Living HEALTHY

the secret benefits of SPORTS
going beyond fitness

a lifesaving SCREENING
one man's story

MAXIMIZE your workouts
5 expert tips

BUILDING BETTER HEALTH

A PUBLICATION OF

WellSpan HEALTH
Formerly Summit Health
DEAR FRIENDS,

t’s true—we as men don’t always take the best care of ourselves or schedule appointments with our health-care providers for recommended checkups and screenings.

My colleagues and I at WellSpan Summit Health recognize this. That’s why we’ve brought you this special double issue of Living Healthy that features topics specific to men based on your physical, mental, and preventive-care needs.

Learn how a local teacher and basketball coach relied on a former student and WellSpan Digestive Health provider to help him execute one of the most important plays of his life—his colon cancer diagnosis and treatment—on page 4.

Get tips to maximize your workouts on page 6, and learn about the mental benefits of group sports on page 10. Spoiler alert—it helps your well-being to be part of a pack instead of a lone wolf.

To help you build better health, this issue also includes a current listing of the preventive screenings you should be getting based on your age.

My hope is that in reading this issue, you’ll join me in committing to a life of good health practices and wellness.

Warm Regards,

Patrick O’Donnell
CEO and President
WellSpan Summit Health
5 HEALTH FOODS FOR MEN

Although, for the most part, healthy eating means the same thing for everyone, here are five foods men might consider eating more of.

Everyone can feel better and be healthier by eating plenty of fruits and vegetables and sticking to whole grains and lean proteins. But to get more specific, these five foods provide nutrients that may be especially beneficial for men.

1. CRUCIFEROUS VEGETABLES. Many vegetables fall into this category, including broccoli, cabbage, bok choy, cauliflower, and Brussels sprouts. The antioxidants and vitamins they contain have been shown to reduce the risk of developing cancer. Broccoli in particular has been shown to interact with certain cancer pathways and may actually help prevent prostate cancer, which all men are at risk for. Cruciferous veggies also are rich in fiber.

2. WHOLE GRAINS. Men are twice as likely as women to have a heart attack. According to research published by the American Heart Association, a diet rich in whole grains, including oats, quinoa, and bulgur wheat significantly lowers the risk of dying from both heart disease and cancer.

3. LEAFY GREENS. Another heart-healthy food is leafy greens. They contain vitamins A, C, E, and K as well as some B vitamins. According to the United States Department of Agriculture (USDA), leafy greens can help prevent cancer and heart disease.

4. TUNA. Testosterone is the male hormone responsible for sex drive, bone mass, and muscle mass. As men age, testosterone levels tend to drop. Vitamin D can help increase testosterone, and one 3.5-ounce serving of tuna contains nearly half the recommended daily intake of vitamin D.

5. AVOCADO. According to the Centers for Disease Control and Prevention (CDC), stroke is the fifth highest cause of death among men. One way to reduce your risk is to keep your blood pressure in the healthy range. Potassium can help. Avocados are packed with potassium, even more so than bananas. They’re also full of healthy fats and an excellent source of vitamin K.

GET MORE GUIDANCE ON EATING HEALTHIER — ATTEND A FREE GROCERY-STORE TOUR LED BY A REGISTERED DIETITIAN. FIND OUT MORE AT WWW.SUMMITHEALTH.ORG/SHOPHEALTHY.
A Lifesaving SCREENING

How getting a colonoscopy helped a local high school teacher and coach beat colon cancer.
appointment was scheduled. At the follow-up appointment, Tom learned he had cancer, but that it was a “best-case scenario.”

“All I heard was cancer,” says Tom, remembering that Dr. Hakki explained that his margins were 95 percent clean, adding that for a 48-year-old, the five percent is what he loses sleep over.

A DANGEROUS DISEASE

“If there’s one cell or one residual piece of tissue, that could regrow and overgrow and, generally speaking, with that second occurrence of cancer, it’s a much more lethal situation,” explains Lininger.

While Tom’s prognosis was good, he was faced with the fear of the diagnosis, and the weight of having to tell Jenny, their children and, worse yet, his mom.

“My dad passed away from pancreatic cancer,” explains Tom. “I’m pretty sure he was 49 when he passed away. But he was 48 when he found out. And I was 48. The hardest part, honestly, was telling my mom. That was a tough one.”

