

# Good Health **MEN**

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**B**etween 20 BCE and 40 CE, Philo Judaeus, a Hellenistic Jewish philosopher, said, “The body is the soul’s house. Shouldn’t we therefore take care of our house so that it doesn’t fall into ruin?” It was true then and remains true today. Living a healthy lifestyle not only makes us feel better physically, but also enriches us mentally and spiritually.

In this Good Health — Men special section, you’ll hear from Paul Mittman, N.D., president of Southwest College of Naturopathic Medicine and Health Sciences in Tempe, who outlines three components for healthy living; you’ll read about improved imaging for prostate cancer; you’ll learn three exercises to strengthen your core, which will lead to a stronger body and better posture; and discover several tips on how to stay healthy while in the hospital.

I hope this Good Health — Men special section will help you find different ways to focus on a healthy lifestyle so you can take better care of your “house.”

*L’shalom,*



Marilyn Hawkes

Good Health–Men is a special section of Jewish News of Greater Phoenix. Edited by Marilyn Hawkes and designed by Becky Globokar. For additional copies and advertising information, contact Jaime Stern, 602-870-9470.

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On the cover: Paul Mittman, N.D., rides through Lizzard Pass outside of Telluride, Colo. Photo courtesy of Paul Mittman.



## Why New Diagnostic Criteria for Alzheimer’s Disease Is Important

### Understanding the Progression Will Allow for Better Care and Better Housing

For the first time since 1984, an international gathering of senior health experts has tackled updating the diagnostic criteria for the Alzheimer’s type of dementia. Why is this significant and how does it impact the general public? Understanding the progression of the disease in phases will ultimately impact how people with the disease will be cared for and housed.

“Refining the criteria at the symptomatic pre-dementia phase called Mild Cognitive Impairment (MCI) and refocusing research on the preclinical phase that begins 20 years before symptoms appear are significant steps,” said Beverly Sanborn, LCSW, vice president of memory programs at Belmont Village Senior Living. “Forgetfulness is not benign; it is a warning sign, and the senior living industry should be prepared with dementia-capable staff and programs offered in a dementia-friendly environment.”

According to Dr. William Thies, Ph.D., Alzheimer’s Association chief medical/scientific officer, “The guidelines allow policy makers to better assess the need for everything from

research dollars to care services ... and give us a basis for creating the next generation of Alzheimer’s treatments that will benefit every stage of the game.”

“The senior living industry is in a paradigm shift,” added Sanborn. “Belmont Village started our MCI program six years ago. One of the first things we learned is that staff needs to have the kind of educational background that meets the demands for a more enlightened and stimulating array of mental fitness programs. The most effective mental workouts are therapeutic, with goals and objectives. They offer a mental stretch and a sense of purpose. Done right, they’re still fun, but in a more energetic and meaningful way.”

Now more than ever, consumers are better positioned to make informed decisions about senior living. Look for providers who offer a range of memory care options and can provide adaptable programs designed to help maintain function at each stage of the cognitive continuum.

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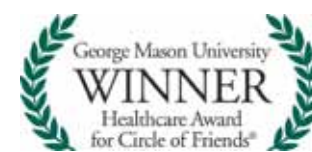


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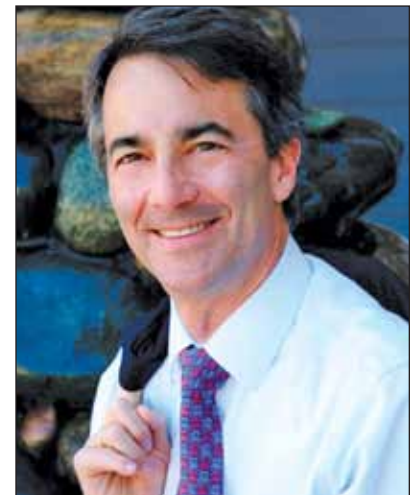


# Living a healthy lifestyle

## Naturopath focuses on diet, exercise and stress

**MARILYN HAWKES**  
Staff Writer

Several years ago, Paul Mittman, N.D., had a wake-up call. Mittman, a naturopathic doctor and president of Southwest College of Naturopathic Medicine and Health Sciences in Tempe, went for a physical exam and the results surprised him. Even though he had been biking for two years, his cholesterol was high and his stress test “wasn’t great.” The diagnosis: hyperlipidemia, more commonly known as high cholesterol.



