

body MIND

Men:
KEEP YOUR
HEALTH IN

A KEY DIFFERENCE BETWEEN MEN AND WOMEN

The life expectancy gap between men and women has decreased, according to the National Institutes of Health. However, men continue to fall behind women when it comes to seeking medical attention. This is a harmful tendency because many serious diseases—such as heart disease and colon cancer—are likely preventable or treatable when detected in the early stages.

HEALTH THREATS VERSUS HEALTHY CHOICES

Currently in the United States, the top six health threats to men are: heart disease; cancer; accidents; chronic lower respiratory disease; stroke; and type 2 diabetes. Making healthy choices can go a long way toward preventing these and other health risks. Consider the following recommendations.

- ✓ Eat a nutritious and balanced diet
- ✓ Maintain a healthy weight
- ✓ Be physically active
- ✓ Learn to manage stress in healthy ways
- ✓ Get plenty of sleep
- ✓ Avoid using tobacco products

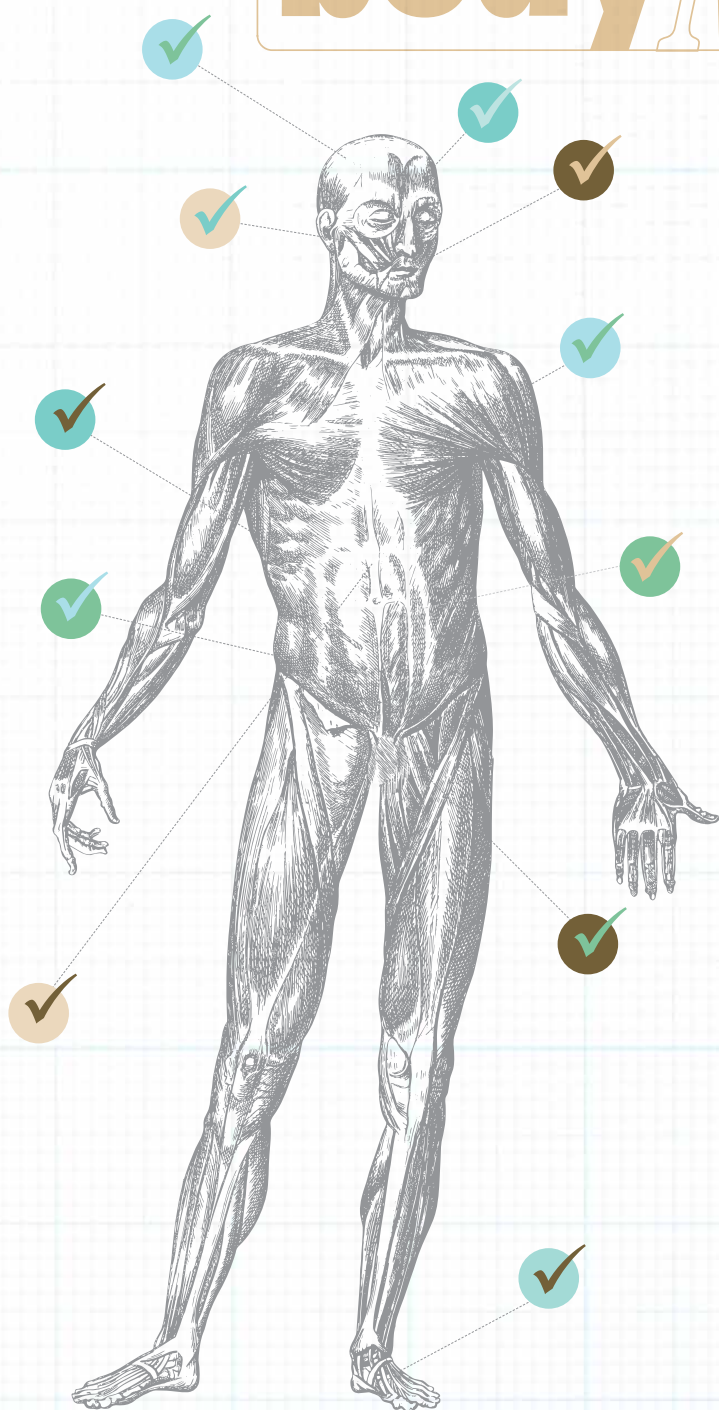
REGULAR PHYSICAL EXAMS

To detect health problems early and to keep them from progressing, regular physical examinations are vital. They provide an opportunity for a physician to assess risk factors for potential future conditions, offer guidance for healthy lifestyle choices, update vaccinations, and establish a relationship.

