



Men'sHealth

HEALTHY EATING: A PERSONAL PERSPECTIVE

A night out with friends or a big, juicy steak can be potholes in a man's road to healthy eating.

But really, they're examples of healthy-eating challenges everyone faces – men and women alike.

"Healthy eating is challenging for both men and women," says **Donald D. Hensrud, M.D., Mayo Clinic**, Rochester, Minn. Dr. Hensrud is medical editor-in-chief of *The Mayo Clinic Diet*.

Al Roker agrees. The co-anchor and weatherman on NBC's "Today" show shared his personal journey to healthy eating with Mayo Clinic while using his treadmill desk.

"I ate everything. If one Quarter Pounder was good, then two was great," Roker says of his past eating habits. At his heaviest, he weighed 340 pounds.

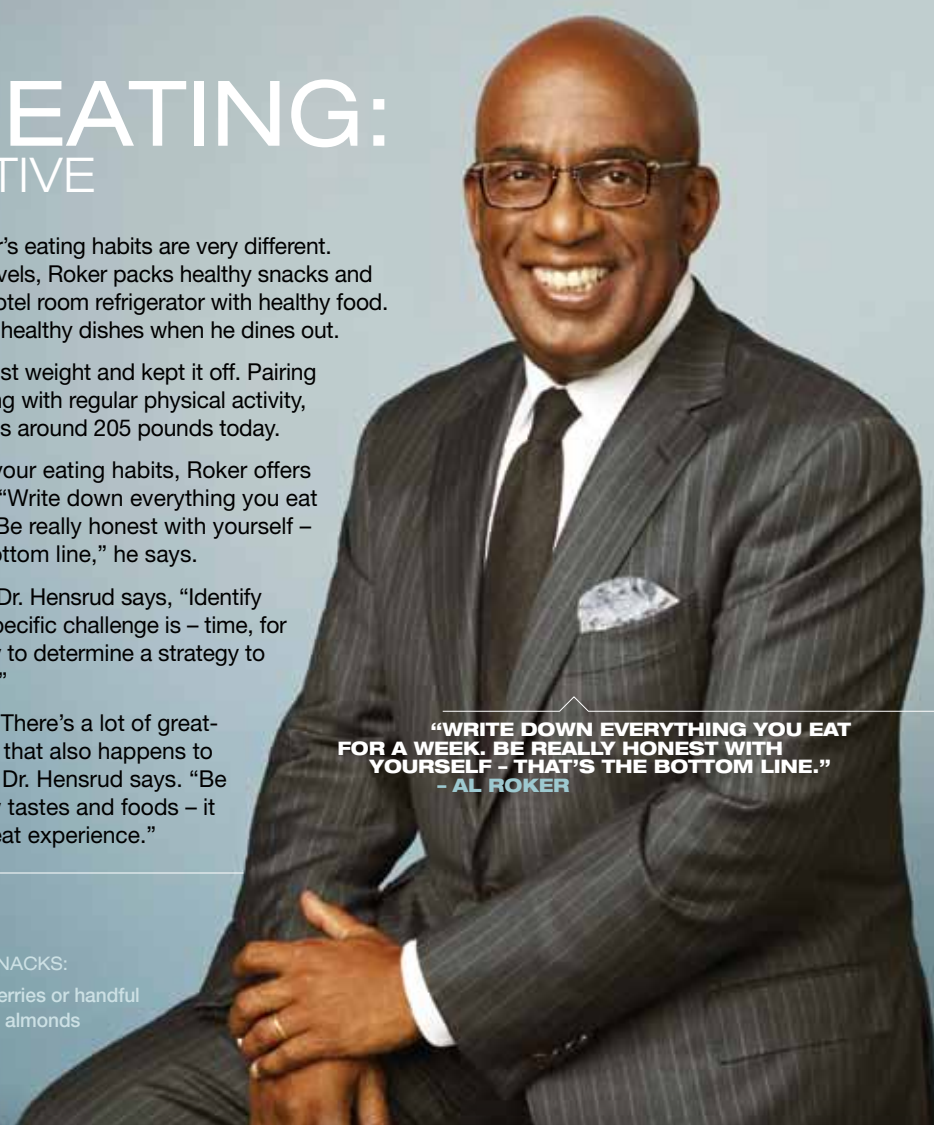
Today, Roker's eating habits are very different. When he travels, Roker packs healthy snacks and stocks his hotel room refrigerator with healthy food. He chooses healthy dishes when he dines out.

