



MMJPR NEWSLETTER

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“We shall, by and by, want a world of hemp more for our own consumption.”

~ John Adams

WELCOME TO A NEW WORLD IN HEALTH CARE.

November is almost over, what does that mean? The holidays are almost upon us! We know that can be a stressful time for anyone.

This month we have some great tips on supporting men’s health with the Movember movement along with some fantastic tips on getting men more healthy. Lastly we have our superfood of the month nuts!



Movember Month

With Movember almost over, it’s been important to engage some quality health conversations with all the favorite men in your life. Movember is a great reminder to us to check ourselves out with our doctors for any aches or pains and/or take those important screenings that men keep putting off.

Men have a variety of illnesses that are unique to their gender and one of the critical things to know about a man, is that men tend not to visit their doctor until it is far too late for any preventative measures or easy medical treatments to be taken. Screening tests can find diseases early, so it’s very important to discuss any health issues and concerns with your doctor as soon as you feel any discomfort, and the older men are, regular screening may be wise, especially if certain cancers run in the family.

Men tend to live shorter lives than females, common explanations for this point to work stress, and these factors make them more vulnerable to heart attack, hypertension and even strokes. The typical ‘Type A’ behaviors like stress, hostility, and anger have been implicated as heart disease risk factors, and these traits tend to have a higher prevalence in men.

Diet also plays a key role, as most men eat a diet rich in red meat and not enough fresh vegetables and fruit. Men must suffer severe dietary and lifestyle changes if they wish to fend off their most common of diseases. The list of top men’s health threats includes, heart disease, prostate cancer, low testosterone, and unintentional injury. Thankfully, most men’s health threats are largely preventable, but only with early screening!

It’s more important than ever before, for men to recognize and manage their risky health behaviors so they may live healthier and more positive, pain free lives.



9 Tests that may help your man stay healthy

Too Macho? Too busy? Or simply in denial about your health? If you avoid tests that can help you live longer, here are the 9 tests that may save your life!

1. PROSTATE CANCER SCREENING Manual exam of the rectum used to screen for prostate enlargement or nodules. If an abnormality is found, a doctor may order a prostate-specific antigen (PSA) test to confirm a diagnosis of prostate cancer.

2. COLONOSCOPY An internal examination of the colon using a flexible instrument. Used to detect early signs of colorectal cancer, the third most common cancer in men. If caught early, the cure rate for it is over 90 per cent.

3. C-REACTIVE PROTEIN TEST A blood test to measure inflammation in the blood, a condition that can lead to arterial plaque and ruptures and clots, which can cause heart attacks.

4. SKIN CANCER SCREENING Visual inspection for lesions to prevent skin cancer. Recommended every year for men past age 40, especially for those who spend lots of time in the sun.

5. DIABETES RISK TEST People who are overweight, who have high cholesterol or high blood pressure, or who have a family history of the disease are at risk, but everyone should be tested at least every three years. Diabetes can lead to many other serious conditions, such as heart disease and even blindness.

6. CHOLESTEROL SCREENING Measures fat in the bloodstream. Recommended for men 35 and over. High cholesterol can lead to coronary arterial disease and diabetes.

7. STRESS TEST/ECG Recommended for men 40 and over with more than two heart attack risk factors (i.e., smokers, drinkers, family history of heart disease). Records the electrical impulses that make your heart beat, detecting abnormalities in rhythm and heart damage, enlargement and inflammation.

8. EYE EXAM The Canadian Association of Optometrists recommends eye exams every year or two between the ages of 20 and 64, and yearly ones afterwards. Every exam should include a test for glaucoma, the leading cause of preventable blindness in Canada.

9. TESTICULAR EXAM A doctor will do one during a checkup, but all men should conduct a monthly self-exam, looking for lumps or swelling in the testes, scrotum and lower abdomen. Early detection of testicular cancer leads to cure in 90 per cent of cases.



Superfood of the Month - Nuts

Energy-packed and protein-rich, nuts may also lower the risks of cancer and cardiovascular disease. In addition to the nutrients listed below, nuts are an excellent source of the cardio-protective amino acid arginine. They also offer B vitamins. Coconuts are the world's most popular nuts, followed by peanuts (which are actually legumes but usually classified and consumed as nuts). Certain nuts are higher in certain nutrients, as noted below. But more and more studies are confirming that all nuts are nutritional superstars.

The embryos of various trees, bushes and other plants, nuts are packed with all the nutrients needed to grow an entire new plant.

What's In Them

Alpha-linolenic acid (ALA): Found in walnuts, this omega-3 fatty acid may alleviate arthritis and lower risk for heart attacks and strokes.

Ellagic acid: Walnuts are an especially good source of this antioxidant compound, which may inhibit the growth of cancer cells.

Plant sterols: Especially rich in pistachios, plant sterols help defend against certain forms of cancer and cardiovascular disease.

Potassium: High in pistachios (30 g provides 10 percent of the recommended daily intake), potassium may lower blood pressure and stroke risk.

Resveratrol: Found in peanuts, this phytochemical may prevent cancer, high cholesterol and strokes.

Sa ponins: These cancer-fighting phytochemicals may boost immunity and promote healthy levels of blood sugar and cholesterol.

Selenium: Brazil nuts are extraordinarily rich sources of this powerful antioxidant, which helps prevent cancer, certain eye disorders and heart disease. (About 15 g of Brazil nuts has 420 mcg of selenium, or a whopping 600 percent of your recommended daily intake.)

Vitamin E: Nuts are one of the best food sources of this antioxidant vitamin, which may help prevent cardiovascular disease and cataracts. Almonds and hazelnuts contain the most, with 34 percent of the daily recommended intake per 30 g.

