



live well, work well

September 2011

Brought to you by: Holmes Murphy & Associates

Prostate Cancer: Early Detection Saves Lives

September is Prostate Cancer Awareness Month, and there's no better time to be aware of prostate cancer, the most commonly diagnosed cancer among men. One in six American men will be diagnosed with prostate cancer in their lifetime, according to the Prostate Cancer Foundation.

The PSA (Prostate Specific Antigen) blood test can help detect prostate cancer in its early stages. Though it does not show whether or not you have prostate cancer, it shows abnormalities that would prompt further testing, where cancer may be identified.

The survival rate when prostate cancer is detected early is nearly 100 percent, and the PSA test can help with early detection. The American Urological Association recommends that men receive a PSA test starting at age 40.

Some men assume that only older men get prostate cancer, but this is false. It is extremely uncommon for men under 40 to get prostate cancer, but for ages 40-59, the risk jumps to 1 in 38 men.

Some also assume that no symptoms mean no cancer. However, prostate cancer is often symptom-free, which is why it is important to get tested.



Though all men have some risk of getting prostate cancer, the following things can increase your risk:

- **Age:** Though men over 40 all have risk, the older you get, the greater your risk.
- **Race:** African-Americans are the most likely to develop this cancer, while Asian men have the lowest risk.
- **Family History:** If your father or brother has prostate cancer, you are twice as likely to develop it.

In addition to getting tested, research suggests that exercising, maintaining a healthy weight, and eating a low-fat diet rich in fruits and vegetables can lower your risk. Talk to your doctor today about getting tested for prostate cancer, and other ways you can take charge of your health.

Bored With Your Workout?

It happens to everyone: the same workout routine every day gets boring, and then it becomes tougher than ever to motivate yourself to work out at all. Here are some tips to break out of that rut:

- Sign up for a fitness class or buy a new workout DVD – try something you've never done before.
- If you only do cardio now, add a couple days of weight training each week.
- Do an activity you wouldn't consider "exercise," like dancing, playing outside with your kids or gardening.
- Add intervals to your cardio. For instance, if you currently jog, alternate one minute of faster jogging with one minute of slow jogging or fast walking.

DID YOU KNOW

Though a fitness routine can yield quick results, progress often dwindles the longer you stick with it. That's because your body becomes used to your routine and doesn't have to work as hard to complete it. Variety can help you maximize results and overall health!





Save Money on Your Next Medical Procedure



Patients could pay as much as 683 percent more for the same medical procedure, in the same town, depending on which doctor they choose, according to a recent study. This means you could save up to hundreds of dollars on your next MRI or CT scan, depending on which doctor you visit.

You may have never considered “shopping around” for health care before, but there are advantages - just like any other service or product you buy. Particularly for bigger, non-emergency procedures and treatments, doing some research could save you serious cash.

Wondering how to get started? Unfortunately, medical care prices are not as easy to obtain as most other services, but there is reliable data available. You can start by calling each doctor office or hospital in your area and asking the cost for your procedure. In addition, these websites offer medical cost information that can be helpful in making the best choice:

- <http://i.usatoday.net/money/pdfs/110630-costs.pdf>
- www.healthgrades.com
- www.newchoicehealth.com

Are You Disaster-Ready?

A disaster can strike at any time, whether an accidental house fire, a natural disaster or an infectious disease outbreak. Are you prepared to handle each of these situations?

The best thing you can do to prepare for any disaster, according to the American Public Health Association (APHA), is to have a stockpile stored in an easily accessible place, as a disaster may leave you without electricity, clean water and other necessities for days or longer. The APHA recommends checking your stockpile twice each year when you reset your clocks for daylight savings. Stockpiles should include:

- Three-day supply of non-perishable food and water (one gallon per person per day)
- Emergency supplies such as flashlight, batteries, radio, matches, utility knife, cash, garbage bags, whistle, fire extinguisher, extra keys and IDs, local maps, etc.
- First aid kit with common over-the-counter remedies, supplies such as gauze and bandages, and necessary prescription drugs
- Food, water and supplies for your pet, if necessary
- Personal items, such as glasses or contact lens supplies, diapers and baby supplies, sleeping bag or blanket for each person, change of clothes for each person, jacket and cold weather items for each person if applicable, moist towelettes and other personal hygiene items

Also, keep important documents, such as birth certificates, marriage certificates, insurance policies, passports, Social Security cards, banking information, prescription information, etc., together in a safe place for fast access.

Applesauce Pancakes

- 1¼ cups low-fat milk
- 2 large eggs
- ¼ cup vegetable oil
- 2 cups canned applesauce (1 lb., 2 oz.)
- 3 cups all-purpose flour
- 2 tbsp. baking powder
- 1 tsp. salt
- ¼ cup sugar
- ¼ tsp. ground cinnamon

Combine milk, eggs, oil and applesauce. Mix on low speed for one minute until blended. Sift in flour, baking powder, salt, sugar and cinnamon. Mix on low until combined and then on medium for an additional minute. Scoop ¼ cup portions onto lightly oiled griddle heated to 375 degrees F. Cook until surface of pancake is covered with bubbles and bottom is lightly browned (about two minutes). Turn and cook until lightly browned on other side, about one minute. Makes about 25 pancakes, with 121 calories in each. Source: www.health.gov

