

Fitting News

Guest Article

June is Men's Health Month



June is men's health month and a great opportunity to discuss prostate health.

It's a topic that needs more open discussion, because as men age the cumulative lifetime exposure to testosterone increases prostate size.

Most men by the age of 80 have an enlarged prostate that can affect quality of life. The condition is referred to as benign prostatic hypertrophy (BPH). The term "benign" indicates that the enlargement is not cancerous, but rather an expected part of the aging process for men.

Most men will live with an enlarged prostate (BPH) for the remainder of their lives, and the medications used to treat BPH are primarily used to reduce symptoms (e.g. urinary hesitancy, incomplete urinary evacuation). As a geriatric consultant pharmacist, my focus is on identifying any medications that could be exacerbating BPH symptoms in my male patients, ensuring they understand how the medications work and their potential side effects. For a list of the classes of medications that are used to treat BPH and what are some key facts about the medication that are especially important for older male patients, visit

www.MedCarePharmacist.com.

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How do you improve your Body Satisfaction | Dissatisfaction?

If you live in Southern California, you cannot rely on the calendar to tell you whether it's time to shed your turtleneck sweaters and long sleeves or just go with the flow. In fact, when I started writing this blog in April, the weather was quite erratic. I wouldn't say I was ready to put on my bathing suit every weekend, but one weekend I did swim outdoors. It was glorious!



The percentage of women aged 50-plus, who are satisfied with their bodies is quite low, according to The Journal of Woman and Aging (2013; 25[4], 287-304). Of almost 2000 women surveyed, only 12% said they were satisfied with their bodies. Frankly, I was surprised. "Satisfied women had a lower body mass index (lean). They reported fewer eating disorder symptoms, dieting behaviors, weight and appearance dissatisfaction", the authors reported. They also noted satisfied women exercised more than dissatisfied ones.

Lori Michiel Fitness clients who fit this profile are encouraged to work on methods to overcome their dissatisfaction. Some helpful tips:

1. Create daily visualizations and positive affirmations.
2. Do reality checks that encourage a positive body image. Cancel the negative self-talk.
3. Set a positive intention, for instance: Tell yourself you will be gentle with your body today or if you are feeling vulnerable one day, you might challenge yourself to be strong and fierce.
4. Try a new routine that is fun, challenging and inspires you, such as balancing on one leg for 10 seconds while standing still or by gently moving one leg to the side and holding that in place, or try planks, jumping jacks, etc.



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