



**Men's Health Week,  
June 15-21**

## Men, how's your mental health?

**Take a few minutes to analyze your state of mind.** Signs of depression typically involve ongoing sadness, irritability, poor concentration and lack of interest in favorite activities. Get help if you've been having symptoms daily for more than 2 weeks that interfere with your work or relationships. Don't tough it out – just ask your health care provider if your mood changes are normal.

*“Sleep is that golden chain that ties health and our bodies together.” – Thomas Dekker*

## About Your Headaches

**Approximately 1 in 6 Americans suffers with chronic headaches.** But there are things we can learn to help prevent headaches.



**And while scientists aren't sure what causes headaches,** they have identified many different types and triggers.

**Among primary headaches,** the most common is **tension**. They usually produce a dull, squeezing pain on both sides of the head. You may get them daily, weekly, monthly or occasionally – lasting several minutes or hours.

Primary headaches also include **migraine** and **cluster** headaches. Migraine typically causes a throbbing pain on one side of the head, often with nausea or vomiting, and lasting up to 72 hours. Cluster headaches are rare, causing very severe pain in clusters of 1 to 8 attacks a day within 3 months.

**Secondary headaches are caused by any number of conditions** such as concussion, dehydration, dental problems, middle ear infection, hangover, influenza, caffeine withdrawal, hormonal changes, panic attacks and sinusitis. In most cases, the related headache is temporary.

**Some of the most common triggers?** They include stress; fatigue; lack of sleep or food; muscle tension in the neck or jaw; alcohol; sunlight; the flavor enhancer monosodium glutamate (MSG); and poor posture.

>> Continued on other side.

## 4 Rs for Restoring Health



**Sooner or later, unhealthy habits catch up with us.** Maybe too much eating, drinking, sitting, sunning or worrying? Fortunately, the body has an amazing ability to heal itself – when you step in and help it, starting now.

**Reflect:** Are you ready to put your health first? Feeling positive about your decision can keep you motivated to succeed.

**Review:** Identify what's causing your health problems. Is your weight out of control? Is your lack of energy preventing you from enjoying life? Then set practical goals for changes that fit your lifestyle.

**Reverse:** Adopt 1 or 2 positive habits that lead to improvement. Take quitting smoking, for example: Ask your health care provider about quitting aids. With that first step you begin repairing the damage.

**Rebuild:** New habits require different behaviors. For example, rather than eating out most nights, simplify your life to gradually fit in more nutritious home cooking.

**Important:** Staying active fights weight gain, stress and several chronic diseases – and gives you the endurance to enjoy life more. One of the easiest exercises at any age is walking.

*You can't turn back the clock, but you can always get better mileage.*



# Build a Better Salad

By Cara Rosenbloom, RD



From a simple salad – say, leafy greens with a drizzle of dressing – you can easily create a meal with a few extra ingredients. Here's how to make heartier salads while avoiding high-calorie toppings such as fried noodles, tortilla chips, sour cream and bacon.

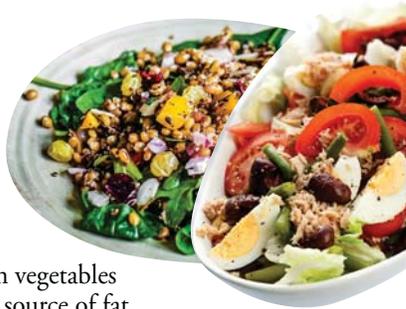
**Pick your base.** Most salads start with greens such as romaine, arugula, kale and spinach, which are high in health-protective antioxidants and fiber. But for a change from greens (or in addition to them), there are other fun ways to start a salad, including:

- ✓ Shredded vegetables such as carrots, kohlrabi, purple cabbage or beets.
- ✓ Paper-thin slices of cucumber, celery or sweet peppers.
- ✓ Whole grains such as quinoa (keen-wah), wheat berries, brown rice or buckwheat.

**Add vegetables (and fruit) in all colors.** Carrots, grape tomatoes, peppers, zucchini, peas and broccoli each add texture, flavor and crunch. And berries, pears, apples and oranges are perfect in salads.