THE IMPORTANCE OF SCREENINGS

Conditions including high blood pressure and high cholesterol often do not cause symptoms and therefore often go undetected until diagnosed by a doctor. For this reason, it is important to have all recommended, age-appropriate screenings. These may include:

- ✓ Blood pressure
- ✓ Cholesterol
- ✓ Colorectal cancer
- ✓ Skin cancer
- ✓ Blood glucose
- ✓ Prostate-specific antigen



WEIGH in on BODY MASS INDEX



Body mass index (BMI) is a calculation based on an individual's height and weight. Although it does not measure body fat directly, the Centers for Disease Control and Prevention report that BMI provides a reliable indicator of body fat for most people and is used to screen for weight categories that may lead to health problems.

Currently in the United States, as many as one-third of all adults are obese. People who are obese or overweight have an increased risk of developing diseases and health conditions including coronary heart disease, type 2 diabetes, high blood pressure, stroke, osteoarthritis, and even some types of cancer including those of the breast and colon.

BMI Calculation

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

Weight (lbs) / (height (in))² x 703 = your BMI

The standard weight status categories associated with BMI ranges for adults are shown in the following table from the Centers of Disease Control and Prevention (2011). For highly trained/athletic individuals or women who are pregnant or breastfeeding, this is not necessarily an accurate method to determine your body fat.

<u>BMI</u>	<u>Weight Status</u>
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and above	Obese

A Healthy Balance is Key

To maintain a healthy weight, one must balance the calories consumed through food and drink with the energy expended by the body through physical activity. To lose weight, one must consume fewer calories than are expended through physical activity. Improving both diet and physical activity habits is necessary for effective and healthy weight control.

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 June

B Fit 4 Life Activity Series

Join us for this general health and wellness program that focuses on a myriad of nutrition and fitness topics. June's topic is "Kayaking." Please wear appropriate clothing. To register, call the

Calendar of Events Continued... June

Best of Health Line at 1-800-454-9800.
Fairport Harbor Lakefront Park, 301
Huntington Beach Dr. – June 7, 6 pm

FORE Wellness Classic

The 10th Annual FORE! Wellness Classic will be held on June 29. The field of 288 golfers will be first-come, first-serve between two courses. The morning flight at Little Mountain Country Club will tee off at 9 am. The afternoon flight at StoneWater Golf Club will tee off at 12:30 pm. All golfers are invited to attend the evening social at StoneWater at approximately 5:30 pm. Guests will be treated to dinner, drinks, music, dancing, raffles and a trophy presentation. Registration is \$125 per golfer. To receive an invitation to the outing or to volunteer, please contact the Lake Health Foundation at 440-354-1900.

Lake Health Calendar of Events June

WELLNESS INSTITUTE'S NEW WEIGHT 4 LIFE WEIGHT MANAGEMENT PROGRAM A Life Enhancement Program

We Have the Tools for Your Weight Loss Solution! Join at any time!

Start out on a 12-week journey which includes:

- Compassionate experts that will empower you to lose weight and make lifestyle changes by personalizing a plan for you!
- One-hour initial consult with a registered dietitian and exercise physiologist
- Weekly group sessions focusing on nutrition, exercise and behavior modification
- Weekly group fitness classes
- Healthy food demos
- Ongoing support

Cost: \$350

FREE Information Session: June 19,
TriPoint Medical Center, 6 - 7 pm



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