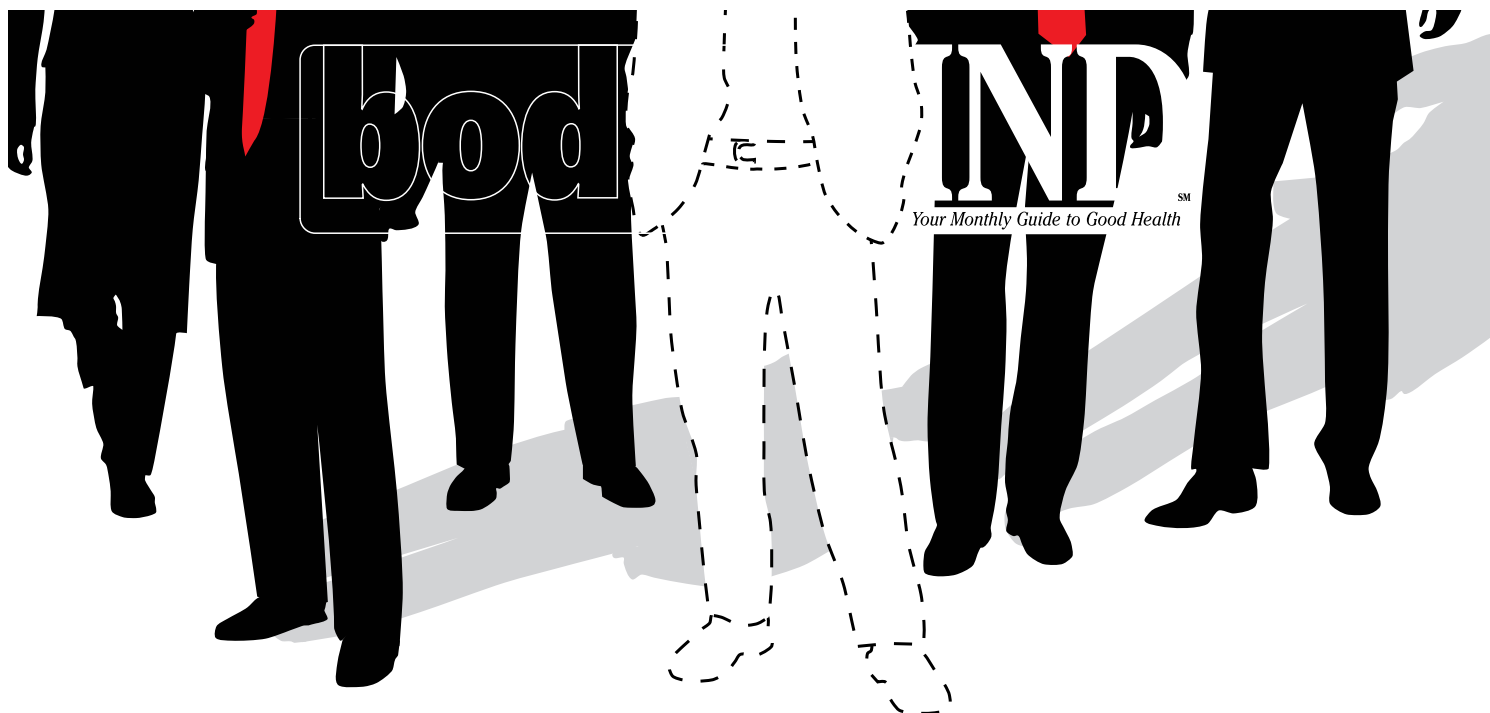


# Wellness news



Prostate cancer is cancer of the prostate gland, a walnut-sized gland found below the bladder and in front of the rectum in men. In the United States, prostate cancer is a leading cause of cancer death among men, second only to lung cancer. Current estimates indicate that 1 in 6 men will develop the disease and that 1 in 35 men will die of prostate cancer. Fortunately, prostate cancer is being detected earlier and the death rate associated with the disease is decreasing.

## ARE YOU AT RISK FOR PROSTATE CANCER?

The following risk factors are among those that have been linked to prostate cancer. Many people with one or more risk factors never get cancer, while others with this disease may have had no known risk factors, according to the American Cancer Society.

- **AGE:** The majority of prostate cancers, as many as 2 out of 3, occur in men over age 65.
- **FAMILY HISTORY:** Men who have a family history of the disease, particularly a father or brother who was diagnosed at an early age, have an increased risk for prostate cancer.
- **RACE:** African-American men have higher rates of prostate cancer than men of other races.
- **DIET:** Prostate cancer is more common among men who tend to eat a lot of high-fat dairy products and red meat. To decrease risk of developing prostate cancer, eat at least 5 servings of fruits and vegetables every day.

