



## Good Health is in Your Control

There was a time, not so long ago, when men left the responsibility for their health in the hands of another. Their traditional stay-at-home wives were the sentries of their well-being, preparing healthful home-cooked meals, urging them to take their vitamins and get more sleep.

In today's world of two-career families and fast-paced lifestyles, that scenario just doesn't work anymore. A 2001 study by University of Chicago sociologist Ross Stolzenberg, Ph.D., showed that a husband's odds for good health drop 25 percent if his wife works full-time. It's clear that men need to become an equal partner in their health and well-being.

The good news is that there is plenty you can do to put yourself in control. It starts with adopting a low-fat diet rich in fruits and vegetables, engaging in regular exercise, avoiding smoking and maintaining a healthy weight. Getting regular checkups and health screenings will help keep your body tuned for peak performance. And taking part in activities you truly enjoy will melt away stress and improve your overall sense of well-being.

Your health is the greatest asset you own. Invest in it wisely and you'll enjoy great dividends for life.

To Your Health,

*Carl W. Hastings*

**Dr. Carl W. Hastings**  
Reliv Vice Chairman and Chief Scientific Officer



## Nutrients Men Need

In addition to requiring at least one more daily serving of protein than women, men also have specialized requirements for several key nutrients:

**Chromium:** USDA researcher Richard Anderson, Ph.D. says, "Taking chromium is one of the best things you can do to help keep insulin levels where they belong." Chromium improves the body's sensitivity to insulin, making it easier to control blood-sugar levels. Aim for 35 mcg a day.

**Coenzyme Q10:** Co-Q10, one of the most beneficial antioxidants, helps cells manage the body's energy supply, boosts the immune system and slows signs of aging. Researchers recommend 100 mg a day. If you're taking statins, which can hinder the body's production of Co-Q10, consider upping your intake to 200 mg.

**Folic Acid:** Folic acid helps prevent clogged arteries and improves blood flow to the brain by reducing homocysteine levels. High homocysteine levels are associated with early warning signs of Alzheimer's. Folic acid is found in citrus fruits, beans and fortified breads and cereals. Aim for 400 mcg a day.

**Omega-3s:** Numerous studies show Omega-3 fatty acids help reduce blood pressure and triglyceride levels, and reduce the risk of clots and blocked arteries. Healthy men need 1,000 mg a day; those with heart problems need 2,000 to 4,000 mg. Natural sources include salmon, leafy greens, flax seeds, almonds and walnuts.

These nutrients are also available in Reliv Now®, Reliv Classic®, ReversAge®, Slimplicity® meal replacement, Innergize!®, ProVantage®, CardioSentials®, and SoySentials®.

**SOURCE:** Ward, Elizabeth. "The Top 10 Supplements for Men," *Men's Health* online. <http://www.menshealth.com/cda/article.do?site=MensHealth&channel=nutrition&category=vitamins.supplements&conitem=e50a99edbbbd201099edbbbd2010cfe793cd>

# Arm Yourself in the Battle Against Prostate Cancer

According to the American Cancer Society (ACS), prostate cancer is now the most common type of cancer in American men. Approximately 1 in 6 men in the United States will develop prostate cancer during his lifetime, and similar rates are occurring throughout the world.

## Who's At Risk

Prostate cancer occurs in men only and the risk of developing the disease increases rapidly after age 50. More than 70 percent of all new prostate cancers are diagnosed in men over age 65.

Race is also a determining factor. African American men have the highest documented prostate cancer rate in the world. Other risk factors include heredity, a high-fat diet, and a sedentary lifestyle.

## What You Can Do

To start, get active, keep your weight under control and eat a low-fat diet rich in fruits and vegetables. The Prostate Cancer Research Institute (PCRI) also recommends that men with a family history of prostate cancer or breast cancer on their mother's side have a yearly PSA blood test and digital rectal exam beginning between the ages of 35 and 40. Men with no family history of prostate or breast cancer should begin annual testing at 40.

