



JUNE IS MEN'S HEALTH MONTH!

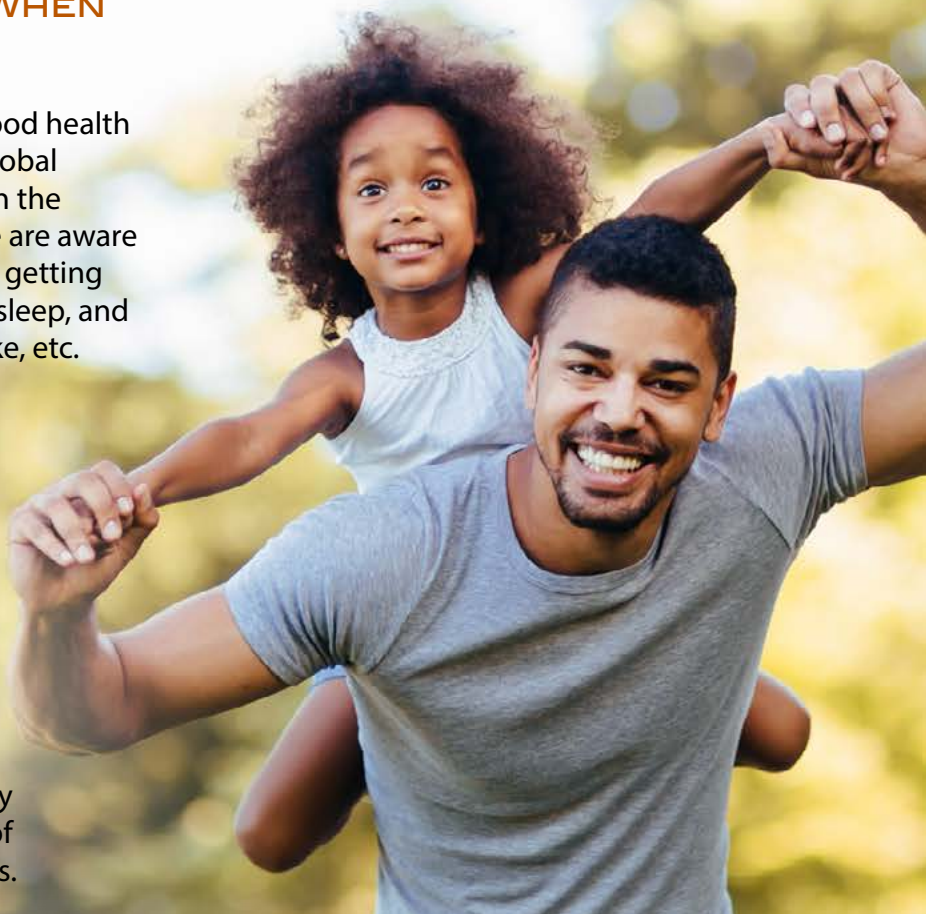
WHAT TO HAVE CHECKED, AND WHEN

by B. Kay Sugg

All of us are more aware of the importance of good health because of all we are experiencing during the global pandemic. With widely circulated information on the internet, in print, and on television, most people are aware of the components of a healthy lifestyle, such as getting enough exercise, sensible eating habits, quality sleep, and eliminating smoking and excessive alcohol intake, etc.

But according to the World Health Organization, "Men are less likely to visit a doctor when they are ill and, when they see a doctor, are less likely to report symptoms they have of disease or illness." Men also have a lower life expectancy than women (approximately 6 years less).

The goal of men's health month is to increase the awareness of health problems that are preventable and to encourage men to seek screenings and checkups to detect diseases early when they are more treatable. Below are some of the screenings men should seek at different ages.



Checkups and Screenings	When?	Ages		
		20-39	40-49	50+
PSA Blood Test Prostate Specific Antigen (PSA) is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your physician. <small>*Some medical associations recommend that men speak to their health care providers about a baseline PSA blood test at age 40. Men at high risk, including African Americans, should consider an annual prostate exam beginning at age 40.</small>	Every Year		*	✓
Hemoccult Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every Year		✓	✓
Colorectal Health A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 3-4 Years			✓
Chest X-Ray Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.	Discuss with a physician		✓	✓
Bone Health Bone mineral density test. Testing is best done under the supervision of your physician.	Discuss with a physician		Age 60	
Self Exams Testicle: To find lumps in their earliest stages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth. Breast: To find abnormal lumps in their earliest stages.	Monthly by self	✓	✓	✓
Testosterone Screening Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.	Discuss with a physician		✓	✓
Sexually Transmitted Diseases (STDs) Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia, HIV, and other STDs.	Under physician supervision	✓	✓	✓

Source: Men's Health Network (<https://menshealthnetwork.org>)



JUNE IS MEN'S HEALTH MONTH, CONTINUED

Checkups and Screenings	When?	Ages		
		20-39	40-49	50+
Physical Exam Review overall health status, perform a thorough physical exam, and discuss health related topics.	Every 3 years	✓		
	Every 2 years		✓	
	Every year			✓
Blood Pressure High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	✓	✓	✓
TB Skin Test Should be done on occasion of exposure or suggestive symptoms at direction of physician. Some occupations may require more frequent testing for public health indications.	Every 5 years	✓	✓	✓
Blood Tests & Urinalysis Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every 3 years	✓		
	Every 2 years		✓	
	Every year			✓
EKG Electrocardiogram screens for heart abnormalities.	Baseline	Age 30		
	Every 2 years		✓	
	Every year			✓
Tetanus Booster Prevents lockjaw.	Every 10 years	✓	✓	✓
Rectal Exam Screens for hemorrhoids, lower rectal problems, colon and prostate cancer (see PSA Blood Test, below).	Every Year	✓	✓	✓

4-INGREDIENT PEANUT BUTTER CHOCOLATE CHIP COOKIES

With shortages of many basic pantry ingredients at this time, here is an easy flourless 4-ingredient recipe that you will love to make and love to eat.

INGREDIENTS

- 1 cup peanut butter - Must be smooth and creamy - do not use crunchy! You can replace peanut butter with almond or cashew butter if desired.
- ¾ cup granulated sweetener of choice - Brown sugar, white sugar, coconut palm sugar, and sugar-free sweeteners (like monk fruit, swerve, and erythritol) all work. You can use keto brown sugar blend as well.
- 1 large egg - A room temperature egg is best and tends to help keep the cookies from spreading too much. (you can add 1/2 teaspoon of baking soda and also chill the dough.)
- ¼ cup chocolate chips - Any chocolate chips work! If you follow a vegan or paleo diet, you can use dairy-free or stevia-sweetened chocolate chips instead.

INSTRUCTIONS

1. Preheat the oven to 350°F. Line a baking tray with parchment paper and set aside.
2. In a large mixing bowl, add your peanut butter, sweetener, and egg and mix well, until just combined. Using a rubber spatula, fold in your chocolate chips, reserving a few to top the cookies with.
3. Lightly wet your hands, then form 12 balls of dough. Place the balls of dough on the lined tray, and lightly press each one into a thick, cookie shape. Top with extra chocolate chips.
4. Bake the cookies for around 10-12 minutes in a preheated oven (at 350°F). Remove the cookies once the edges begin to brown and allow to cool on the tray completely.



Recipe by Arman Liew

Recipe source: <https://thebigmansworld.com/flourless-peanut-butter-chocolate-chip-cookies/>