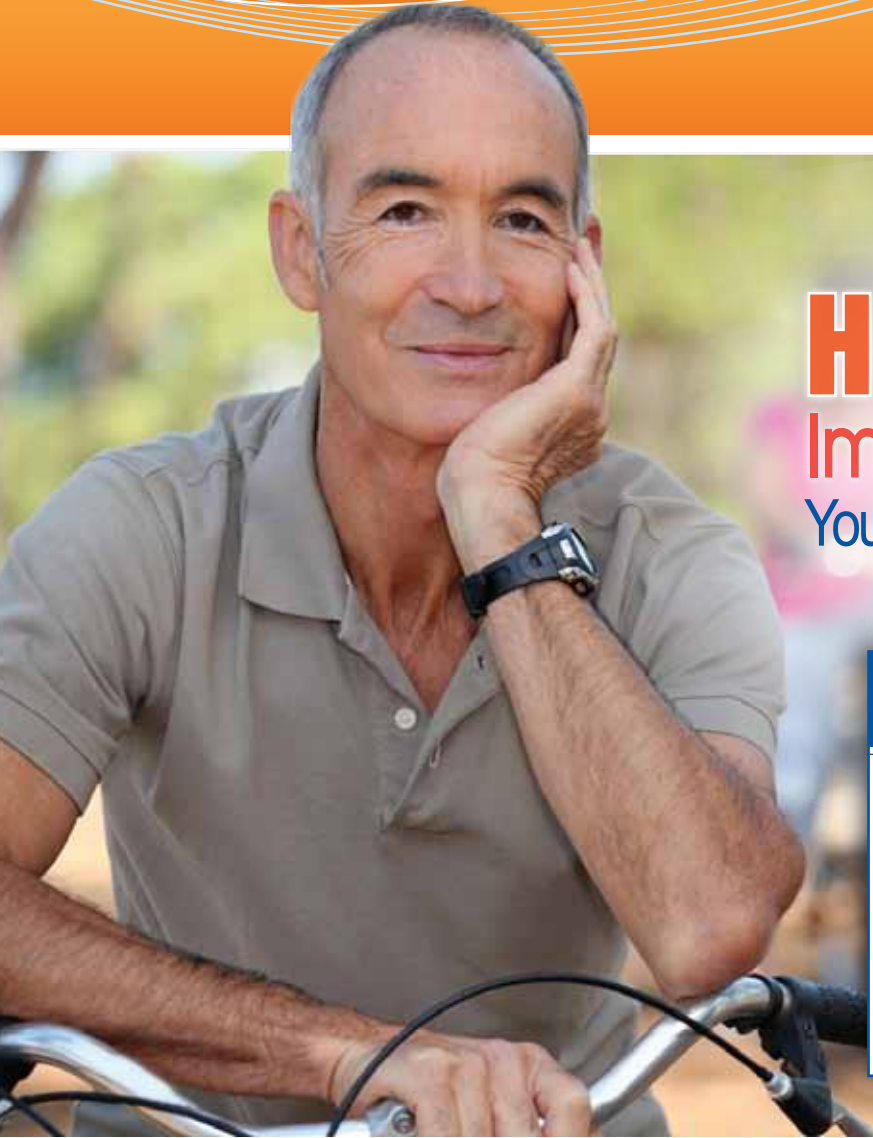


# HEALTHY LIVING

Wellness Newsletter from **AAOA**

June 2013



## How Men Can Improve Their Health Your Friends May Be Able to Help

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# Sweet & Sour Sesame Tilapia

## A New Twist to Fish



### Ingredients

- 1 Cup apple juice
- 2 Tbsp reduced sodium soy sauce
- 2 Tbsp balsamic vinegar
- ½ tsp cornstarch
- 1 tsp sesame oil
- 4 Tbsp sesame seeds
- 4 Small tilapia filets
- 2 Tbsp canola oil

### Direction

1. Make the sauce: In a small pot, boil the apple juice until reduced by half. In a small bowl, mix the soy sauce, vinegar, and cornstarch, then stir into apple juice. Simmer until thickened, about 1 minute. Whisk in the sesame oil.
2. Gently press 1 Tbsp of sesame seeds onto one side of each filet. Heat the oil in a large non-stick sauté pan over medium heat. When the oil is hot enough so the tilapia sizzles when it goes into the pan, sauté the fish, seed-side down, until the seeds are golden, about 2 min.
3. Turn and sauté until the tilapia flakes easily, 1-3 minutes
4. Pour the sauce over the fish.

## Nutrition Facts

Yields 4 servings

Amount Per Serving

Calories 310g	Carbohydrates 10g
Fat 16g	Saturated Fat 2.5g
Fiber 1g	Protein 31g
Sodium 350mg	

# How Men Can Improve Their Health



Numerous studies have shown that people with strong social networks live longer and recover more quickly than those without these ties.

Researchers at Harvard School of Public Health studied more than 28,000 men to see if social ties had an impact on their health. Half enjoyed a large social network of family, friends and community connections; the other half did not.

After 10 years:

- Deaths in the group with few social ties were 20 percent higher than in the highly social group.
- The more-isolated men were 53 percent more likely to die from a heart-related disease than the others.
- Of those who developed heart disease, the less social men had an 82 percent higher risk of death than the other group.
- Men with the fewest social contacts had more than double the risk of dying from accidents and suicides than men in the other group.
- Married men had a lower risk of death from any cause and half the risk of death from accidents and suicides than the unmarried men.