## PSA EXAMS

Prostate cancer can often be found early by testing the amount of prostate-specific antigen (PSA), a substance made by the prostate gland, in the blood. Elevated PSA levels can indicate prostate cancer. However, it is important to note that elevated PSA levels can also be caused by other non-cancerous conditions such as swelling, inflammation or infection.

## EARLY DETECTION

The American Cancer Society recommends that doctors discuss the pros and cons of testing with men on an individual basis so each man can decide if testing is right for him. Age and health are important factors.

If a man chooses to be tested, the American Cancer Society states that the tests should include a PSA blood test and DRE (digital rectal exam) yearly, beginning at age 50, for men at average risk. Men at high risk should start at age 45.

Discuss the benefits and risks of testing with your physician so that you can make an informed decision regarding whether or not to be tested.





# WHAT IS BODY MASS INDEX (BMI)?

Body mass index (BMI) is a measure of an individual's ratio of weight to height. According to the Centers for Disease Control and Prevention, BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems. People who are overweight or obese have an increased risk of developing particular diseases and health conditions including hypertension; dyslipidemia; type 2 diabetes; coronary heart disease; stroke; gallbladder disease; osteoarthritis; sleep apnea and respiratory problems; and some cancers including colon, breast, and endometrial cancers.

## CALCULATE BMI

To calculate your body mass index, divide your weight in pounds (lbs) by your height in inches (in) squared and multiply by 703.

$$\{ \text{Weight (lbs)} / [\text{height (in)}]^2 \times 703 \}$$

The standard weight status categories associated with BMI ranges for adults are shown in the following table.\* For highly trained/athletic individuals or women who are pregnant or breastfeeding, this is not necessarily an accurate method to determine your body fat.

BMI	WEIGHT STATUS
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and above	Obese

\*Centers for Disease Control and Prevention, 2009.

## A WEIGHTY SITUATION

Sixty-five percent of American adults over age 20 are overweight or obese, according to the American Heart Association. A variety of factors—including large portion sizes, sedentary lifestyles, and an abundance of processed, less nutritious foods—are partially to blame for the obesity epidemic in the United States. The keys to achieving a healthy weight and maintaining health are to eat a nutritious, well-balanced diet and to participate in regular physical activity.

## WEIGHT LOSS PLAN

To begin a weight loss program, first consult your physician. He or she can make diet and physical activity recommendations according to your health and medical history. Your doctor will help you determine what type and duration of physical activity will be safe and beneficial for you.

**To determine a weight loss program that is appropriate for you, consult a physician.**

## Lake Health Calendar of Events August

### Get Healthy Lake County Lecture/Activity Series

Are you looking for information on how to eat better or become fit? If so, attend the Get Healthy Lake County lecture/activity series. It's designed to provide you with the health and lifestyle information you need to stay healthy. We meet monthly, except December. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.

**Fairport Harbor Park, 301 Huntington Beach Park, Fairport Harbor – August 20, 6 pm (Kayaking)**

## Lake Health Calendar of Events *continued*

### "Weight 4 Life" Weight Management Program

This revised 10-week program focuses on healthy eating, wellness and behavior modification through hands-on workshops, mock real-life situations, and a social support network. The incorporation of supervised exercise sessions and how to make limited dollars go further will help you promote a healthy weight for life.

**LakeWest Medical Center – August 11, 7 pm**

### Label Reading Tours

Discover the tricks to interpreting food labels at a FREE label-reading tour. Space is limited. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.

**Giant Eagle, 7960 Plaza Blvd., Mentor – August 3, 6:30 pm**

### Get Healthy Lake County Trail Race

Run with a different crowd. If you want to have more energy and improve your overall health – get moving. To celebrate the health benefits of putting one foot in front of the other, walking enthusiasts of all ages will converge on the YMCA Outdoor Family Center in Perry for the Get Healthy Lake County 5K Trail Race/Walk.

The event, which is sponsored by Lake Health, Lake County YMCA, Lake Metroparks and the Lake County General Health District, includes a 5K trail race, a 2-mile walk and Kids on the Move. Kids on the Move is a series of fun fitness activities for kids ages 5 and up that includes relay races, an inflatable bouncer and an obstacle course. Kids will keep track of their steps with a free pedometer they will receive at check-in.

**Saturday, September 12, 7:45 am registration  
Race starts at 8:45 am  
YMCA Outdoor Family Center  
4540 River Road, Perry  
Music, Cornhole, Refreshments, Awards, and Raffle Prizes!**

For more information call the Best of Health Line at 440-953-6000.

*Lake Health offers a wide variety of programs for men, women, seniors and families. Please log onto [www.lakehealth.org](http://www.lakehealth.org) or call the Best of Health Line at 440-953-6000 or 1-800-454-9800 for more information.*