Later that spring, Tom had a colon resection performed. On May 16, 2018, he received the call that the surgery had been successful, and he was free from cancer.

Dr. Hakki and Lininger told Tom that if he had waited until he turned 50 to get his first colonoscopy, his case would have been much more severe.

“So, if I’d have waited, basically, a year and a half, I’d have been in deep trouble. Go. I don’t know what else to say. It could be life or death.”

TOM HOFFMAN

SYMPTOMS TO WATCH FOR

In addition to getting screened regularly with a colonoscopy, it is important to know the signs of the disease. Symptoms include:

- Changes in bowel habits (diarrhea, constipation, narrowing of stool) that last more than a few days
- Feeling the urge to have a bowel movement that is not relieved after going to the bathroom
- Bleeding
- Blood in the stool, which may make it appear dark
- Cramping or abdominal pain
- Weakness and fatigue
- Unintended weight loss

TO FIND OUT MORE ABOUT WELLSPAN DIGESTIVE HEALTH OR SCHEDULE AN APPOINTMENT, CALL 717-765-3648 OR VISIT WWW.SUMMITHEALTH.ORG/GI.
When the U.S. Department of Health and Human Services released its updated physical activity guidelines for Americans in 2018, the results weren’t surprising. The report reiterated what health and fitness pros have been saying for years—move more and sit less.

Yet only 26 percent of American men meet the recommended physical activity goals—putting them at risk for obesity, heart disease, cancer, and diabetes. They’re also missing out on exercise benefits that go beyond physical concerns, including better mental function, better mental health, and sleep quality.

How can sedentary men get moving and reap the rewards? Doug Lentz, MS, CSCS, director of fitness and performance at WellSpan Results Fitness, offers practical strategies that also can help more experienced exercisers.

1 LEARN THE ROPEC
No matter what your fitness level, the first time you walk into a gym can be intimidating. New members wander haphazardly or, worse, perform exercises incorrectly.

“Don’t be too prideful to ask for help,”
advises Lentz, a certified strength and conditioning specialist with 30 years of experience. “If you’re choosing to use a personal trainer, inquire about credentials as qualifications vary from gym to gym.”

Whether you’re working out with a trainer or on your own, learn the fundamentals of your exercise program. “Proper exercise form and technique are essential to attaining goals and staying injury-free,” says Lentz, who favors resistance training with functional exercises that target major muscle groups. “These exercises mimic movements we do in the real world, something particularly important as we age.”

2 START SLOW AND SET GOALS
Whether your goal is toning up after weight loss, strengthening after surgery, or simply getting off the couch to feel energized again, the best way to ensure fitness success is to make your workout a habit. Keep in mind that your goal must match your available time commitment.

“I recommend a three-day-a-week program,” says Lentz. “But if clients can only do two days, I encourage them to do another activity the third day, like taking a walk after dinner.” Once exercises are mastered with good form and results, exercisers can change up the routine by adding new movements or a fitness class.

3 DON’T SKIP THE WARM-UP
Warm-ups are often overlooked and that’s not good, according to Lentz. “The purpose of a warm-up is to enhance exercise performance and decrease injuries,” he explains.

Start with a general warm-up that prepares the body for exercise, increasing blood flow and elevating the heart rate. Examples include a brisk walk, a slow jog, or simple calisthenics like jumping jacks. A specific warm-up simulates a planned exercise. For example, five to eight repetitions of body weight-only squats would be done before squats with weights.

Cooldown is important, too. “The cooldown is an easy exercise done after a more intense activity,” says Lentz. “Examples are a slow jog or walk. This is an excellent time to perform static stretching and/or foam rolling.”

4 FUEL YOUR BODY
Fueling your body before, during, and after a workout maximizes performance. It’s best not to eat immediately before a workout. “The predominance of blood flow should be directed to the working muscles, not helping to digest food in the stomach,” says Lentz.

Suggestions from Lentz for pre-exercise fuel, one to three hours before a workout include:
• Greek yogurt with fruit
• Peanut butter and banana or PB&J sandwich
• Apple with peanut or almond butter

During your workout, keep hydrated with small, frequent sips of water.