**Pack a protein punch.** The secret of turning a salad into a full meal lies in the protein you add. Vegetables alone won't provide a filling meal, but protein can help. Add some of these delicious, nutrient-rich options:

- ✓ Chicken breast.
- ✓ Lean steak or pork loin.
- ✓ Canned salmon.
- ✓ Chickpeas, lentils or beans.
- ✓ Shredded cheese.
- ✓ Hard-boiled eggs.



**Tip:** You absorb antioxidants from vegetables better when you pair them with a source of fat.

A good choice is a tablespoon of pumpkin seeds, almonds or flax. Top off your salad with a tablespoon of an olive oil-based vinaigrette.

## About Your Headaches >>Continued from other side.

### Building Resistance to Headache:

- 1. Follow regular sleep and meal patterns.**  
Reduce your caffeine and alcohol intake. And if you use tobacco, quit.
- 2. To remedy stress,** explore biofeedback and talk therapy or learn relaxation techniques.
- 3. Make aerobic (cardio) exercise a priority.**  
If your provider agrees, choose any activity you enjoy that raises your heart rate for 10 to 30 minutes per activity session. Gradually increase your activity until the daily total is 30 minutes; it can be accumulated in 10-minute segments.

See your provider immediately if your headache is accompanied by fever, vomiting, dizziness, neck stiffness, confusion, blurry vision or swelling behind the eyes, weakness, paralysis, numbness, slurred speech, loss of coordination, drowsiness or behavioral changes.



Smart Moves toolkit is at [www.personalbest.com/extras/15V6tools](http://www.personalbest.com/extras/15V6tools).

TopHealth® is published to provide readers with the information and the motivation needed to achieve and maintain a healthier lifestyle. The content herein is in no way intended to serve as a substitute for professional advice. Executive Editor: Susan Cottman. Medical Editor: Zorba Paster, M.D. Sources available on request. © 2015 Ebix Inc. All rights reserved. Unauthorized reproduction in any form of any part of this publication is a violation of federal copyright law and is strictly prohibited. Personal Best, ... A Learning Solution powered by Oakstone, 2700 Corporate Drive, Suite 100, Birmingham, AL 35242 • 800-871-9525 • fax 205-437-3084 • e-mail: [editor@personalbest.com](mailto:editor@personalbest.com) • website: [www.personalbest.com](http://www.personalbest.com)

## Exercise for Fibromyalgia?

People with fibromyalgia experience widespread musculoskeletal pain due to abnormalities in how pain signals perform in the nervous system. Now, research suggests that, for most patients, routine exercise can help manage fibromyalgia symptoms.

**The exercise Rx for fibromyalgia:** First, discuss exercise with your health care provider. The Mayo Clinic suggests you begin by walking 10 minutes a day and gradually working up to 30 to 60 minutes 2 or 3 times weekly.

### Researchers are studying fibromyalgia to learn about:

- Its relationship to increased sensitivity to pain and inflammation.
- Medicines and behavioral treatments.
- Any related gene or genes.
- Nondrug therapies to help reduce pain.
- Sleep improvement for those afflicted.



## Added Sugars: How Much is Too Much?

By Cara Rosenbloom, RD



You've probably heard that consuming added sugar is problematic. Why? It is linked to heart disease, stroke, obesity, diabetes and abnormal blood cholesterol.

For example, consuming more than 10% of calories from added sugar (12 teaspoons a day) causes a 30% higher risk of heart disease and stroke.

The American Heart Association recommends we limit added sugars (those not naturally occurring in food and beverages) to no more than 100 calories per day for women (about 6 teaspoons) and no more than 150 calories per day for men (about 9 teaspoons). But Americans consume approximately 13% of calories from added sugar (268 calories a day). Here's how to cut back:

>> **Check ingredient lists.** Added sugar may be called high fructose corn syrup, cane juice and many other names. Eating more fresh, whole foods instead of processed products is the first step in reducing sugar intake.

>> **Look at the grams of sugar in the Nutrition Facts panel.** There are 4 grams of sugar in 1 teaspoon. So, a soft drink that has 40 grams of sugar listed on the Nutrition Facts table has 10 teaspoons of sugar. You can see how quickly it adds up.



**Fact:** The No. 1 source of added sugar in the diet is sugar-sweetened beverages such as soft drinks.

06.2015