



### Take action to support heart health

Heart disease is responsible for 1 in 4 male deaths, but many men may not realize when their life is at risk.

The Centers for Disease Control and Prevention (CDC) points out that half of the men who die suddenly of coronary heart disease did not experience symptoms.



To lower your risk for heart disease, it's important to stay on top of heart health risk factors, such as blood pressure and cholesterol levels. In addition, make lifestyle choices that support cardiovascular health. To support heart health:



**Bring on healthy foods.** A heart-healthy diet includes a variety of fresh fruits and vegetables, whole grains, skinless poultry, and fish. Select low-fat dairy products and eat fewer processed foods. Choose foods that are low in saturated and trans fat, and high in fiber, to help lower cholesterol. Limiting salt can help lower blood pressure; flavor your food with herbs instead. Also limit red meat and sweets.



**Burn calories with activity.** Being active can help you reach and maintain a healthy weight. Each week aim for 150 minutes of moderate exercise, such as brisk walking or biking. If you can't set aside a long period of time for daily exercise, fit several 10-minute bouts of exercise into your day.



**Don't smoke.** About 1 in 6 men smoke cigarettes, according to the CDC. Smoking increases the risk of heart disease and stroke, as well as cancer. It damages the way the heart functions and also harms the structure of blood vessels.



**Limit alcohol.** Drinking too much alcohol can raise blood pressure. If you drink, do so moderately — up to two drinks per day for men and one for women.



**Get regular checkups.** Ask your doctor if your weight is in a healthy range, and have your blood pressure checked. High blood pressure has no symptoms and is a risk factor for heart disease. Also ask your health care provider about cholesterol levels, as high cholesterol is also a key risk factor, and talk about additional steps you can take to lower your risk for heart disease.

#### Risk factors for heart disease

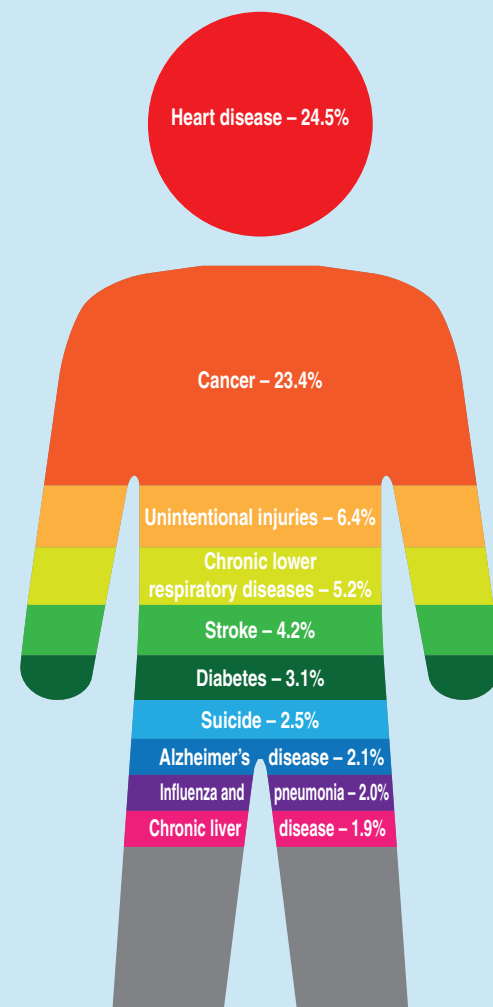
- High blood pressure
- High LDL (bad) cholesterol
- Smoking
- Diabetes
- Being overweight or obese
- A poor diet
- Physical inactivity

### Top men's health issues: Heart disease and cancer

Almost half of men in the United States die from two causes: heart disease and cancer, according to the Centers for Disease Control and Prevention (CDC).

In 2014, the most recent year for which information is available, those health conditions were responsible for about 48 percent of deaths.

Statistics from the CDC show that the top 10 causes of death for men are:



## Bring more fruits and vegetables into your life

Eating fruits and vegetables is good for your heart and can lower your risk for certain types of cancer. To increase your fruit and vegetable intake:

**Divide and conquer:** An easy way to make sure you get enough fruit and vegetables at each meal is to fill half your plate with fruits and vegetables.

**Make your plate colorful.** Bring in a variety of nutrients with colorful foods including orange carrots and sweet potatoes, green peppers, and red tomatoes. Also select dark green vegetables, such as spinach, broccoli, and kale.

**Top it off.** Top your morning oatmeal with strawberries, bananas, or blueberries.

**Mix them in.** Add some spinach to your omelet, and substitute lettuce, tomatoes, or cucumbers for cheese in your sandwich. Replace some of the meat or noodles in soup with chopped vegetables.

**Grab and go.** When you're heading out the door, bring along an apple or banana for a healthy snacking option.

**Snack away.** Pack snap peas, pepper slices, celery sticks, or baby carrots for a mid-day snack. Dip them in hummus or fat-free dressing.

**Cool it down.** Freeze some grapes and banana slices on wooden skewers for a fun fruit-on-a-stick snack.

## What's in a cup?

The United States Department of Agriculture, at [myplate.gov](http://myplate.gov), notes that a healthy diet includes 1½ cup to 2 cups of fruit each day and 2 to 3 cups of vegetables. Here's a look at what's in a cup or half-cup:



1 cup	½ cup
1 large banana	6 baby carrots
8 large strawberries	5 broccoli florets
1 large sweet potato	½ medium grapefruit
1 large ear of corn	16 grapes



## Is diet linked to prostate cancer?

Prostate cancer rates are higher in Western countries, and diet may be one reason.

In parts of the world where a large amount of meat is part of the diet, studies have shown that the incidence of prostate cancer is higher than in countries that have a plant-based diet. Researchers have not yet found ironclad evidence of the link between prostate cancer and diet, but it is being studied.

Prostate cancer occurs when cells in the prostate gland, which is found below the bladder in men, start to grow out of control. Prostate cancer usually grows very slowly and is not often fatal – more men die with the disease than of it.

When the cancer does spread, one study has found that dietary fat could be a factor. The study, published in the journals *Nature Genetics* and *Nature Communications*, found that prostate cancer tumors that had spread produced large amounts of fats.

"It was as though we'd found the tumors' lipogenic, or fat production, switch," said Dr. Pier Paolo Pandolfi, director of the Cancer Center and Cancer Research Institute at Beth Israel Deaconess Medical Center in Boston. Finding a way to turn off that switch could stop the cancer from spreading, he noted. This could be done with a drug that blocks fat, or with a changed diet.

"The data are tremendously actionable, and they surely will convince you to change your lifestyle," Pandolfi said.

Another study is looking at whether a diet that emphasizes fruits and vegetables helps control tumor growth. Participants in the Men's Eating and Living (MEAL) diet study aim for nine servings of fruits and vegetables daily, two servings of whole grains, and one serving of beans or other legumes.



Dietary recommendations from the Prostate Cancer Foundation include a plant-based diet rich in fruits and vegetables and high in fiber. Lean protein, healthy fats such as olive oil, and whole grains such as brown rice are recommended.

## By the numbers

Prostate cancer:

- Is the **most common** cancer among men.
- Is the **second leading** cause of cancer death among men.



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