

My Health TM

NOVEMBER 2015

Healthy Heart, Healthy Mind, Healthy Living



HEALTHY LIVING

Movember!

Raising Awareness on Men's Health

November, or rather “Movember” is that time of year when both men and women come together worldwide to raise awareness and funds for men’s health, which includes prostate cancer, testicular cancer and mental health.

During this month, “Mo Bros” put their best face forward by growing and grooming their facial hair into a moustache as a way to show their support of the Movember campaign.

Rocco Rossi, president of Prostate Canada, proclaimed that “prostate cancer is not a men’s disease, but a couple’s disease.” As such, “Mo Sistas” play an equally important part by supporting their “Mo Bros” through the campaign, helping to raise funds, and encouraging them to be proactive when it comes to their health.

In 2014, 21 countries globally have joined the Movember community and have raised \$102.3 million for men’s health. In Canada, 83% of the \$24.1 million raised is allocated to men’s health programs.

The reasons for supporting the Movember movement is plentiful. Among them are the startling statistics on prostate cancer, testicular cancer and mental health problems in men.

Here are some hairy facts, according to Movember Canada:

- In 2014, an estimated 26,600 Canadian men were diagnosed with prostate cancer and the risk of being diagnosed with the disease increases with age. Family history and ethnicity (men of African Canadian decent) have an increased risk to develop prostate cancer.
- In 2014, an estimated 1,000 Canadian men were diagnosed with testicular cancer, as it is the most common cancer in men aged 15-29 years old. Family history and medical history are factors in the likelihood of developing this disease.
- 1 in 10 Canadian men in Canada will experience major depression in the course of their lives. Some of the risk factors include: family or personal history of mental health problems; drug and alcohol use; serious medical illness; isolation or loneliness; and unemployment.



HEALTHY MIND

Mental Health Concerns

Something to Talk About

Mental health concerns are not an easy topic for discussion as we all fear the stigma that's associated with having a mental illness. Men, in particular, are more inclined to ward off the topic because talking about it may be self-perceived as being weak. Plus, diagnosing a mental health problem is often a complex and lengthy process. As a result, men would rather remain silent instead of getting support on such concerns that could have a potentially harmful outcome.

November Canada offers the following statistics:

- One in five of Canadians will experience a mental health problem each year.
- On average, seven men each day take their life through suicide in Canada.
- Globally, a man dies every minute from suicide.

The major types of mental health problems that affect men are depression, anxiety, bipolar disorder, psychosis and schizophrenia, and eating disorders. Isolating the risk factors to these problems is not easy because it often involves a multitude of causes.

To prevent the onset or exacerbation of mental health problems, men are encouraged to engage in the mental health dialogue, understand the risks and symptoms, seek outside support, utilize the EFAP program, visit your family physician when necessary, and stay connected with friends and family.

HEALTHY HEART

Osteoporosis

Thinning Bones in Men

You'll be surprised to know that osteoporosis has never been just about women. Although it is true that one in three women will suffer from osteoporosis in their

lifetime, one in five men will also experience symptoms of osteoporosis. It is becoming more prevalent; a report from the International Osteoporosis Foundation (IOF) found that the lifetime risk of men experiencing an osteoporosis related fracture after the age of 50 is up 27% - higher than the lifetime risk of developing prostate cancer (11%).

Weakening bones is a common problem associated with aging. In most people, your bone mass will begin to gradually decline in your 30's. For women, that bone loss can significantly speed up during the first 10 years after menopause. However, poor diet, nutrient deficiencies, smoking, drinking excess alcohol, and sedentary behavior are also common osteoporosis risk factors in both genders. Certain medications also increase your risk, including steroids, ant seizure drugs, antidepressants, and hormone therapy for prostate cancer.

No matter what your gender is, the formula for prevention is the same and requires attention to four nutrients; calcium, vitamin D, vitamin K2, and magnesium.

If you've been following *My Health* over the years, you know that calcium, vitamin D, vitamin K2 and magnesium work synergistically together to promote strong healthy bones. Vitamin K2 is critical because its biological role is to help move calcium into the proper areas in your body, such as your bones and teeth, while helping to remove calcium from areas where it shouldn't be, like your arteries and soft tissues.

Six Simple Healthy Bone Habits

If you do have one or more risk factors, here are six things you can do to reduce the risk of osteoporosis:

1. Avoid processed foods, especially soda.
2. Increase your consumption of raw, fresh vegetables.
3. Optimize vitamin D levels. If you're supplementing vitamin D, make sure it's vitamin D3 while also increasing vitamin K2.
4. Maintain a healthy balance between omega-6 and omega-3 fats by increasing animal-based omega-3 (like krill oil) and reducing omega-6 found in processed foods.
5. Walk 7,000 - 10,000 steps per day.
6. Engage in strength training.