

Mens Wellness Care

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Outline

- Immunization schedule 2013
 - Why not
 - Shingles is a real pain
 - The resurgence of whooping cough/pertussis
- Cardiovascular Health
 - Preventions of Heart Disease-Risk Factors
 - Symptoms of Heart Attack
 - What your cholesterol means
 - Aspirin Use

Outline

- Cancer Prevention
 - Tips to reduce your risk
 - Lifestyle Choices- Do not smoke....
 - Role of a diet
 - PSA Screening- To test or not to test
 - Early Detection of Lung Cancer in Smokers- Role of Low Dose CT of Chest
 - Colonoscopy- A must
 - Skin Cancer Detection- Protect Yourself from the sun

Outline

- Diet and the prevention of chronic disease
 - The DASH and Mediterranean Diet
 - The Role of Antioxidants-Specific plants protect against specific cancers
 - Know your Vitamin D and Vitamin B12 levels
- Alzheimer's Disease- Dementia
 - There is no known way to prevent Alzheimer's disease
 - Reduces your risk- Delay onset- Value of Antioxidants, B-complex
 - Vitamins, Aspirin, and Statins
 - Run from it

Outline

- Exercise- The Fountain of Youth
 - Benefits
 - Weight Control- Reduce your belly fat
 - Cardiovascular Health- Benefit to Cholesterol, Blood Pressure and diabetes
 - Improves your mood, boosts your energy
 - Promotes better sleep
 - Puts the spark into your sex life
- Male Menopause/Andropause
 - Vitality- Cranky Old Men
 - Decline in Muscle Strength and mass
 - Decreased bone density
 - Insomnia
 - Decreased sex drive and physical changes- Reduced Muscle Bulk, breast enlargement and hair loss

Immunization Schedule

- Influenza
- Tetanus, diphtheria and pertussis
- Varicella
- HPV (Female)
- HPV (Male)
- Zoster/Shingles
- MMR
- Pneumococcal
- Meningococcal
- Hepatitis A
- Hepatitis B

Shingles Vaccine

- Painful skin rash, often with blisters
- Also known as Herpes Zoster
- Usually appears on one side of the face or body and lasts 2-4 weeks
- Who should get? Who should wait?

Pertussis Vaccine

- Recent rise in cases
- Childhood deaths
- Vaccination rates for adults
- Booster

How to avoid heart attacks

- Men are more likely to suffer than women
- About 565,000 men are expected to suffer from a heart attack each year
- Number one killer of men
- Risk Factors
- Symptoms
- Reducing your risk
- Cholesterol levels

What does your cholesterol mean?

Total Cholesterol

- Less than 200 mg/dL: Desirable
- 200-239 mg/dL: Borderline-High Risk
- 240 mg/dL and above: High Risk

LDL (bad) cholesterol

- Less than 100 mg/dL: Optimal
- 100-129 mg/dL: Near Optimal/Above Optimal
- 130-159 mg/dL: Borderline High
- 160-189 mg/dL: High
- 190 mg/dL: Very High

Triglycerides

- Less than 150 mg/dL: Normal
- 150-199 mg/dL: Borderline
- 200-499 mg/dL: High
- 500 mg/dL and above: Very high

Aspirin

- Daily aspirin for those who have already experienced a heart attack, stroke, angina or peripheral vascular disease, or have had certain procedures
- USPSTF recommendations
 - Discuss aspirin with your physician
 - Prevention of heart attacks

Chocolate reduces stroke

- Males and Females who consume the most chocolate have approximately 19% reduced risk than those consuming the least
- Further research still needed
- Must adjust risk based on several factors

No to routine PSA

- United States Preventative Services Task Force (USPSTF) recommended against the PSA test in 2012
- Given a “D” rating
- American Urological Association and urologists speak out against this

Colonoscopy

- Used to detect changes in the large intestine (colon)
- Why is it done?
- What are the risks?
- How to prepare
- What should you expect?

Skin Cancer

- One of the most common cancers
- Tips to stay safe
 - Avoid midday sun
 - Stay in the shade
 - Cover exposed skin
 - Don't skimp on sunscreen
 - Avoid tanning beds and sun lamps

Apple a Day

- Study released that foods rich in **flavonoids and glykans** reduce the risk of pancreatic cancer
 - Most common in apples, red grapes and pears
- These foods help control proliferation and control of cell cycle
- May reduce pancreatic cancer by more than 25%

Diet and the prevention of chronic disease

- Diet contributes to heart disease, diabetes, hyperlipidemia and stroke
- Currently more than 30% of US adults are obese
- Less than 25% of Americans get the necessary fruits and vegetables

Diet and the prevention of chronic disease

- DASH diet
 - Increase fruit and vegetables
 - Low fat dairy
 - Nuts, legumes and whole grains
 - Limit sugar and salt
- Mediterranean Diet
 - High consumption of olive oil, legumes, unrefined grains, fruits and vegetables
 - Moderate to high amounts of fish
 - Low consumption of meat
 - Moderate consumption of alcohol

Antioxidants

- Samples listed in your handouts
- Common examples
 - Many fruits and vegetables
 - Many beans

Specific Plants

- Turmeric is an anti-inflammatory
- Green tea
- Grapes
- Cruciferous vegetables (cauliflower, kale, broccoli) thought to reduce prostate and bladder cancer by 50% and 30% for lung cancer
- Tomatoes reduce prostate cancer by 25%
- 75% reduction in pancreatic cancer with dietary folate

Sources of Vitamin D

- Necessary to help your body absorb calcium for bone health
- Good for prevention of chronic disease, inflammation, cancer
- Foods high in Vitamin D
 - Shiitake and Button Mushrooms
 - Mackerel
 - Sockeye Salmon
 - Sardines
 - Catfish
 - Tuna fish
 - Cod Liver Oil
 - Eggs

Vitamin D Deficiency

- Those who are not in the sun, have milk allergy or have strict vegetarian diet can be deficient
- Can cause rickets- softening of bones and cause skeletal deformities
- Symptoms of Vitamin D deficiency
- Other causes
- Tests
- Treatment

Health Benefits of Vitamin B12

- Protect against heart disease
- Reduce Cancer Risk and Slow Aging
- Protect against dementia and cognitive decline
- Alzheimers protection
- Energy and Endurance

Alzheimer's- Run from it!

- You maybe able to reduce your risk by:
 - Taking moderate amounts of vitamin E and other antioxidants
 - Increase your intake of folic acid, and vitamin B6 and B12
 - Daily NSAID
 - Taking statins to reduce cholesterol
 - Stay active and exercise