Roker has lost weight and kept it off. Pairing healthy eating with regular physical activity, Roker weighs around 205 pounds today.

To improve your eating habits, Roker offers this advice: "Write down everything you eat for a week. Be really honest with yourself – that's the bottom line," he says.

From there, Dr. Hensrud says, "Identify what your specific challenge is – time, for example. Try to determine a strategy to overcome it."

"Remember: There's a lot of great-tasting food that also happens to be healthy," Dr. Hensrud says. "Be open to new tastes and foods – it can be a great experience."



"WRITE DOWN EVERYTHING YOU EAT FOR A WEEK. BE REALLY HONEST WITH YOURSELF - THAT'S THE BOTTOM LINE."
- AL ROKER

HEALTHY EATING: AN AL ROKER SNAPSHOT

BREAKFAST:

Protein shake made with almond milk and frozen berries

LUNCH:

Salad with lean protein, such as fish or chicken

DINNER:

Includes vegetables, such as roasted cauliflower, and whole grains

SNACKS:

Berries or handful of almonds

\$200 incentive for Carpenters condition management program

Do you have diabetes, heart failure, or heart disease?

Do you have asthma or chronic obstructive pulmonary disease (COPD)?

Do you have low back pain?

Living with any of these can involve serious challenges. Fortunately, serious help is available through a **Condition Management program from Nurtur**. And there is a serious reward for participation.

The Carpenters Health and Security Plan of Western Washington is offering a **\$200 Hallmark gift card** for completing a health assessment call and six additional calls with a Health Coach from Nurtur. This incentive is available to eligible, non-Medicare participants, spouses, domestic partners, and dependents, including parents of non-adult children in the asthma program. There is no deadline for completion of your calls.

Read on for more good reasons to participate. **Call 877-676-7700 (toll free)** to enroll.

- 1. It's free.** There is no out-of-pocket charge to participate in the Condition Management program. It is part of your fringe benefits package.
- 2. It's confidential.** Nothing is shared with your union or your employer.

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EXPERT INSIGHT

Writing for your health

By Dr. Paul D. Scanlon, Pulmonary and Critical Care Medicine, Mayo Clinic
Dr. Scanlon is the medical director of the Center for Humanities in Medicine at Mayo Clinic, Rochester, Minn.

Whether you're in good health, facing a serious illness or dealing with a loved one's decline, expressive writing can be a powerful tool for coping and healing.

Writing down the facts and your feelings about a traumatic or upsetting experience can help you manage feelings of grief, anger and sadness. It can also help your immune system and even reduce the number of visits you make to the doctor.

Not a writer? No problem. You don't need to be an experienced writer to describe your thoughts or feelings. You also don't need to write regularly or for long periods of time. You may feel the positive effects after writing just once.

Perhaps most important: What you choose to do with your writing is up to you. Sharing is optional. Keep in mind, though, that talking about what you've written with family or friends could be a healing experience for everyone involved.

To get started:

Think about something you see or have recently experienced.

Describe it in writing – without stopping – for 10 to 15 minutes. Just let the words flow.

Read what you've written. Look for emerging ideas or patterns of words or feelings.

Choose one idea or pattern to explore in another 10 to 15 minutes of writing.

If you choose to share what you've written, sometimes it's easiest to put it in the form of a letter. If you don't want to share what you've written, consider setting it aside and coming back to it in a week or more. You may have more to add.

integrative insights
Where can I get reliable information about alternative medicine?

The first step is to know where to go.

"The Web has some great information, but it also has a lot of misleading information and dangerous hype," says Brent A. Bauer, M.D., Mayo Clinic, Rochester, Minn. Dr. Bauer is the director of Mayo Clinic's Complementary Integrative Medicine Program. He's also medical editor of the *Mayo Clinic Book of Alternative Medicine*.

Dr. Bauer and other medical experts offer these tips for finding information about complementary and alternative medicine (CAM) you can trust.

Visit websites that offer solid CAM information. Here are a few.

- **National Center for Complementary and Alternative Medicine**, <http://nccam.nih.gov>
- **National Institutes of Health Office of Dietary Supplements**, <http://ods.od.nih.gov>
- **Food and Drug Administration**, www.fda.gov

Seek out reliable research. Look for scientific studies about safety and effectiveness. **PubMed** (www.ncbi.nlm.nih.gov/pubmed) is a good source.