Post-workout fuel helps the body replenish the stored energy (glycogen) expended during the workout. Examples of post-exercise fuel, within 60 minutes after a workout are:
• Low-fat chocolate milk
• Smoothies with fruit
• Low-fat yogurt with fruit
• Turkey or chicken sandwiches on a whole-grain wrap

5 BUDDY UP
Having a workout partner has been shown to improve workout success—adding a layer of accountability, especially when people are just starting out. An exercise buddy can inspire you to keep going, even when you’re ready to quit.

Though fitness routines are not “one size fits all,” the proven benefits of fitness are universal. A regular exercise program enhances health—inside and out—helping men live longer and healthier lives.
When you work, you work hard. And you deserve to Live Well—in all ages and phases of your life. Regular medical exams help find problems early, when they’re most treatable. Yet research conducted for the American Academy of Family Physicians found that 37 percent of American men had not had a health checkup in the most recent two-year period.

By getting the right health services and screenings, you can improve your chances of living a longer, healthier life. Physicians might modify or add to these guidelines based on your medical history and personal risk factors.

**REPRODUCTIVE HEALTH**

- **PROSTATE CANCER SCREENING**: A prostate-specific antigen (PSA) test can detect prostate cancer earlier than no screening at all. But testing is not universally recommended because there are questions about whether the benefits of testing outweigh the risks for most men. Current guidelines advise men age 50 to 70 (starting at age 40 for African-Americans) to discuss with their physicians whether screening makes sense for them based on family history and other risk factors.

- **SEXUALLY TRANSMITTED INFECTION (STI) TESTS**: Throughout life, before sexual intercourse with a new partner, both partners should be tested for STIs, including human immunodeficiency virus (HIV).

**HEART HEALTH**

- **BLOOD PRESSURE TEST**: At least every two years. High blood pressure (also called hypertension) can lead to a variety of health problems, including heart attack, heart failure, stroke, kidney disease, and dementia.

- **CHOLESTEROL PANEL**: At least every five years, total cholesterol, LDL, HDL, and triglycerides should be measured to assess heart-disease risk. If you have diabetes, kidney problems, or certain other conditions, you may need a cholesterol test more often.

**COLON HEALTH**

- **CANCER SCREENING**: Colonoscopy every 10 years, or stool-based test (can be done at home and requires no bowel preparation) every year. Talk to your physician about which option is best for you. For those at average risk, colon-cancer screening should occur from ages 50 to 75.

**DIABETES**

- **GLUCOSE SCREENING**: Every three years for men ages 45 and older, and for younger men with a body mass index (BMI) greater than 25 and at least one diabetes risk factor, such as high blood pressure or a family history of the disease.

**ONETIME SCREENINGS**

- **HEPATITIS C (HCV)**: Men born between 1945 and 1965 should talk to their doctor about this test.

- **OSTEOPOROSIS**: Men ages 50 to 70 should be screened for osteoporosis if they have risk factors, such as long-term steroid use, low body weight, smoking, heavy alcohol use, or a family history of osteoporosis.

**BUILD BETTER HEALTH**

Protect your health and live your best life by following these preventive screening guidelines for men.

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TAKE THE FIRST STEP TO BUILDING BETTER HEALTH BY GETTING A PRIMARY CARE PROVIDER AND COMMITTING TO YEARLY WELLNESS PHYSICALS. VISIT WWW.SUMMITHEALTH.ORG/PRIMARYCARE FOR LOCATIONS AND PROVIDERS.
Getting in the game can make you stronger, fitter—and happier.
After-work softball leagues. Pick-up basketball games in the park. Biking and running clubs. Chances are you see organized sports all around you. Why join a team or club? Just by participating, you’ll be way ahead of other American adults when it comes to exercise: Studies show that fewer than five percent of us get the recommended 30 minutes of daily activity, and that only about 16 percent of all Pennsylvanians engage in exercise or sports on any given day.

Beside beating those dreary statistics, you’ll reap a host of lifelong benefits by joining in sports, says Steven Rager, a licensed professional counselor with WellSpan Behavioral Health in Chambersburg. From beefing up beneficial social ties to supercharging your brainpower, read on to learn how you’ll come out a winner, no matter what the final score is.

**PHYSICAL PLUSES**

Of course, sports are great for your body. They enhance your overall fitness, which has numerous benefits. “When you’re physically fit, you’re essentially controlling your weight, too,” says Rager. “That helps prevent things like stroke, Type 2 diabetes, cancer, and arthritis. It also can increase your strength, endurance, and energy level, and improve your sleep.” Being fit also means looking better, which can be a boost to your self-esteem.

