

Men's Health



Dealing with Body Odor

What's that smell? Chances are, at one point or another, that smell has been you.

Body odor can tell us a lot about our health. Our bodies give off odors when bacteria forms. Many odors can be something completely normal while others can be a cause for concern.

Read on for a few odors you should pay attention to.

SMELLY FEET

Always fighting smelly sneakers? This could be a signal of an infection. Look for additional signs of athlete's foot, such as scaly skin, redness and blisters around your toes.

This smell could also be the result of a fungal infection eroding your skin in the webs of your toes, according to the American Podiatric Medical Association. This area is an easy target because of the soft nature of this skin and its tendency to get moist.

SMELLY BREATH

If you have bad breath after eating a burger loaded with onions or soup with an added punch of garlic, it is normal to reach for a breath mint.

However, breath that routinely smells sickly-sweet should be checked out. Sickly-sweet smelling breath could be a sign of diabetic



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ketoacidosis, which occurs when your body runs low on insulin and your blood sugar spikes.

The effects of this condition can be dangerous if not properly identified and

addressed by your local physician.

SMELLY URINE

If your urine smells especially strong, you could have a urinary tract infection

(UTI). Because UTIs are more common in women (due to their shorter urethra), men often ignore the signs because they don't assume they are at risk for one.

UTIs in men are often a sig-

nal of a larger problem, such as kidney stones or an enlarged prostate gland.

While it's easy to ignore, it is critical to follow up with a doctor if you notice smelly urine.

Health in 10 Minutes or Less

Being healthy is intimidating for many people because we associate it with dramatic overhauls, such as an intense workout regimen, a restrictive diet or losing a significant amount of weight.

But there are small things you can do every day that will dramatically improve your health and quality of life.

Here are our “top 10 in 10 minutes.”

Get up and move. Sitting is the new smoking, and if you do too much of it for long periods of time, your body will deteriorate. If you have a desk job, set a timer every 30 minutes and get up and get a drink of water or walk around the office.

Take a power nap. Yes, even 10 minutes can dramatically improve your mental aptitude — and mood.

Snack on a handful of nuts. According to the *The New England Journal of Medicine*, people who regularly eat nuts are significantly less likely to die from cancer, heart disease and respiratory disease — among many other afflictions — than those who do not.

Meditate. Meditation has been linked to a wide range of benefits for the mind and body. Meditation is all about bringing mindfulness to your



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present moment. If you are unpracticed or feel silly, download an app to help guide you. Many are free and can be done in small increments.

Sit up straight. Good posture not only affects your physical health but your state of mind. Sitting up straighter will heighten your confidence

(as well as others' perceptions of you). So, shoulders back. Your back will thank you for it.

Make a healthy breakfast. It is the most important meal of the day. Eating a healthy breakfast can significantly ward off the risk of obesity.

Do High Intensity Interval Training (HIIT). As it turns

out, you don't need to run for miles every week to follow a healthy exercise routine. HIITs refer to short rounds of intense work. Think 40 seconds of jumping jacks followed by 20 seconds of rest. Repeat with different movements for 10 minutes.

Stretch. Keep your muscles

flexible and strong.

Write out your grocery list. Studies show you are more likely to stick to it if it's written out.

Brush your teeth before watching television. You are much less likely to reach for the junk food with minty fresh breath.

Getting the Sleep You Need

We live in a culture that praises a rigorous work ethic — but don't forget to also close your eyes.

While it might seem like a great idea to skip sleep in favor of more working hours, the quality of your work will most likely suffer. In addition, studies show that poor sleep habits, or not getting enough sleep, can have serious implications for your health.

Adopting healthy sleep habits can dramatically alter your quality of life. If you are having difficulty either falling or staying asleep, it is time to re-evaluate the following healthy sleep habits.

GIVE YOURSELF A 'BEDTIME'

The goal of having a regularly followed bedtime is to reset your internal clock.