“It’s a diagnosis we try to avoid in general, but if you’re a naturopathic doctor and you’re president of a naturopathic medical school, that’s not good,” Mittman says. Exercise is great, but it has to be coupled with proper nutrition, he says.

Mittman became a vegan and five weeks later, his cholesterol had dropped 57 points, and he had lost 18 pounds.

According to the SCN website, “Naturopathic medicine concentrates on whole-patient wellness; the medicine is tailored to the patient and emphasizes prevention and self-care. Naturopathic medicine

attempts to find the underlying cause of the patient’s condition rather than focusing solely on symptomatic treatment.”

Mittman says there are three components to living a healthy lifestyle, which apply to both men and women: diet, exercise and managing stress.

He recommends following a plant-based diet or a Mediterranean diet, which is also a plant-based diet that includes fruits, vegetables, whole grains, legumes and nuts, fish and chicken, cheese, yogurt, olive oil instead of butter, less salt and limiting red meat to a couple of times each month.

“For men in particular, because we’re prone to heart disease, and as Jews, we’re also prone to colon cancer and other types of cancers, any diet that decreases the amount of meat, particularly red meat, will be beneficial,” he says. “There’s a saying that genetics loads the gun, but lifestyle pulls the trigger.”

From a *tikkun olam* standpoint, Mittman says, another reason to avoid or cut down on meat is that animal production methods today are a leading cause of carbon emissions and global warming. “If one day a week everyone ate no animal products, it would have more of an impact than if we all drove a Prius. And as Jews, we can never separate our personal experience from our responsibilities to our families, our community and the world we live in.”

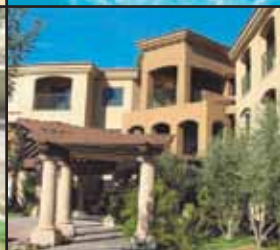
As far as exercise, Mittman’s advice is to find something you really love to do. For some, it’s walking the dog, and for others it might be hiking or running. Mittman’s exercise of choice is biking. He belongs to a cycling club and rides at least 150 miles a week. “For me, riding a bicycle reminds me of being a kid. My mother would say, ‘Just be home for dinner,’ and I’d ride around all day. It’s a sense of freedom. You can go fast or slow. It doesn’t matter.”

**‘Regardless of what age you are, you’re never too young and you’re never too old to make these changes.’**

— Paul Mittman, N.D.

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Exercising can be a social experience, such as taking a spin, Pilates or Zumba class at the gym, but if you're not a gym person, exercise can be a good personal time, according to Mittman. Maybe it's getting up early and walking at sunrise or walking at night and looking at the stars, he says. "If you can accomplish your calorie burning under the guise of this special experience, then it's a lot more fun than dragging yourself to the gym because you have to."

The third component of a healthy lifestyle is finding a way to handle stress. From a Jewish standpoint, Mittman says, attending services and singing the prayers has a positive effect on stress. Most men will not sing, except maybe karaoke, but most men will sing in temple, he says. In addition to the meaning of the prayers, "there's something about singing — something about the syllables and vocalizations that open up our chests and open up our hearts," he says.

Another stress-buster, Mittman says, is to create a certain period each day when you unplug and observe something that is not electronic or digital. "It's going for a walk and not listening to music or talking on the phone, or noticing how gorgeous it is to smell orange blossoms this time of year. If people could set aside one time a day to do that, there's a lot of research on the benefits to our hormonal systems, our cardiovascular systems and our blood pressure. We tend to sleep better and feel better."

He once participated in a group in which the participants were not allowed to listen to the radio or talk on the phone for a week. "It was really eye-opening," he says. Now, he rides his bike and walks the dog at night to unplug.

"Regardless of what age you are, you're never too young and you're never too old to make these changes," he says.

*SCNM offers a six-week community-education class on plant-based nutrition that includes before and after blood tests to measure the amount of cholesterol in the blood. For more information about Mittman and the Southwest College of Naturopathic Medicine and Health Sciences, visit [scnm.edu](http://scnm.edu).*



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# Prostate trial

## Imaging agent helps find recurrent cancer faster

**SALVATORE CAPUTO**  
Assistant Managing Editor

**M**en who have gone through treatment for prostate cancer want to know as soon as possible if there is a recurrence. As with a new diagnosis, early detection of a recurrence is the key to successful treatment.