In addition, an American Heart Association study looked at 3,267 men (average age 62). The study reported that those with few social ties had much higher levels of a blood marker for inflammation - known to be associated with heart disease - than men with bigger social circles. Known risk factors for heart disease were taken into account.

All the same, choose your friends wisely. Other studies show your risk of heart disease can go up if your relationships are stressful.

### How do friends help us stay healthy?

No one can say for sure, but theories include:

- Close friends and relatives encourage you to take care of yourself.
- Having friends may boost self-esteem and ward off depression.
- Having social support may reduce stress and hormone levels tied to high blood pressure.
- You are more likely to be physically active if you have people to do things with.
- Some men see doctors only because a wife, partner or friend convinces them to.
- A social circle is a valuable resource when you are sick.

Generally, women are better at sharing their feelings and maintaining friendships than men, but anyone can increase their social network with a little effort. Building good relationships could make you healthier in much the same way as a daily walk or a low-fat diet.



# How to Dispose of Expired Medications

There are several things you can do to get rid of medications safely. Here are a few options:

- Look at the information that your pharmacist provided you. There may be specific instructions that talk about how to dispose of the specific medication that you are taking.
- Do not flush medications down the toilet unless you are instructed to do so by the information provided to you.
- Communities often have buy back programs so it is always good to check with your community or check for a government program to see if there is a buy back program that will allow you to dispose of your medications safely.
- If there is no information provided in regards to disposal, some people will mix the medication or grind the medication with used coffee grounds or kitty litter to dispose of the medication safely and to make it less desirable to pets or children.
- Ask your pharmacist questions about how to dispose of your medications.

## Baking Pans 101

Cooking at home allows more control over your food consumption. Having a well stocked kitchen is important. If you are looking to stock your kitchen with some of the basics, here are some of the most commonly used baking pans that you may need when cooking in your own kitchen.

- A nice brownie pan, either an 8X8 inch or 9X9 inch.
- A 13X9 inch pan. This is a very versatile pan that is great for baking cakes, casseroles or lasagna etc.
- A standard sized sheet pan. These are also great for roasting vegetables or rolls.
- A cake pan or a pie pan. A 9 inch round cake or pie pan should do the trick for your baking needs.
- A cookie sheet. Cookie sheets are good for cookies or pizza and they are really great pans when you need to use a spatula.

# Talk With Your Doctor

**How well you and your doctor communicate is an important part of your health care.**

## Getting Started

Making an appointment for a preventive health visit may help you establish the baseline for your current health, and may identify any health issues before they become more serious. Preventive check-ups and screenings can help you and your doctor discuss care options that may help maintain or improve your health.

## Get Ready

Having a basic plan can help you make the most of your appointment. Here is some information you should consider bringing with you:

- Make a list of your concerns, put them in order and ask the most important ones first.
- Take information with you – any medications you take, names of other health care providers you see, and your medical records from your previous doctor, if your current doctor does not have them.

- Inform your doctor about any recent events or changes in your health, including emergency room visits or changes in your appetite, weight, sleep, energy level, or any other symptoms.

## Getting Involved:

### Give and Take

**Give.** Let your doctor know how you feel physically, emotionally and mentally. Tell your doctor about your habits. Describe any symptoms, including how these symptoms affect your daily activities.

**Take.** Ask questions, and then take the answers to help you make informed decisions and manage your health. Asking questions can help you make better decisions about your care. Be sure you understand what your treatment involves, including risks and benefits, and what the treatment will and will not do. Discuss the pros and cons of each decision with your doctor and consider his or her advice.





## Do You Know the Signs of Cataracts?

A cataract occurs when there are changes in the proteins that make up the normally clear lens of the eye. This causes the lens to become cloudy or opaque, preventing clear vision.

**Cataracts can form very slowly, with the first signs including:**

- Clouded vision
- Glaring or sensitivity to bright light
- Poor night vision
- Faded color vision
- Double or multiple vision in one eye
- Frequent changes in prescriptions for eyeglasses or contact lenses

Typically, the occurrence of cataracts is related to aging. More than 17% of Americans ages 40 and older have a cataract in one or both eyes. More than half of all Americans Ages 80 and older have cataracts.

**Other causes can be:**

- Smoking/alcohol
- Trauma (accidents)
- Excessive sun (UV) exposure
- Certain medications
- Diabetes

Although most cataracts are related to aging, there are steps you can take to reduce your chances of developing them.

- Since cataracts can be caused by UV exposure, wear visors and sunglasses that provide 100% UV protection.
- Avoid smoking and secondhand cigarette smoke.
- If you drink alcohol, drink in moderation.
- Increase the amount of antioxidants in your diet, or take antioxidant vitamin supplements.
- Keep medical conditions that increase your cataract risk, such as diabetes, under control.
- Routinely visit your eye care doctors for comprehensive eye exams.

Your eye care professional can provide you with a comprehensive eye exam to diagnose your vision-related symptoms, and will be able to tell you if your symptoms are related to cataracts. Cataract treatment is usually based on the severity of the symptoms. Stronger eyeglass lenses, the use of anti-reflective lens coating or stronger lighting while reading may help while symptoms are minimal. When cataracts interfere with your everyday activities (such as reading, driving or watching TV) you may need surgery to replace the clouded lens with a clear, artificial one.

## JUNE WELLNESS TIP



**Sheridah Bennett**  
(AAOA Wellness Champion)

### Wellness Tip

## Know Your Risks

Prostate cancer is the most frequently diagnosed cancer in men. Certain risks, such as heredity, can't be avoided, but you can cut your risk in other cases by making lifestyle changes. Talk to your doctor about your risks and the importance of prostate screening.

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