Whether you get four, six or eight hours of sleep a night, they will be of higher quality and you will feel better rested if your body can count on getting in its *Zzzzzzs*.

CREATE AN EVENING RITUAL

The goal in repeating certain habits before turning in each night is to train your brain to recognize the time for sleep.

Your routine could be as



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simple as brushing your teeth and washing your face before getting into bed. However, try to avoid picking up your phone or laptop after snuggling under the covers.

Studies show that eliminating screen time at least 30 minutes before bed helps to relax the mind.

MAKE TIME FOR EXERCISE

According to a study published by Mental Health and Physical Activity, up to 40 percent of the population has problems falling or staying asleep. This same study found that 150 minutes of moderate to vigorous activity per week

improved people's sleep quality by 65 percent.

This equates to less than 20 minutes of physical activity per day or an exercise regimen of 50 minutes, three times per week.

Not only will this added activity keep your body healthy, but exercise helps to

release negative mental energy that becomes trapped when we don't allow ourselves to rest appropriately. This stress is what contributes to restless or sleepless nights.

If your sleep problems persist, consult with a medical professional about additional steps you may need to take.



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Healthy Relationships

A significant and yet frequently glossed-over aspect of our personal health is the health of our relationships.

All types of relationships, whether professional, romantic or personal, require the same “ingredients” and maintenance to remain healthy and give us joy.

COMMUNICATION

Good communication is essential to a healthy relationship. It is important to speak up when something is both-

ering you, to listen to others when they speak to you and to share emotions.

Respect is an integral part of good communication. Your partner’s feelings and opinions have value, as do yours.

COMPROMISE

Everyone disagrees at times. This is a normal evolution of a healthy relationship. What matters is how we approach a disagreement.

People in healthy relationships understand and practice the art of compromise. It can’t be about one person all the time. Try to solve conflicts rationally and in a way that is fair.

It is important to show support for one another and reassurance when it is needed. Healthy relationships are about building each other up, not tearing each other down.

BOUNDARIES

All relationships need boundaries. Boundaries are a great way to respect the needs of others and should never make one party feel alone or trapped.

Setting boundaries together, especially in romantic relationships and friendships, can give you a deeper understanding of the other person.

Remember that creating boundaries is not a sign of secrecy. They can actually communicate what makes us feel

comfortable within a relationship.

SPECIAL TLC

Even strong relationships need a little extra or special care every now and then. There is a reason people tout the cliché, “Never stop dating your spouse.” Healthy relationships take effort.

If you begin to feel disconnected within a relationship, find a simple and fun activity you both enjoy. If it is a professional relationship, sometimes it can be refreshing to get out of the office and away from the shoptalk.

Grab a coffee or go for cocktails and leave the weekly reports out of the conversation.

The Prostate Exam

A ccording to the American Cancer Society, one in seven men will have prostate cancer within his lifetime. Regular screens are essential to catching the disease early and preventing death from prostate cancer.

WHAT IS A PROSTATE?

The prostate is a gland approximately the size of a walnut that sits just below the bladder.

The most important function of the prostate gland is to produce fluid that, together with sperm, make up semen. The muscles of the prostate ensure that semen is pressed into the urethra and expelled during ejaculation.

WHAT IS A PROSTATE EXAM?

There are two common tests most used to screen for prostate cancer: the digital rectal exam (DRE) and the prostate-specific antigen test (PSA).

While neither test can confirm cancer, each can reveal signs of prostate problems, which may indicate further testing such as a prostate biopsy.

THE DIGITAL RECTAL EXAM

During a digital rectal exam, a medical practitioner will check the size of the prostate and feel for abnormalities.

This exam is normally not painful and only takes a few minutes to complete. However, you should tell your doctor if you have hemorrhoids or anal fissures, as this procedure could make them worse.



