you have problems breathing then you go and you find out that you have so many different things." He says his wife was a big influence in helping him decide to go.

Torres regrets that it took him so long to find out he was sick and now pushes his sons to remember their check-ups.

"I don't want them to go through what I went through. Or to find out that something is wrong and it can be too late. I don't want them to make the same mistake that I did, waiting and putting it off. The earlier you go, the better you are."

- ◆ *Men tend to deny and minimize symptoms and problems that they are having.*
- ◆ *26 percent of men had no office visits to a doctor or other health professional in the past 12 months.*

One Move Wonder: Sand Skip



Skip forward so that you're jumping and landing on the same foot.

Work on leaping as high as possible by driving your knee upward as you push off the ground with your opposite foot.

Do five skips on each leg.

Grilled Filet Mignon With Herb Butter and Texas Toast

INGREDIENTS:

- 1 tablespoon whipped or regular butter, slightly softened
- 3 teaspoons extra-virgin olive oil, divided
- 1 tablespoon minced fresh chives, or shallot
- 1 tablespoon capers, rinsed and chopped
- 3 teaspoons minced fresh marjoram, or oregano, divided
- 1 teaspoon freshly grated lemon zest, divided
- 1 teaspoon lemon juice
- 3/4 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1 tablespoon minced fresh rosemary
- 2 cloves garlic, (1 minced, 1 peeled and halved)
- 1 pound filet mignon, about 1 1/2 inches thick, trimmed and cut into 4 portions
- 4 slices whole-grain bread
- 4 cups watercress, trimmed and chopped



This steak-worthy entrée can be a part of a healthy diet!

INSTRUCTIONS

1. Preheat grill to high.
2. Mash butter in a small bowl with the back of a spoon until soft and creamy. Stir in 2 teaspoons oil until combined. Add chives (or shallot), capers, 1 teaspoon marjoram (or oregano), 1/2 teaspoon lemon zest, lemon juice, 1/2 teaspoon salt and 1/4 teaspoon pepper. Cover and place in the freezer to chill.
3. Combine the remaining 1 teaspoon oil, 2 teaspoons marjoram (or oregano), 1/2 teaspoon lemon zest, 1/4 teaspoon salt and pepper, rosemary and minced garlic in a small bowl. Rub on both sides of steak. Rub both sides of bread with the halved garlic clove; discard the garlic.
4. Grill the steak 3 to 5 minutes per side for medium-rare. Grill the bread until toasted, 30 seconds to 1 minute per side. Divide watercress among 4 plates. Place 1 toast on each serving of watercress and top with steak. Spread the herb butter on top of the steaks and let rest for 5 minutes before serving.

Could Certain Fatty Foods be Linked to Aggressive Prostate Cancer?

What men eat -- particularly fatty meats and cheese -- may affect how quickly their prostate cancer progresses, a new study suggests. "We show that high dietary saturated fat content is associated with increased prostate cancer aggressiveness," said study author Emma Allott, a research assistant professor at the Gillings School of Global Public Health at the University of North Carolina.

"This may suggest that limiting dietary saturated fat content, which we know is important for overall health and cardiovascular disease prevention, may also have a role in prostate cancer," she said in a school news release.

However, the study did not prove that diet directly affects prostate cancer behavior, only that there is a link between those factors.

The researchers looked at more than 1,800 men from North Carolina and Louisiana. All had been diagnosed with prostate cancer between 2004 and 2009. They were asked about their eating habits and other factors at the time of their diagnosis. Higher intake of saturated fat from foods such as fatty beef and cheese was linked with more aggressive prostate cancer, the researchers found.

A diet high in saturated fat contributes to higher cholesterol levels, researchers said. They noted that the link between saturated fat and aggressive prostate cancer was weaker in men who took cholesterol-lowering statin drugs. The researchers said that suggests that statins reduce, but don't completely reverse, the effect that high amounts of saturated fat may have on prostate cancer.



Click the ribbon to view Prostate Cancer Prevention Tips

The study also found that higher levels of polyunsaturated fats, found in foods such as fish and nuts, were associated with less aggressive prostate cancer. Further research is needed to learn more about why a diet high in saturated fat is linked with more aggressive prostate cancer, Allott said.

The researchers presented their findings April 18 at the annual meeting of the American Association for Cancer Research in New Orleans. Findings presented at meetings are generally viewed as preliminary until they've been published in a peer-reviewed journal.

June is also National Safety Month. Are you ready for any emergency? Visit www.nsc.org for more tips and tricks to keep the entire family safe this summer!

NATIONAL SAFETY COUNCIL

Safe FOR Life

When Seconds Matter, Will You Be Ready?

- Always watch children around water
- Keep emergency numbers nearby
- Become certified in First Aid and CPR

Men's Oral Health

June is National Men's Health Month. Across the country, preventative screenings, health fairs, media spotlights, and other health education and outreach activities will raise the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Why is oral health important for me?

Men are less likely than women to take care of their physical health and, according to research, their oral health is equally ignored. Good oral health has been linked to longevity, yet one of the most common factors associated with infrequent dental checkups is just being male. Men are less likely than women to seek preventive dental care and often neglect their oral health for years, visiting a dentist only when a problem arises. In fact, when it comes to oral health, the average man brushes his teeth 1.9 times a day and will lose 5.4 teeth by age 72. If he smokes, he can plan on losing 12 teeth by age 72. Men also are more likely than women to develop oral and throat cancer and periodontal (gum) disease.



Do you take medications?

Since men are more likely to suffer from heart attacks, they also are more likely to be on medications that can cause dry mouth. If you take heart or blood pressure medication or if you take antidepressants, your salivary flow could be inhibited, increasing the risk for cavities. Saliva helps to reduce the cavity-causing bacteria found in your mouth.

Do you use tobacco?

If you smoke or chew tobacco, you have a greater risk for gum disease and oral cancer. Men are affected twice as often as women, and 95 percent of oral cancers occur in those ages 40 and older. More than 8,000 people die each year from oral and pharyngeal diseases. If you use tobacco, it is important to see a dentist frequently for cleanings and to ensure your mouth remains healthy. Your general dentist can perform a thorough screening for oral cancer and help with tobacco cessation.

Do you play sports?

If you participate in sports, you have a greater potential for trauma to your mouth and teeth. If you play contact sports or participate in any activity with potential for face injury, it is important to use a mouthguard, which is a flexible appliance made of plastic that protects teeth from trauma. Your dentist can discuss mouthguard options with you.

How often should I visit a dentist?

Regardless of gender, it is important to visit a dentist twice a year. Inform your dentist of any medications you are taking, as well as tobacco use and sports activities. In between visits, floss daily and brush your teeth with fluoridated toothpaste.

Welsh Mountain is currently accepting new patients! We Accept ALL Insurances!



New Employees at WMHC

Cornell Wilson – Social Services Case Manager

Rose Acevedo / PSR
Lebanon Ridge Oral Health

Mercedez Kurtz - Acosta / PSR
Meadow Creek Family Practice

Samantha King / PSR
Meadow Creek Family Practice

Sue Sabado– Outreach Nurse

Candy Torres– PSR Lebanon Ridge Oral Health

Norangely Villafane– PSR WMMDC

Eric Rios— VCIO



What's Happening?

Community and Local Events

Zumbathon

Friday, June 3, 2016

6:00 PM- 9:00 PM

Holy Trinity Lutheran Church

723 Lehman St., Lebanon, PA 17046

Relay for Life

Friday, June 17– June 18

5:00 PM—1:00 PM

Cocalico Middle School

650 S 6th Street, Denver PA 17517

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