The Prostate Cancer Foundation cites an estimate that about 20-30 percent of men who are treated for prostate cancer will relapse after reaching the five-year cancer-free mark, while the Prostate Cancer Research Institute (PCRI) cites a broader estimate that up to 40 percent of men who undergo treatment will see a recurrence in their lifetimes.

The National Cancer Institute reports that, in 2012, 238,590 men in the U.S. were diagnosed with prostate cancer. So the recurrence estimates indicate a significant number of men will see prostate cancer recur.

Blood levels of prostate-specific antigen (PSA) are typically monitored closely after treatment, and a rising PSA level is seen as an early indicator of a possible recurrence.

Although there is controversy over how to interpret PSA levels as a guide to initial treatment (for instance, an enlarged prostate or an infection can make PSA levels rise), "It's a different ballgame," said Dr. Fabio Almeida, director of Arizona Molecular Imaging Center in Phoenix, when it comes to a prostate cancer recurrence. "The PSA is a very sensitive and specific marker that there's been a recurrence."

However, PSA levels cannot tell doctors where the cancer has recurred - whether it has spread or is localized. Finding the recurrence involves imaging technology such as a PET (positron emission tomography) scan to spot new lesions as early as possible.

"What happens with a lot of patients that have a recurrence is that we'll see this rise in PSA, and we won't be able to find it (the cancer) with our other techniques," he said, referring to imaging techniques such as computed tomography (CT), magnetic resonance imaging (MRI) and bone scans. None of these is very effective at detecting recurrences early enough to help doctors determine what course of therapy to pursue, according to a recent article Almeida wrote for PCRI's "Insights" newsletter.

In addition, one of the most effective imaging agents used in PET scans is relatively ineffective in finding prostate recurrence. "We have a very good PET agent that works in detecting most cancers" - F18 fluorodeoxyglucose (FDG), he said. "Most cancers increase their sugar metabolism as part of being malignant," Almeida said, but prostate cancer does not.

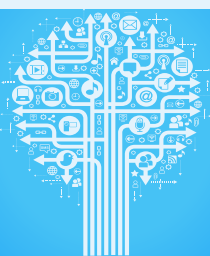
In his "Insights" article, Almeida discusses several small studies that showed that an imaging agent known as Carbon-11 Acetate had been effective in finding prostate cancers when PSA levels indicated a possible recurrence, returning few "false positives."

Today, his center is conducting a Phase 2 clinical trial for the Food and Drug Administration. The goal of the trial, as stated at clinicaltrials.gov is "improved imaging of prostate cancer by positron emission tomography (PET) with use of the radiopharmaceutical C-11 Acetate, utilizing state-of-the-art PET/CT camera technology and processing algorithms." The description goes on to say, "A successful effort will lead to more accurate diagnosis of recurrence in patients with prostate cancer to allow for early directed therapy."

So far, the center has imaged 250 patients, who have come from around the country for the scan, Almeida said. Among those patients with whom he's followed up with so far, "we're not seeing false positives and false negatives."

Almeida believes the C-11 Acetate studies will be "kind of a game changer in this whole process," leading to quick diagnoses of whether the cancer recurrence is localized in the prostate region or has spread, and thus to faster action to evaluate and treat the recurrence.

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# GOOD HEALTH ADVERTISERS

## Develop core strength for better posture

Several people have approached me to discuss their fitness goals and many have stated their top desire is to become healthier and "in shape." To achieve those goals, you must strengthen your core, which means more than having six-pack "abs" or a slim waistline. Having a strong core means you are strong throughout the center of your body. A combination of the abdominal, oblique (under the rib cage), gluteal and lower back muscles make up the core, which provides stability and support for the spine and overall posture.



**Anthony Petterson**

### Why do we need core strength?

Ask yourself this question: Do I like to move and do physical activities?

If the answer is yes, then this is why you need core strength. Having a strong core allows you to run, bike, swim, pick up your children and hug them, stand up from sitting in a chair as well as close the car door. Having a strong core allows the body to transfer power from the lower to the upper body and vice-versa. If you have lower-back pain, a sure way to decrease the discomfort is to consistently include core-strengthening exercises in your strength-training routine.