Look for the HON symbol.

This shows that the **Health On the Net Foundation (HON)** finds the site trustworthy. HON is an independent group that promotes and guides useful and reliable health information.

After you find the information you're looking for, don't stop there.

"Review the information with your health care team," Dr. Bauer says. "Just because something worked in a study doesn't mean it will necessarily work – or be safe – for you. Including your doctor in your decision-making about what CAM to use or avoid is a key step."

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Want access to the health experts at Mayo Clinic?

This newsletter provides it. Mayo Clinic's 3,700 physicians, scientists and researchers help develop and review articles in this publication. Our editorial board also reviews each article to ensure that we're offering accurate, action-oriented information.

Put your health care wishes in writing

Want to do something thoughtful for your family? Put your health care wishes in writing with [advance directives](#)  [SEE PAGE 8](#). These legal documents outline the medical care you want in the event that you can't speak for yourself. They help make it so your loved ones don't have to make difficult decisions about your care. They can help prevent family conflicts.

It's best to write these documents when you're in good health, before a health crisis.

A **living will** is one type of advance directive. A living will spells out the types of medical treatments you want and don't want if you're incapacitated, such as if you're on a breathing machine or being fed by a tube. A health care power of attorney is another type of advance directive. A **health care power of attorney** lets you name a person to make health care decisions for you if you can't do so. A living will can't cover every possible situation, so it's a good idea to have both a living will and a health care power of attorney.

It's important to let your family and your doctor know your wishes and that you have a living will and health care power of attorney.

Each state has its own laws on advance directives. Visit www.caringinfo.org to find your state's forms. As long as you can speak for yourself, you can change your mind about your advance directives at any time, either in writing or orally.

QUICK QUIZ: TEST YOUR UNDERSTANDING

- YOU SHOULD WRITE YOUR ADVANCE DIRECTIVE DURING A CRISIS.**
 True False
- A HEALTH CARE POWER OF ATTORNEY IS ONE TYPE OF ADVANCE DIRECTIVE. THE OTHER TYPE IS A _____.**
- IT'S BEST TO HAVE BOTH A LIVING WILL AND HEALTH CARE POWER OF ATTORNEY.**
 True False
- ADVANCE DIRECTIVES ARE LEGALLY RECOGNIZED IN ALL 50 STATES.**
 True False

TAKE THE QUIZ, ENTER TO WIN!

ENTER FOR A CHANCE TO WIN ONE OF MAYO CLINIC'S AWARD-WINNING BOOKS!

Contact information will be used for the purposes of this contest only.

Name: _____

Phone number: _____

Email (optional): _____

MAIL Clip out your quiz and mail it to Stephanie Vaughan, *Mayo Clinic EmbodyHealth* newsletter, 200 First St. SW, Rochester, MN 55905.

OR EMAIL your answers and contact information to EmbodyHealthnewsletter@mayo.edu. Include "Healthy You drawing" in the subject line.

WINNERS Contest entries must be received by July 15, 2013. One winner will be chosen to receive a Mayo Clinic book of the winner's choice. Winners will be notified by phone or by email if no phone number is given.

ANSWERS: 1. FALSE 2. LIVING WILL 3. TRUE 4. TRUE

SIGHTING SIGNS OF STRESS

Intense, long-term, chronic stress that makes it hard to live your life day by day can be dangerous.

These are some signs and symptoms that can signal when stress may be harming you.

PHYSICAL SIGNS AND SYMPTOMS

Headaches

Nausea, stomach pain, heartburn, digestive problems

Feeling tired

Trouble sleeping

Eating more or less than usual

Tense or achy muscles

Change in sex drive

EMOTIONAL AND BEHAVIORAL SIGNS AND SYMPTOMS

Feeling angry, frustrated or irritable in relaxed situations

Feeling out of control

Anxiety or nervousness

Finding it hard to make decisions

Feeling overwhelmed

Trouble concentrating


Memory problems

Drug or alcohol abuse

Tobacco use

Withdrawing from other people

Even if your symptoms seem minor, don't ignore them. They may be early signs of more-severe problems in the future. Think about ways you can manage the stress in your life more effectively. Physical activity, connecting with friends or family, and relaxation exercises such as meditation are a few things to try.

