



## The Wellness Watch

promoting healthy lifestyles

June 2015

### June: National Men's Health Month

#### Understanding Testosterone

Testosterone is the male sex hormone. It has a major role in a man's:

- Muscle mass and strength
- Fat distribution in the body
- Production of red blood cells
- Bone density
- Sperm production and sex drive

**Testosterone levels** peak in adolescence to early adulthood and begin their natural decline between the ages of 30 and 40. A medical condition called Hypogonadism can also cause low testosterone levels.

#### Signs and symptoms of low testosterone levels can include:

Increased body fat, loss of muscle bulk/strength, loss of bone density, reduced energy levels, sleep, memory and mental issues, decreased sexual desire, infertility, and erectile dysfunction (ED).

#### How Do you Know?

- A blood test is the only way to confirm a man has a low testosterone level

#### Treating Low Testosterone

- There is no way to increase the natural production of testosterone
- Testosterone Replacement Therapy (TRT) is used to increase testosterone levels
- TRT can be delivered by injections, gels, patches, or implantable pellets

**TRT can cause side effects and has health risks. The most concerning are:**

- A possible increased risk for heart disease
- Growth of the prostate gland - both benign and cancerous
- Sleep apnea

#### Bottom Line:

As men age it is natural for testosterone levels to go down. If you are concerned you might have low testosterone, talk with your doctor to get a proper diagnosis and expert advice.



**40%** According to research, that's how much **lower the risk of cardiovascular disease** is for people who eat fruit daily, compared with those who never do. (Take note all of you low carb-fanatics-turned-fruit-phobics)

Try this month's recipe on the back page to up your fruit intake.

### Tech Corner

#### EPA's SunWise UV Index

UV INDEX



The U.S. Environmental Protection Agency designed this easy-to-navigate application.

- Provides daily and hourly forecast of the expected intensity of ultraviolet (UV) radiation from the sun
- Find UV index information for your location
- Features a color-coded hourly forecast that makes it easy to spot when the UV index is highest
- Free; available for iOS and Android
- Available in Spanish

Follow the link to check out the SunWise website and info on how to get the app: <http://www2.epa.gov/sunwise>

## Protecting your Skin from the Sun



- ▶ Wear sunscreen every day, in all weather and in every season. You want a sun protection factor (SPF) of 30. Put it on at least 15 minutes before going outside. Use 1 ounce, which would fill a shot glass
- ▶ Reapply sunscreen at least every 2 hours or more often if you're sweating or swimming
- ▶ Wear sunglasses with total UV protection and consider wearing wide-brimmed hats, and light weight long-sleeved shirts and pants. But be careful that clothing is not heavy or dark colored as it may cause you to overheat more quickly

Here is an interesting article from **CNN** about sunscreen use and ratings of their effectiveness:

<http://www.cnn.com/2015/05/20/health/sunscreen-use/index.html>

## Recipe of the Month: Peach and Tomato Salad

137 calories, 81 mg Sodium

This **Simple Cooking with Heart** recipe is inspired by the Italian panzanella salad, which combines tomatoes, bread and basil – except in this version, peaches are a delicious stand-in for the bread.

### Ingredients

4 medium peaches <b>OR</b> 30 oz. canned peach halves	1/8 tsp. salt
3 large tomatoes, sliced into wedges	1/8 tsp. ground black pepper
1 small red onion	1 Tbsp. <b>PLUS</b> 1 ½ tsp. extra-virgin olive oil or canola oil
1 bunch fresh basil	¾ Tbsp. red wine vinegar or balsamic vinegar



### Directions

1. Halve each peach, removing and discarding pits. Slice peaches into thin wedges for about 4 cups of peaches. (If using canned peaches, drain and rinse the peaches and then slice each half into the thin wedges.) Put peaches into a large bowl.
2. Cut each tomato in half, removing the stem from each one and discarding it. Slice each tomato into wedges for around 4 cups of tomatoes. Add into the bowl with the peaches.
3. Chop one red onion. Add into the bowl with the peaches and tomatoes. Thinly slice the basil leaves or tear the leaves onto pieces for 1 cup basil. Add to the bowl along with salt, pepper, oil, and vinegar. Gently stir to combine the ingredients. Serve

[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Peach-and-Tomato-Salad\\_UCM\\_468673\\_RecipeDetail.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Peach-and-Tomato-Salad_UCM_468673_RecipeDetail.jsp)

## Fit Tip: The 10-minute Exercise Solution

**No time to work out?** Try following this speedy routine three times per week (but check with your doctor before starting any exercise program):

1. Warm up for 2 minutes
2. Then exercise as hard as you can for 20 seconds, followed by 2 minutes of activity at a slower pace. Do that three times.
3. Finish by cooling down for 3 minutes.

A recent study from Canada's McMaster University found that after six weeks, overweight and sedentary study participants improved their endurance and blood pressure.

Volunteers cycled, but walking, swimming, or using exercise equipment such as a rowing machine or an elliptical trainer would work, too.