### How can we strengthen our core?

Crunches, sit-ups, and more crunches, right? Unfortunately, doing crunches is not going to make your core strong unless you strengthen the neighboring muscles that help support your body to stay upright. Here are a few exercises that will help strengthen your core:

**Plank:** Hold the body rigid and parallel to the floor by keeping everything from shoulders to ankles in a straight line. Start by lying on your stomach then push up onto your toes and elbows, keeping everything tight — quadriceps, glutes, abdominals and shoulders should be directly above your elbows. Breathe relaxed and deeply. Hold for 20 seconds, then rest for 30 seconds. Repeat three to five times. As you may have noticed, this looks a little bit like a push-up, which is also a great core-strengthening exercise. Make sure your body stays straight like a plank.



**Bridge:** Lie on your back with your knees bent. Keep your back in a neutral position, not arched and not pressed to the floor. Avoid tilting your hips. Tighten your abdominal muscles. Raise your hips slowly off the floor until your hips are aligned with your knees and shoulders. Lower back down to the starting position while continuing to keep those muscles activated, raise your hips back off the floor for the second repetition. Perform 12 to 15 repetitions, 3-5 sets.

**Side Plank:** Lie on your left side, raising yourself onto your left forearm. Place your left shoulder directly above your left elbow, keeping your shoulders, hips and knees in alignment. Rest your right arm along the side of your body. While keeping your abdominal muscles tight, hold for three deep breaths. Return to the start position. Repeat on your right side. For added challenge, balance on your left hand. Raise your hips off the floor and extend your right hand toward the ceiling. Hold for three deep breaths. Repeat on your right side. Add these exercises to your normal routine to strengthen your core and improve balance and stability.



*Anthony Petterson, CPT, is fitness director at Valley of the Sun Jewish Community Center.*



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# Staying safe in the hospital

## BRANDPOINT

Each year, millions of Americans seek hospital care to treat a wide range of medical problems — from accidental injuries to chronic or life-threatening illnesses. While the majority of patients have positive outcomes, it is imperative to remember patient safety should be a top priority for everyone.

In fact, the World Health Organization (WHO) notes patient safety is a serious global public health issue. Even in developed countries such as the United States, as many as one in 10 patients may be harmed while hospitalized.

You can take steps to help ensure your safety whether in the hospital for a planned or unexpected circumstance. Here are three things to keep in mind to make your hospital stay as safe as possible.

### Reduce infection risks

Hospital infections are a top concern, especially for surgical patients. According to WHO,

hand hygiene is the single most important measure to reduce health-care-related infections. Patients should keep hand sanitizer at their bedside and use it often. Additionally, the National Patient Safety Foundation (NPSF) recommends:

- Reminding your care team about hand-washing before any direct interaction
- Keeping an eye on intravenous catheters and wound dressings, and notifying your health care provider right away if something looks wrong
- Taking charge of health problems such as diabetes, excess weight and smoking, which can increase infection risk in the hospital
- Following doctors' directions about breathing treatments to avoid lung infections

### Understand anesthesia

Over the past century, anesthesiologists have advanced patient safety through innovative research, science and technology advancements. Whether in the operating

room, procedure room, intensive care unit or pain clinic, anesthesiologists are committed to patient safety. Today, anesthesia-related fatalities only occur in less than one in every 200,000 procedures.

To help ensure the highest quality and safest care, anesthesiologists lead Anesthesia Care Teams to supervise nonphysician providers during the administration of anesthesia to make critical life decisions when there are only seconds to make them. According to the American Society of Anesthesiologists (ASA), anesthesiologists have more than 10,000 hours of related medical training and education to diagnose, treat and respond to any medical complications that may occur.

In addition to making sure a physician supervises your anesthesia care, it is important to follow all pre-operative instructions from your doctors and get plenty of rest before surgery. Also, be sure your anesthesiologist is aware of your prior anesthesia history and any medications you take.

### Be aware of setbacks

Tumbles are a major concern for the elderly, but even younger patients are at risk of falling in the hospital. NPSF often points to research indicating more than 500,000 falls occur in U.S. hospitals each year, causing 150,000 injuries. Muscle weakness, medication-related impairment and age can increase a patient's risk of falling. Follow your physician's directions and the hospital's procedures for surer footing.

Before you leave the hospital, make sure you understand the doctor's after-care instructions to reduce your risk of readmission. Bring any questions or suspicions of complications to follow-up appointments to help your physician assess your recovery.

Health care is incredibly intricate and complex, and while medical science has made great strides for patient safety, patients need to play an active role in their care. With research and advocacy for their own health, patients' collaboration with their care team can make them informed and, most importantly, safe.

## Caring for Dad



Growing up, you thought your dad was invincible. He was the hero that took you to your first baseball game and always gave the greatest advice.

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