 If stress is affecting your everyday life and you're having trouble coping with it, talk with your doctor about ways you can manage your stress.

BOLSTER YOUR BALANCE

- True False There's only one type of balance.
- True False Balance problems only affect older adults.
- True False You should be able to stand on one foot, unsupported, for 20 seconds.
- True False There's not much you can do to improve your balance.
- True False You can improve your balance by practicing standing on unstable surfaces.

Answers:

- 1. False.** There are two main types of balance. Static balance is how well you can control your posture while standing still. Dynamic balance describes how well you can hold your posture when your body moves.
- 2. False.** Problems with balance can affect the athletic performance of younger people, too.
- 3. True.** This is the standard set by the **American College of Sports Medicine**.
- 4. False.** You can improve your balance by doing balance exercises at least twice a week. Make them a little harder to do each time. Tai chi has been shown to help improve balance. It can also help lower the risk of falling in older adults.
- 5. True.** Standing on a balance pillow, foam square, balance disc or half of a stability ball can help improve balance.

Test how much you know about balance with this quick quiz. Choose true or false for each statement below.

BALANCE EXERCISES

Try these exercises, recommended by the **National Institute on Aging**, to improve your [balance](#). SEE PAGE 8

Standing on one foot

Stand on one foot behind a sturdy chair, holding on for balance. Hold your position for up to 10 seconds. Repeat 10 to 15 times. Then repeat 10 to 15 times with the other leg. Repeat on each leg 10 to 15 times.

Heel-to-toe walk

Place the heel of one foot just in front of the toes of the other foot. Your heel and toes should touch or almost touch. Choose a spot ahead of you and focus on it to keep you steady as you walk. Take a step. Put your heel just in front of the toes of your other foot. Repeat for 20 steps. Keep your arms outstretched to help you stay balanced.

CYCLE SAFELY

Before you ride, keep safety in mind with these tips from the **National Highway Traffic Safety Administration** and other experts.

Always wear a bike helmet approved by the **Consumer Product Safety Commission**. Bike helmets can be 85 to 90 percent effective in preventing traumatic brain injury from cycling crashes. Adjust your helmet by using the manufacturer's directions to make sure that you get the best protection.

Always ride with traffic. Obey all traffic lights, signs, speed limits and lane markings. Use hand signals before turning.

Ride far enough from the curb so that you're not surprised by an opening car door.

Ride as far to the right on the road as is practical and safe, in a bike lane if one is available. Don't weave in and out of traffic.

Never bike with headphones. They make it harder to hear traffic.

Make sure drivers can see you by wearing neon and fluorescent colors. Also install reflectors on both the front and back of your bicycle. Make eye contact with motorists to make sure they see you.

Make sure all parts of your bike are secure and working well. If you can't stop quickly, have an experienced technician adjust your brakes.

✓ Biking can be a healthy choice for your fitness and stress management.

Returning to work after a medical leave

Returning to work after a medical leave can be healing for both your mind and body. Take these steps to make the transition a little easier.

1. Ask your doctor when you can return to work, both part time and full time. Ask your doctor to write down what you can do at work safely.
2. Review your workplace sick leave policy and how it applies to your situation.
3. If you have work restrictions, talk with your boss about them before you return. Research shows that most job accommodations can be made at relatively low cost to employers.
4. Plan your return to work on a day later in the week. That way, your first week back will be a short one.
5. Think about what you'll say to co-workers about your medical leave. You don't have to share sensitive information with others. If a co-worker asks about your medical leave, say, "I had a medical leave (or illness), but I'm feeling better. Thanks for asking." If you're asked questions you don't feel comfortable answering, simply say, "I'm not comfortable talking about it, but I appreciate your concern."

✔ **If you have other concerns, check with your human resources department. Or, ask if your employer can refer you to someone who specializes in occupational medicine.**

CRITICISM: HOW TO TAKE IT

Accepting criticism can be hard to do, even when it's constructive and given with the best intentions. The next time you need to receive criticism, focus on improvement. From there, consider this advice.

While "constructive" criticism is supposed to be helpful, it can be painful and embarrassing to hear. Recognize your feelings of hurt and anger internally. Then pause, take a deep breath, and make a real effort to put aside your feelings so that you can listen to the feedback you're given.

