

Fall 2008 @ DFCA

September– Prostate Cancer Awareness Month

Prostate cancer is one of the most common cancers to affect males. There may be no warning signs or symptoms of early prostate cancer. Later symptoms may be a frequent need to urinate, especially at night, difficulty starting or stopping urine stream, a painful or burning sensation, and blood in urine or semen. These symptoms are not caused by the cancer itself, but more from the cancer blocking the urinary tract. More advanced symptoms of advanced prostate cancer include a dull, deep, pain in the pelvis or lower back and loss of weight and appetite. This disease can strike any man but those with a family history are more at risk. Also African Americans have double the risk of cancer and death rate than Caucasian men. The American Cancer Society estimates that about 185,000 men will be diagnosed with prostate cancer this year and 40,000 will die from the disease. But, 89% of these men will survive at least 5 years and 63% will survive at least 10 years.

Make sure if you are a man over age 50, get your yearly prostate exam and PSA test.

Office Notes

Please be respectful to our doctors, PAs, and nurses, as well as other people in the waiting room. Turn off your cell phones when entering our office area. We have had a recent problem with patients answering calls during their appointments. Your time with us is valuable and shouldn't be wasted with cell phone calls and texting.

Having Trouble Losing Weight???

Are you on a diet to lose weight and have come to a standstill in your progress? Here are four strategies that help boost your metabolism and jump start weight loss.

1. Build Extra Muscle

After age 40, your body's metabolism begins to decline 2-4% per decade. It's nearly impossible to slim down without losing some muscle, which is what burns calories. Lifting weights to tone muscle is the fastest way to get results when the scale won't move. Regular strength training can increase your resting metabolic rate by up to 8%.

2. Beat Those Plateaus

We've all been there. Those first 10 pounds come off easily and then the scale won't budge. As your body loses weight, it doesn't have to work as hard because there is less of you to move around. That means your workouts produce a smaller calorie burn. So, get your heart rate up, staying around 80% of your maximum heart rate. Diversify your routine. The more comfortable you become with your exercise, the less effective it gets.

3. Keep Burning Those Calories

Studies have shown that some people move less in their daily routine after starting an exercise program. We think this is because of postworkout fatigue or the perception that if you are exercising, you can skimp on the small stuff. Track non-exercise activity with a pedometer. Stand instead of sit. Plan weekly outings, like hiking, going to the park, or bike riding. This will help you MOVE MORE!!

4. Fight Those Hunger Hormones

Watch the increase in appetite that comes with exercising. Many people negate the calories they just burned with eating more. Snack before you exercise to give you energy and ward off the hunger afterwards. Schedule your workout before a meal and drink cold water! 6 cups of cold water a day can raise metabolism by 50 calories!

Breast Cancer Awareness Month

Don't forget your yearly mammogram and monthly self-breast exams.

Flu Shots!!!

Call us after October 1st to get yourself on the schedule for your yearly flu vaccine. Remember, those with diabetes, COPD, asthma, and other chronic conditions are at high risk and should get the vaccine. Pregnant women are also high risk.

Healthy Recipe Makeover Tips

Here are some ways to substitute while cooking to make your meals more healthy.

1. Substitute whole wheat for 1/2 to 2/3 of the white flour called for in recipes for cakes, cookies and brownies.
2. Reduce sugar called for in a recipe by 1/4.
3. In egg dishes, use egg substitute in place of half the eggs called for in a recipe.
4. Cut the butter or oil in half in bakery recipes and replace the missing fat with a moist, healthy ingredient like fat-free sour cream, low-fat yogurt or applesauce.
5. Cook with reduced fat products when available.
6. Oven-fry or pan-fry with canola oil or olive oil instead of deep-frying.
7. Use whole grains like brown rice, barley, and oats when possible.
8. Remove or reduce the amount of extra ingredients such as chocolate chips, extra frosting or toppings.
9. For better flavor, use fresh fruits, vegetables and herbs.
10. Use “healthy” fats when possible like olive oil, canola oil and fats found in fish and plant foods like

Allergies Got You Down??

Here are some tips for controlling allergens in your home.

Shower: Pollen sticks to everything. Take a shower and change clothes after working outside.

Sleep: Get plenty of sleep—this helps your body fight allergy symptoms.

Remodel: Hardwood floors are a great amenity and help reduce allergens in the house.

Clean: Steam clean furniture and carpets often. Wash bed sheets in hot water to kill dust mites.

AC: Using your air conditioning during the warm months cuts out 99% of pollen.

Pets: Give them a bath often and banish them from your bedroom where dander can collect.

Toys: Stuffed animals can harbor dust mites—buy ones that are washable.

Bed: Box springs, mattresses, and pillows should be covered in allergen-proof cases.

Hobbies: Watch paint fumes, wood dust and other irritants.

Basement: Watch out for mold—use a dehumidifier and clean often.

Vacuum cleaner: Use one with a HEPA filter to prevent stirring up pollen and dust

Ducts: Get your duct work cleaned before turning on the heat for the first time.

Humidity control: Keep your house humidity between 20-40% to control allergens.

Clean house: Be careful with harsh cleaning products that cause airway irritations.

Keep Your Home Healthier

Top 10 Germiest Places in your Home

1. **Your Kitchen Sponges**—We use them for multiple purposes and for too long allowing bacteria to multiply. Replace it once a week, throw it in the dishwasher, or soak it in bleach.
2. **The Kitchen Sink**—we do a lot of food prep here and that leads to contamination. Dish soap doesn't kill bacteria so use a cleaner with bleach regularly.
3. **Those Faucet Handles**—both kitchen and bathroom handles. Clean the kitchen one once a day and the bathroom at least once a week.
4. **Home Office**—worse than work offices, probably because people eat more in their home offices. Keyboards, mouse, and phones are the worst offenders.
5. **Toilet bowls**—Obvious, but surprisingly enough, kitchens are worse.
6. **Bathtub**—you may be clean, but there are plenty of bacteria lurking near the drain. Clean with a bleach cleaner once a week.
7. **Shower Curtain**—be careful of the soap scum that builds up here. Clean regularly or just replace.
8. **Wet laundry**—Again, surprised? Use hot water when necessary and use the hot setting on the dryer.
9. **Vacuum Cleaner**—it's supposed to clean, but can be a source of contamination. Vacuum the cleanest areas first and the dirtiest last.
10. **Your Bed:** mattresses and pillows are a haven for dust mites. Wash linens in hot water and use covers.