The antioxidants vitamin E and selenium may also help reduce prostate cancer risk. Two previous studies into other cancers showed that vitamin E and selenium cut prostate cancer risk by 30 to 60 percent. Because of those findings, the National Cancer Institute and a network of researchers known as the Southwest Oncology Group have launched the Selenium and Vitamin E Cancer Prevention Trial, or SELECT. The study will follow 32,400 healthy men, aged 55 and older (50 and older for African Americans) for 12 years.

In the meantime, the PCRI recommends both vitamin E and selenium as part of a healthy diet to reduce the risk of prostate cancer. Selenium is found in meat, seafood and Brazil nuts. Good sources of vitamin E are vegetables, vegetable oil, nuts and egg yolks. Vitamin E and selenium are also found in Reliv Classic®, Reliv Now® and Slimplicity® meal replacement. SoySentials® and FibRestore® are good sources of vitamin E.

**SOURCES:** American Cancer Society, Prostate Cancer Fact Sheet. [www.cancer.org/downloads/PRO/ProstateCancer.pdf](http://www.cancer.org/downloads/PRO/ProstateCancer.pdf)

**Curry, Pat.** "Can a Vitamin Cut Prostate Cancer Risk," HealthAtoZ.com. [www.healthatoz.com/healthatoz/Atoz/common/standard/transform.jsp?requestURI=/healthatoz/Atoz/hc/men/pros/alert09262001.jsp](http://www.healthatoz.com/healthatoz/Atoz/common/standard/transform.jsp?requestURI=/healthatoz/Atoz/hc/men/pros/alert09262001.jsp)



# Real Men Get Checkups

From the time they are boys, men are taught to play through the pain, to suck it up and tough it out. Unfortunately, this "he-man" attitude is having a devastating effect on men's health.

A 2007 survey of 1,000 men commissioned by the American Academy of Family Physicians (AAFP) found that:

- 36 percent said they see a doctor only when "extremely sick."
- 55 percent did not have a routine physical in the last year.
- Almost one in five, age 55 and older, had not been screened for colon cancer.

The American Public Health Association (APHA) held a briefing in 2003 to highlight the perilous consequences when men do not get checkups and needed treatment. Among the statistics cited during the briefing:

- Men are three times less likely to go to a doctor than women are.
- A man has a 1-in-2 chance of developing cancer in his lifetime, compared to a woman's 1-in-3 chance.
- On average, men die about five years before women.

"And this is not just a problem of men's health." Families suffer, too, when men who don't get needed medical care become sick.

## What You Can Do

The Men's Health Network offers a checklist of health screenings for men at each stage of life. The group recommends regular screenings beginning at age 20 for blood pressure, urinalysis and blood tests, TB, tetanus booster, rectal exam, sexually transmitted diseases and a full physical exam. Men should also have a baseline EKG at age 30, begin PSA blood testing for prostate cancer beginning at 40, and bone density screenings by age 60. Hemoccults beginning at age 40 screen the stool for trace amounts of blood indicating polyps or colon cancer. And at age 50, men should begin regular colorectal screens to ensure early detection of any possible colon cancers.

**SOURCES:** Eastman, Peggy. "Real Men See Doctors," AARP.com. February 2004 <http://www.aarp.org/health/conditions/articles/realmen.html>

**Late, Michelle.** "Greater awareness urged for men's health issues: Special AJPH issue focuses on men," The Nation's Health. American Public Health Association. [www.apha.org/publications/tnh/archives/2003/06-03/General/974.htm](http://www.apha.org/publications/tnh/archives/2003/06-03/General/974.htm)

**Glicksman, Eve.** "Men's Health is Often Women's Work," HealthAtoZ.com. <http://www.healthatoz.com/healthatoz/Atoz/common/standard/transform>.

"Get It Checked: A Schedule of Age-Appropriate Screenings for Men and Women." Pamphlet, Men's Health Network. [jsp?requestURI=/healthatoz/Atoz/dc/cen/hea/gen/alert10112007.jsps](http://www.healthatoz.com/healthatoz/Atoz/dc/cen/hea/gen/alert10112007.jsps).