And while many people find it hard to stick with a physical fitness plan on their own, being part of a sports team (even if it’s as small as a tennis twosome) makes it just a little easier to stay on track. “I think there’s a normal feeling among people of ‘Hey, I want to improve my health and fitness. I want to look and feel better,’” says Rager. Yet over time, as a motivational source that can weaken. “You might think, ‘Okay, I’m looking pretty good; I think I can just let off today,’” Rager explains. “But if you have someone, or a whole team, pushing you and saying, ‘Get your butt off the couch,’ that can help keep you motivated.”

**SOCIAL STRENGTH**

Playing sports doesn’t just keep you physically active, it keeps you socially active, too—something that often can prove difficult for men. “Many of us, especially as we get older, tend to stay to ourselves a bit more,” Rager notes. “It could be because we’re a little more introverted, and also work can pull us away from things like socializing with friends and spending time with family.” By joining a sports team or club, you’ll be making a commitment to take new social risks and branch out, making more new friends than you’ve probably met in a while. This can help stave off loneliness, which can make men (and women) more vulnerable to depression.

In addition, the social ties you make through sports can help your career—there’s truth behind those stories about business deals struck on the golf course. “There are definitely benefits to getting to know people that are outside your normal social circle,” says Rager. “You’re going to run into people who are from completely different walks of life, and from different organizations. These new connections really can add to our lives.”

**BRAIN BOOSTERS**

Last of all, consider what playing sports can do for your brain. Participating in a practice or game can really command your concentration, providing a welcome change of focus from your work life and other day-to-day stressors. “As you have fun and unwind, enjoying the time you spend with others, your brain recharges,” Rager says. “Ultimately this can increase your productivity.”

All that physical activity can make you happier, too. It increases your brain’s level of endorphins, so-called “feel-good” chemicals that serve as uppers. They also function as natural painkillers that keep you feeling more comfortable.

And if you’re worried about losing your mental sharpness as you age, sports can be your salvation. Exercise can actually help decrease cognitive decline.

So why not join a local team today? You’ll set a great example of physical fitness for your family—and give your mind and body a sporting chance to thrive.
You’ve probably seen plenty of advertisements lately for laser hair removal. If you’re curious about what it could do for you, you’re not alone.

“We’ve definitely seen an uptick in male patients,” says Brooke Schick, a licensed esthetician specializing in skin care at WellSpan Plastic Surgery & Skin Care Center in Chambersburg.

“Laser hair removal is helpful to men who are uncomfortable with excess body hair and those who get irritation and ingrown hairs from shaving,” says Schick. Winter is an ideal time to get laser treatments.

“You want to avoid treatments in the summer or if you’ve had recent sun exposure because of how the laser works,” Schick says. “It uses heat and energy to pick up the darker pigmentation in the hair follicle.”

The laser also can make you sun sensitive, so getting laser treatments in fall or winter, when you’re covered up and the sun’s rays are weaker, is optimal.

HOW IT WORKS

Once the laser picks up the darker pigmentation in a hair follicle, it burns and destroys the bulb of the hair to permanently reduce—not eliminate—hair growth, Schick explains.

Normally, about six monthly treatments are needed. “After that, you’ll have a 60 to 90 percent hair reduction in the area being targeted,” says Schick. The treatments can take anywhere from 15 minutes to an hour each. “The more dark and coarse the hair is, the better the results.”

After each treatment, Schick advises that any exposed skin be covered with a broad-spectrum sunscreen with an SPF of 30 to 50, and that clients stay out of the sun as much as possible.

BENEFITS OF LASERING

If you’re curious about which areas your fellow men tend to get lasered, Schick has an answer: The most common areas treated are chest, face, and back. She adds that the laser can help reduce irritation from shaving and ingrown hairs. Hair that may come back in will be more fine and grow in sporadically, making shaving easier.

Schick’s male clients have quickly become fans of lasering, she says: “They prefer it more than waxing because they don’t get as much irritation afterwards, it’s less painful, and more permanent.” They’re awed by the results, she adds. “They often start seeing a difference after just one treatment.”

Winter is the perfect time to start laser hair removal treatments. Make an appointment at 717-263-8463, or find out more at www.summithealth.org/plastics.