Keep in mind that true collaboration can only happen when people are candid and honest with one another. This makes getting – and giving – criticism necessary.

Don't respond right away. Ask questions and get examples so that you fully understand the criticism. If you agree with the person delivering the criticism on some points, it's fine to say so. But it's also OK to just listen.

If you're surprised by the criticism, talk about it with friends who will be honest with you.

Remember the decision to change – or not to change – is in your hands.

✔ **Being open to others is an important skill for growth and leadership.**

Work-life balance: 5 questions to ask

To figure out the work-life balance that's best for you, think about your values and priorities. Use these five questions to design a work-life balance that can improve your quality of life.

1 When you think about the goals you'd like to reach, would you consider trying to reach them at different times instead of all at once? For example, if your goal right now is to focus on taking care of your aging parent, this might mean that you'd decide to hold off on your professional goals for now.

2 What parts of your life do you value most? Family, friends, community, spirituality, hobbies, fitness, career and material possessions are some examples. What do you value most and least on this list?

3 How do you envision your future?

4 Are you willing to trade success in one area for less success in another?

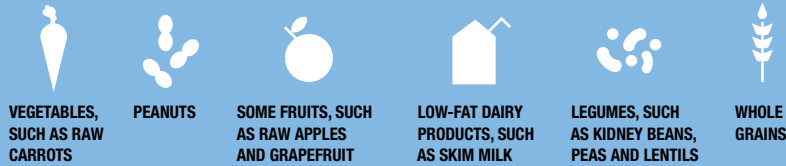
5 When you have more than one goal, can you accept that you probably won't excel in every area of your life at all times? It's hard to excel in more than one area at a time.

LOW-GLYCEMIC FOODS: WHAT YOU SHOULD KNOW

WHAT THEY ARE

Low-glycemic foods and beverages cause smaller increases in your blood sugar when compared with high-glycemic foods. The glycemic index was created to help people with diabetes manage their blood sugar through the foods they choose to eat. Many popular weight-loss diets are based on the [glycemic index](#). [SEE PAGE 8](#).

EXAMPLES OF LOW-GLYCEMIC FOODS



POSSIBLE HEALTH BENEFITS

Low-glycemic foods help you feel full longer. This, in turn, can help you reach and maintain a healthy weight. These foods can also help you maintain a healthy blood sugar level. This can help lower your risk of diabetes, heart disease and other chronic conditions.

CAUTIONS

Low-glycemic foods aren't always healthy. Some are high in fat, calories and sugar. In addition, it can be hard to follow a glycemic index pattern of eating. Because you often eat many foods at one time, it can be hard to know the total glycemic index of what you're eating. Also, many foods aren't ranked by glycemic index, and some types of food have different rankings. It can be hard to know which one is right.

BOTTOM LINE

Research on glycemic index and health is ongoing. Eating low-glycemic foods can be helpful, but it's not a foolproof way to lose weight or improve your health. The best way to reach and maintain a healthy weight is to eat a healthy, balanced diet and get regular physical activity.

Women's Health

Eating to help prevent breast cancer

New research shows that colorful fruits and vegetables may be more than just tasty. They may help prevent breast cancer.

Two recent studies in the **Journal of the National Cancer Institute** show that fruit and vegetable intake may help lower a woman's risk of getting breast cancer. These studies are among the first to suggest a way that women can lower their risk on their own. Women with the highest levels of carotenoids in their bodies had a lower risk of breast cancer. Carotenoids are what make fruits and vegetables so colorful.

Other research has also linked carotenoids to a lower risk of breast cancer.

Make brightly colored fruits and vegetables part of your everyday diet. Your health may benefit in more ways than you know.

Easy nacho skillet dinner

Total prep and cooking time: 15 minutes | Serves 5 (1 cup per serving)

- 2 cups ground soy crumbles
- 2 cups frozen corn
- 2 tsp. chili powder
- 1 15½-oz. can no-salt-added kidney beans, drained and rinsed
- 2 8-oz. cans no-salt-added tomato sauce
- ¼ cup water
- 1 cup slightly broken baked tortilla chips
- ¾ cup reduced-fat shredded cheddar cheese

1. Place meatless ground crumbles, corn, chili powder, kidney beans, tomato sauce and water in a 10-inch skillet over medium-high heat.
2. Simmer for 10 minutes, stirring occasionally.
3. Sprinkle with tortilla chips and cheese. Cover and let set for about 5 minutes until the cheese is melted.

