



## CYBER HEALTH INFORMATION CORNER

Here are some recommended websites that you can use to live healthier. Please feel free to contact us with any questions or concerns you may have@  
Appt line: 456-6555.

### Websites:

General Health-  
[www.cemm.org](http://www.cemm.org)

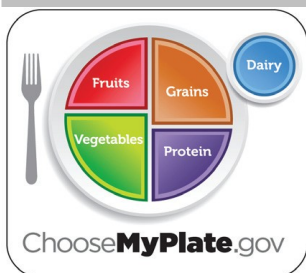
Children-  
[www.healthychildren.org](http://www.healthychildren.org)

Deployment-  
[www.afterdeployment.org](http://www.afterdeployment.org)

Symptom Checker-  
[www.familydoctor.org](http://www.familydoctor.org)

General-  
[www.triwest.com/en/beneficiary/healthy-living](http://www.triwest.com/en/beneficiary/healthy-living)

(Supplemental information only, not to replace medical advice from your Primary Health-care Provider)



[http://  
www.facebook.com/  
barksdaleafbclinic](http://www.facebook.com/barksdaleafbclinic)



# 2D MEDICAL GROUP NEWSLETTER

## Men's Health Month

## Lower Back Pain Prevention Month

This month is Men's Health Month so here at Barksdale AFB, we'd like to draw attention to the different problems and/or diseases that commonly affect men. Along with awareness for these different problems, tips on staying healthy and lowering your risk of common diseases are included. So read the following and see how you can improve your health!

### Healthy Habits for Men

The life-expectancy gap between men and women is 5.2 years, which is the narrowest it has been since 1946. Men seem to be catching up on their life-span but they still need to pay more attention to their bodies. Studies show that American men at every age have poorer health than women in the same age group. That's not fair, right? Some factors that influence men's health are:

- \* Personal health habits - Men are more likely to smoke cigarettes and twice as likely to consume five or more alcoholic drinks a day as women are.
- \* Uses of health care - Health care providers spend less time with men than they do with women. Men are also less likely to talk about changing their behavior to improve health.
- \* Responses to stress - Men tend to have a harder time coping with stress than women.

### Changing Your Cholesterol

Heart disease is the leading cause of death in the United States. High blood cholesterol increases your risk of heart disease. Although cholesterol is needed for your body to function properly your body makes the cholesterol it needs and too much can be very harmful. When your body has too much cholesterol, it is deposited into your arteries, narrowing the passageway. When these passageways are blocked it causes heart attacks and strokes.

Maintaining good cholesterol is vitally important for your health. If you already have high cholesterol or you want to avoid having high cholesterol here are some things to keep in mind:

**Change your diet**—Pick foods that are low in cholesterol, trans fats, and saturated fats. Examples of some of these foods are: fruits, vegetables, unprocessed whole grain breads and cereal!

**Be physically active**—not being physically active can lead to weight gain, which can raise your cholesterol level.

**Age**—as you get older, it is more important to watch your cholesterol because it can increase with age.

**Gender**—older men tend to have lower cholesterol levels than older women. However, younger women tend to have lower cholesterol levels than younger men.

**Heredity**—High blood cholesterol can run in families. This inherited condition is called familial hypercholesterolemia. If you have family members with high cholesterol it is important to get yourself checked.

**No smoking**—Smoking tobacco injures your blood vessels and speeds up the process of hardening your arteries.

# Prostate Cancer

Did you know that prostate cancer is the second leading cause of cancer deaths for men in the United States and the first for men over fifty? If so, did you know that prostate cancer is the seventh most common cause of death in men?

More than 60% of prostate cancer is diagnosed in men sixty years of age and older. If a man has a father, brother, or son that has had prostate cancer, then he is two to three times more likely to get the disease. Prostate cancer is also more common in certain racial and ethnic groups than in others. Prostate cancer is more common among African-American men, but less common among Native-American, Hispanic and Asian men.

Like all cancers, early detection is the key! Ask your doctor about a prostate-specific antigen (PSA) test. Prostate-specific antigen is a protein produced by the cells of the prostate gland. It is normal for a man to have low levels of PSA in his blood, but a higher level of PSA may be a sign of prostate cancer or detection of benign cells. Your PSA level alone does not mean you have prostate cancer, but it gives your doctor the information needed to decide if further checking is necessary.

To lower the risk of prostate cancer, doctors recommend changing your diet. Staying on a low fat diet full of fruits and vegetables is a great start. Studies show a connection between prostate cancer diagnosis and the consumption of saturated fats and red meat. So make sure and get a PSA test, eat foods low in fat and get plenty of fruits and vegetables!

## Male Breast Cancer

When people talk about breast cancer, the population that comes to mind is the female population. However, most people don't realize that breast cancer can occur mostly in men between 60-70 years old. It isn't very common, but for every 100 cases of breast cancer, less than one case occurs in men. Symptoms are generally the same as women: lumps, skin dimpling, irritation, redness or flaky skin, nipple discharge, pain, any change in the size or shape of the breast.

### Some Causes Include:

- \* Being exposed to radiation
- \* Having diseases related to high levels of estrogen, such as Cirrhosis
- \* Having several female relatives who have had breast cancer
- \* Inherited gene mutation (makes up approx. 5% - 10% of all breast cancer)

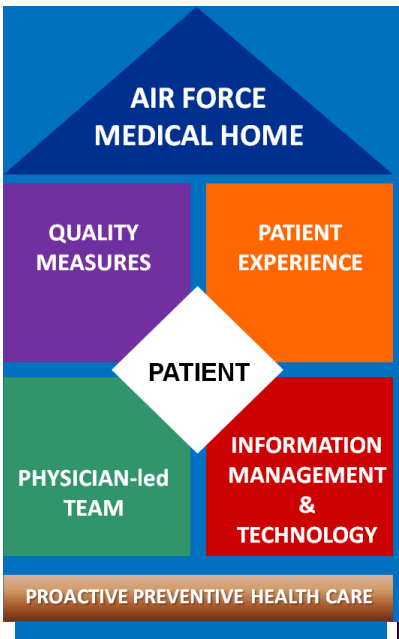
### Survival

Survival for men with breast cancer is similar to survival for women with breast cancer. Prognosis depends on what stage the cancer is detected, the type of cancer, estrogen levels, whether the cancer is also found in the other breast, and the patient's age and general health.

### Prevention

- \* Changing lifestyle or eating habits
- \* Avoiding things known to cause cancer
- \* If you drink, drink in moderation
- \* Maintain a healthy weight by exercising and maintaining a healthy diet

If you are experiencing symptoms, please contact your Primary Healthcare Provider. For more information go to: [www.cdc.gov](http://www.cdc.gov) or [www.cancer.gov](http://www.cancer.gov).



Risk of Being Diagnosed with Prostate Cancer by Age

Age 45	.....1 in 2,500
Age 50	.....1 in 476
Age 55	.....1 in 120
Age 60	.....1 in 43
Age 65	.....1 in 21
Age 70	.....1 in 13
Age 75	.....1 in 9
Ever	.....1 in 6

### Follow us on Facebook

The Medical Group has developed a Facebook page, "Barksdale AFB-2d Medical Group." Please visit and "Like" us. Our page is packed full of information and loaded with additional helpful links. Come check us out!

<http://www.facebook.com/barksdaleafclinic>



**2 Medical Group**

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