

## MEN'S HEALTH

# Take Action & Make Healthy Choices

**The top three health issues for men are cancer, cardiovascular disease, and diabetes. The good news is that you can prevent or lower your risk of developing these conditions by making healthy lifestyle choices.**

### Cancer

Prostate cancer is the most commonly diagnosed cancer among Canadian men, affecting one in seven. Colon cancer is the second most common cancer in men. Over 80% of prostate cancers occur in men over the age of 60 and most men are over the age of 70 when they are diagnosed with colon cancer. There are some risk factors for these cancers that you can't change such as age, family history, and ethnicity. There are, however, some risk factors that you *can* control, such as unhealthy eating, being sedentary and being overweight.

### Cardiovascular Disease

Heart disease and stroke are two common types of cardiovascular disease. Some of the main risk factors for cardiovascular disease in men are age over 45, family history, smoking, not exercising, unhealthy eating, high blood cholesterol, high blood pressure, diabetes, stress, and being overweight. Research suggests that certain populations, including Aboriginals and South Asians, may also have a higher risk of developing cardiovascular disease.

### Diabetes

Type 2 diabetes is one of the fastest growing diseases in Canada. More men than women have diabetes, and being over the age of 40 is a big risk factor. The other risk factors for diabetes are family history, high blood cholesterol, high blood pressure, and being overweight (especially if you carry most of the weight around your waist). Research suggests that people of Aboriginal, African, Asian, Hispanic or South Asian descent may also have a higher risk of developing diabetes.



CAN YOU  
GUESS  
THE TOP  
THREE  
HEALTH  
ISSUES  
FOR MEN?

## MAKE HEALTHY CHOICES!

You can help lower your chances of developing cancer, cardiovascular disease and diabetes by making small, positive choices.

### Make Time for Your Health

**Be a non-smoker.** This is one of the best things you can do to lower your risk of different cancers and heart disease. If you smoke, look for resources in your community to help you quit.

**Beat stress.** Over time, stress may lead to high cholesterol and increased blood pressure. Everyone deals with stress differently. Find healthy ways to manage your stress, whether it's exercising, painting, or going for a massage.

**Keep active.** Find different activities that you enjoy and fit them into your everyday routine. For example, walk, run or cycle instead of driving the car whenever you can. Regular exercise is a great way to manage stress and can help you reach and maintain a healthy weight. Aim for at least 150 minutes (2½ hours) of activity each week. More is better.

**Go for regular check-ups.** Talk to your health care professional about your risk factors for different health problems. Ask when you should be screened for prostate and colon cancers. Get your blood cholesterol, blood pressure and blood sugar levels checked, and let your doctor know if anything changes in your health.



## ORANGE CHICKEN STIR FRY ON EGG NOODLES Serves: 4

Nutritional information per serving (365 g):

calories 570 | protein 47 g | total fat 9 g | saturated fat 2 g |  
carbohydrate 75 g | fibre 4 g | sugar 6 g | cholesterol 165 mg |  
sodium 400 mg | potassium 25% | calcium 8% | iron 35% |  
vitamin A 4% | vitamin C 160% | vitamin B6 59% | vitamin B12 46% |  
folate 119% | magnesium 45% | zinc 33%

Visit [www.chicken.ca](http://www.chicken.ca) for this recipe and more nutritious meal ideas.

### Power up Your Diet

- **Eat more vegetables and fruit.** You need 7–10 servings of vegetables and fruit every day. Plan to have two servings at every meal, plus one serving at each snack – that's at least 7 servings already. At home or when eating out, fill half of your plate with colourful vegetables and fruit.
- **Trim the fat.** Eating too much fat, especially saturated fat, can increase your chances of developing health problems. Choose lean meats and lower fat foods.
- **Cut the sodium.** If you like to cook, experiment with herbs and spices to replace salt. Cut back on pre-packaged, processed foods and ask for sauces on the side when you eat out.
- **Fill up on fibre.** Start your day with a high fibre cereal that has at least 4 grams of fibre per serving. Switch from white pasta and rice to whole wheat pasta and brown rice. Leave the skins on fruits

and vegetables, and swap a glass of fruit juice for a piece of fruit. Enjoy meals that include fibre-rich foods like beans, lentils and chickpeas.

- **Read nutrition labels.** Take a few extra minutes to read nutrition labels. Compare different brands and choose foods that are lower in fat and sodium, and higher in fibre.
- **Re-think your drink.** Water is calorie-free and is the best drink when you're thirsty. Sugary drinks such as sports drinks, fruit drink, pop, and iced coffees can add extra calories that you don't need. If you drink alcohol, have no more than three drinks a day, up to a maximum of 15 drinks per week. A drink is either a 5 ounce (142 mL) glass of wine, one bottle (12 ounces or 341 mL) of regular beer, or 1½ ounces (43 mL) of spirits.

#### Sources:

Statistics Canada. Ranking, number and percentage of male and female deaths for the 10 leading causes, Canada, 2009

Health Canada. Just for You – Men; Screening for Colo-rectal Cancer; Heart Disease, Heart Health; It's Your Health – Type 2 Diabetes

Prostate Cancer Canada