A meatless, yet hearty meal!



Nutrition analysis per serving:

260 calories, 7 g total fat (2.5 g saturated fat, 0 g trans fat, 1 g monounsaturated fat), 10 mg cholesterol, 390 mg sodium, 35 g total carbohydrate (9 g dietary fiber, 7 g sugars), 17 g protein



WANT MORE INFORMATION?

Visit www.CarpentersHealth.org

For more on:

Preventing drowning
Advance directives
Balance exercises
Glycemic index diet

Search on:

[pool](#)
[advance directives](#)
[balance](#)
[glycemic index](#)

HealthQuestions

Can stress cause a nosebleed?

It's possible. The theory is that stress can cause an increase in blood pressure and that this, in turn, can cause a nosebleed. However, the link between higher blood pressure and nosebleeds is controversial. Some studies show high blood pressure during a nosebleed, but these studies couldn't say for sure if the increase in blood pressure was the cause or effect of the nosebleed.

Other studies have found that blood pressure doesn't change much during a nosebleed. One study of people who had both nosebleeds and high blood pressure found no link between their nosebleeds and higher blood pressure readings. When it comes to stress and nosebleeds, more research is needed.

Does everyone really need to get tested for HIV?

Late last year, the **U.S. Preventive Services Task Force** issued a draft guideline recommending that everyone ages 15 to 65 and all pregnant women get regular HIV testing. This is similar to advice from the **Centers for Disease Control and Prevention (CDC)**.

The CDC says that people ages 13 to 64 and all pregnant women should get regular HIV testing.

As many as a quarter of people living with HIV infection don't know they have it. This is why the U.S. Preventive Services Task Force has made this recommendation. If more people get tested for HIV, more people who have the virus can be treated. This will help reduce the risk of HIV infection developing into full-blown AIDS, the task force says. It will also help reduce the risk of HIV being transmitted to others.

HAVE A STORY IDEA OR HEALTH TOPIC YOU'D LIKE TO READ ABOUT?

Email it to us at EmbodyHealthnewsletter@mayo.edu or write to us at Mayo Clinic EmbodyHealth newsletter, 200 First St. SW, Rochester, MN 55905.

All correspondence becomes the property of Mayo Clinic, which reserves the right to edit material. Readers who send in questions will not be identified. We regret that we can't respond to each question.

\$200 for condition management program

continued from page 1

- It's specialized.** When you enroll in a Condition Management program from Nurtur, you're teamed up with a Health Coach—a health care professional who specializes in your particular illness or condition. Depending on your situation, your Health Coach may be a registered nurse, certified diabetes educator, exercise physiologist, respiratory therapist, or dietician.
- It's what the doctor recommended.** Condition Management doesn't replace your doctor's treatment plan—it makes your doctor's plan more effective by helping you...
 - Understand your condition and how it affects you
 - Learn to recognize and manage symptoms to minimize disruptions and acute episodes
 - Learn what questions to ask your doctor
 - Monitor medications to make sure they're working
- It's the right call for busy people.** Health Coaching is done over the phone, so you get the benefit of individual assistance without the hassle and expense of driving to appointments. Calls are usually 15 minutes long and scheduled when convenient for you, usually once a month.
- It's help from someone you can trust.** Dealing with a chronic health condition can be overwhelming. With a Health Coach on your side, you don't have to go through it alone. Nurtur's coaches are experienced clinicians who are passionate about helping people improve their health. They are people you can trust, confide in, and rely on.
- It has fewer side effects.** Most patients leave their physician's office with a prescription for some type of medication. In doing so, they accept some degree of risk for side effects and adverse reactions. Prescription drugs can certainly help prevent and/or control chronic health conditions, but they're not always necessary. A Condition Management program can teach you how to control symptoms on your own, with fewer medications or none at all, with your doctor's approval.
- It can improve your financial security.** A Condition Management program from Nurtur empowers you to stabilize and manage symptoms so you can avoid unnecessary office visits, hospital stays, procedures, and days off work. This is important because studies show that a person's out-of-pocket medical expenses double when treating just one chronic condition. With two or more conditions, expenses can multiply by a factor of four.

For more information about treating chronic conditions, visit the Carpenters Trusts of Western Washington website: www.ctww.org/nurtur.