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# Livingwell az

HEALTHCARE NEWS YOU CAN USE FOR YOUR WHOLE FAMILY JUNE 2016

"At 20 years of age, the will reigns; at 30 the wit; at 40 the judgment."  
— Benjamin Franklin

## MEN on the JOURNEY of LIFE

### Staying fit, healthy and active at 40 and beyond

BY DEBRA GELBART

**T**urning 40? Say it isn't so! Approaching 40 doesn't mean your life changes dramatically. But doctors say it's important for men to recognize at the beginning of midlife that more attention to health concerns can extend not just the length of your years but the quality of them as well.

**The basics**  
You don't smoke, right? It's a question your doctor probably will ask you at a first visit. For more reasons than you may realize, said Alfredo Lim, M.D., an internal medicine physician with HonorHealth in Phoenix, no amount of tobacco smoke at any age is tolerable where your health is concerned.

"Even a small amount of tobacco exposure can be detrimental to the vasculature of the pelvis," he said. He explained that tobacco use may be associated with testosterone deficiency and that blood flow to the penis can be adversely affected by cigarette smoking.

In addition, the risk of cardiovascular disease begins to rise as men turn 40, making tobacco exposure even more dangerous for them.

"Women at that age have a lower risk of heart disease because of the protective effects of estrogen," Lim said. "Men at 40 should be evaluated for heart-disease risk once a year," Lim said.

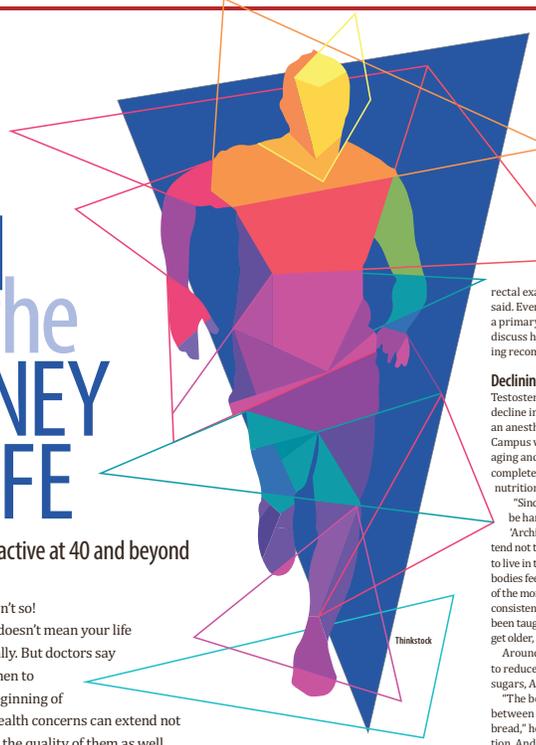
If other risk factors — such as high cholesterol or elevated blood pressure — are present, those can be addressed right away, he said.

**Watch for signs**  
Next, be aware of the significance to your overall health of sexual performance issues, advised Jonathan Agins, M.D., a urologist with Abrazo Health in Glendale.

"Studies have shown that erectile dysfunction often precedes heart disease or stroke by three years or less," Agins said, urging men not to ignore this potential sign of impaired blood flow or low testosterone. Low testosterone, he added, is a risk factor for other chronic diseases like diabetes, prostate cancer and obesity.

Don't delay seeing a doctor. That's the recommendation of Jason Jameson, M.D., a Mayo Clinic urologist who heads up Mayo's Men's Health Program in Phoenix. "Men often avoid going to the doctor, ignore signs of potential health problems and delay seeking help until late stages of disease," Jameson said. "Men live, on average, five years less than women, likely related to poor health behavior choices."

**Don't fear the doctor**  
The National Institutes of Health report that men are 24 percent less likely than women to have seen a doctor in the past year, Jameson said. In a recent study, he pointed out, 81



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— Jason Jameson, M.D., Urologist, Mayo's Men Health Program

cancer — those with a family history or who are African-American — should have a screening blood test (PSA) and digital rectal exam starting at age 40, Jameson said. Every 40-year-old man should have a primary care provider with whom to discuss his health and appropriate screening recommendations, he added.

**Declining testosterone**  
Testosterone levels naturally start to decline in the '30s, said Toni Harrison, M.D., an anesthesiologist at the Abrazo Maryvale Campus who is board-certified in anti-aging and regenerative medicine and has completed a fellowship in metabolic and nutritional medicine.

"Since it's such a gradual decline, it may be hard to appreciate until they hit the 'Archie Bunker' stage, she said. "Men tend not to pay attention to what it feels like to live in their body like women do. Women's bodies feel different on a daily basis, because of the monthly cycle, but for men, it's pretty consistent day to day. So many times, we've been taught that that's just the way it is as we get older, but it doesn't have to be."

Around age 40, it becomes key for men to reduce their intake of carbohydrates and sugars, Agins said.

"The body doesn't know the difference between a Snickers bar and whole wheat bread," he said, "in terms of insulin production. And too much sugar can impair white blood cell (infection-fighting) function."