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THE PROSTATE-SPECIFIC ANTIGEN TEST

This is a simple blood test. A medical practitioner will take a blood sample to check the level of PSA, which is a protein made by the prostate,

in the bloodstream.

Commonly, men are told not to have ejaculated or exercised heavily in the previous 48 hours, as these will affect PSA levels and give your doctor an inaccurate

reading.

WHEN SHOULD I HAVE A PROSTATE EXAM?

Men over 50 are strongly encouraged to get their prostate checked.

Men who are at higher risk for prostate cancer should start receiving screens at age 45, and men with more than one first-degree relative with prostate cancer should begin screening at age 40.

Managing Migraines

More than 36 million Americans suffer from chronic migraines. If you've ever had a migraine, you know it can be debilitating. It is, after all, no ordinary headache.

Migraines are defined as moderate to severe pain that lasts anywhere from 4 to 72 hours, and normally localizes on one side of the head. There are some things you can do to keep the pain at bay.

IDENTIFY AND AVOID TRIGGERS

Triggers don't cause migraines, but they can set one off and they are unique to each person.

When you know which things can start your migraines, you can work harder (and smarter) to avoid them.

If you are unaware of what triggers your migraines, it can be extremely helpful to keep a migraine headache diary. Here are a few common causes:

- Weather changes;
- Bright lights;
- Lack of sleep;
- Dehydration;
- Strong smells; and
- Quick movements or motion sickness.

EXPLORE ALTERNATIVE THERAPIES

There might be options to avoid medications. While you should always follow any prescription plan recommended and monitored by your physician, feel free to ask your doctor about alternative therapies.

These include acupuncture, lying quietly in a cool, dark room, applying



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a cold compress to your head, meditation, deep breathing and relaxing your muscles.

BE READY WHEN A MIGRAINE STRIKES

Once you identify your most common triggers, you can prepare for an oncoming migraine more aptly.

If you take medication for your

migraines, be sure to keep it in a place that is readily accessible. Have preferred alternative therapies at the ready.

If you have an office, try closing the blinds, shutting the door and turning off the lights for a brief period.

DAY-TO-DAY TIPS

If you suffer from chronic migraines,

many lifestyle choices can alter their severity and possibly even their frequency.

Sticking to a schedule, for example, will help protect you. Routines such as going to bed and waking up at the same times every day, eating your meals at regular times and exercising should make a noticeable difference in your pain.



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Men's Health by the Numbers

Research out of Harvard University shows that the average man pays significantly less attention to his personal health than the average woman.

Men are more likely to engage in recreational drug use, drink, make risky choices and are 24 percent less likely than women to have visited a doctor within the past year.

Men also, on average, die six years earlier than women across the world.

Men, it's time we took better care of yourselves. Here is our stat sheet:

- Cardiovascular disease is the number one cause of death among American men, according to the American Heart Association.
- The good news is that according to Men's Health, a University of Oklahoma study found that men who log at least 10,000 steps per day reduce their odds of developing cardiovascular disease risk factors by 69 percent.
- Logging fewer than seven hours of sleep per night on average can come with heavy ramifications: Higher risks of heart disease, diabetes and obesity

are all linked with sleep deficiency.

- The most common cancer in young men ages 15 to 24 years is testicular cancer.
- According to the Movember Foundation, approximately 9,000 new cases of testicular cancer are diagnosed each year.
- Prostate cancer is the second most common cancer in men in the United States.
- According to the Movember Foundation, 3 million American men are living with prostate cancer — and 73 American men die from prostate cancer every day.
- According to the NPD Group, at

least 25 percent of men skip breakfast, even though multiple studies have associated eating breakfast with higher metabolisms and lower chances of obesity.

- Research from Duke University suggests that 25 percent of men have zero close friends to confide in, which has serious ramifications for your health. Social isolation is roughly twice as bad for your life expectancy than obesity, according to a Brigham Young University study.
- Social isolation is also a significant risk factor of suicide, of which four times as many men die from as women.