**> Tips for good health**

- Eat vegetables, fruits, whole grains, beans, eggs, lean meat and dairy for proper nutrients such as magnesium, potassium, calcium, Vitamin D, fiber and protein
- Reach for whole grains found in whole-wheat bread, pasta, brown rice and oatmeal to help you feel full for a longer period of time
- Choose water as your beverage of choice to avoid calories found in soda, fruit drinks, energy drinks and alcohol
- Stock your refrigerator with fresh, ready-to-go foods so you don't give in to temptations when you need a quick and convenient meal
- Read labels to find what's in your food

Source: ChooseMyPlate.gov

percent of men could remember their first car, but only 54 percent could remember the last time they saw a doctor. This analogy fits, he said, "in that men, like cars, need regular 'maintenance.'" In fact, men in their 20s and 30s should have testing for high blood pressure, high cholesterol and thyroid disease." Men with increased risk of prostate

**Be active, but rest**  
The current exercise recommendations for adults is 2 hours and 30 minutes of moderate-intensity aerobic activity (such as brisk walking) every week and muscle-strengthening activities (weight lifting or resistance training) on two or more days a week, Jameson said. "Only one in five Americans meet this goal; 54 percent are men. Young adults are more likely to exercise than those over the age of 40. Establishing a habit of exercise is important for all adults, especially for men after the age of 40."

Another way to ensure good health longer, doctors say, is to get quality sleep. "If you feel rested and rejuvenated after a night's sleep," Lim said, "that's probably more important than the actual number of hours you slept." Six hours of good sleep is better than seven or eight hours of fractured sleep, he said.

Agins said studies have shown a link between poor-quality sleep and too much screen time before bedtime. "We have to properly prepare ourselves for sleep," he said, by winding down and withdrawing from electronics at least an hour before heading to bed.

**az TOP EVENTS IN JUNE**

**JUNE 4**  
**OUTRACE CANCER RUNS**  
WHAT: Timed 5K Run and 1K Family Fun Run fundraiser to support cancer education.  
WHERE: Bondurant Racing School, 20000 S. Maricopa Rd., Chandler  
WHEN: 6 a.m. registration, 7 a.m. 5K, 7:10 a.m. 1K. Awards ceremony at 8 a.m.  
PRESENTED BY: Arizona Myeloma Network  
COST: \$25 to \$30 pre-registered; \$30 to \$35 late registration  
INFO/REGISTER: 623-466-6246; AZMyelomaNetwork.com

**JUNE 9**  
**BALANCING TREATMENT & CREATIVITY**  
WHAT: Jay Steinberg, concert pianist, composer and cancer survivor, brings a musical experience in helping you to discover your own avenue for creativity in the face of illness.  
WHERE: Cancer Support Community, 360 E. Palm Lane, Phoenix  
WHEN: 6-7 p.m.  
PRESENTED BY: Cancer Support Community Arizona  
COST: Free  
INFO/REGISTER: 602-712-1006; rsvp@cscaz.org

**JUNE 11**  
**FREE PROSTATE CANCER SCREENING**  
WHAT: Free prostate screening including both the PSA and the DRE screenings.  
WHERE: Arizona Center for Urology, 6320 W. Union Hills Dr., Glendale  
WHEN: 8 a.m. - noon  
PRESENTED BY: Arizona Center for Urology and Southwest Prostate Cancer Foundation  
COST: Free  
INFO/REGISTER: Appointment required; 602-547-3806; swprostatecancer@aol.com

**JUNE 13, 15, 17, 20, 22 & 24**  
**KID SUPPORT KAMP**  
WHAT: A program for children ages 7-12 with cancer or cancer in the family to gain age-appropriate information about cancer while also having fun. Lunch provided.  
WHERE: Cancer Support Community, 360 E. Palm Lane, Phoenix  
WHEN: 10 a.m. - noon  
PRESENTED BY: Cancer Support Community Arizona  
COST: Free  
INFO/REGISTER: 602-712-1006, ask for Emilie; ejarboe@cscaz.org

**JUNE 18**  
**CANCER CAREGIVERS EDUCATION PROGRAM**  
WHAT: A workshop designed to provide caregivers of cancer patients with practical knowledge, skills and strategies.  
WHERE: Courtyard Marriott Salt River, 5201 N. Pima Rd., Scottsdale  
WHEN: 8-11:30 a.m.  
PRESENTED BY: Arizona Myeloma Network  
COST: Free; continental breakfast included  
INFO/REGISTER: 623-466-6246; AZMyelomaNetwork.org

**JUNE 18**  
**GRANDFAMILY ROLLER SKATING PARTY**  
WHAT: Social therapeutic group outing for grandchildren being raised by grandparents.  
WHERE: North Phoenix Baptist Church, 5757 N. Central Ave., Phoenix  
WHEN: 9:20 a.m. - noon  
PRESENTED BY: Duet  
COST: \$5 per person, includes skate rental and light lunch  
INFO/REGISTER: Rsvp by June 10 to 602-274-5022 or DuetAZ.org

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