

# JUNE 2021

# Healthy Living

*June is Men's Health Month*



Men's Health Month sheds light on the importance of prevention and early detection. Knowing your numbers and staying on top of your overall health will keep you on track towards a healthier future.

## Take steps each day to improve the quality of your life:

- Eat a varied diet and stay hydrated.
- Include moderate amounts of exercise.
- Manage stress, get enough sleep, and ask for help if you need it.
- Avoid tobacco products and limit alcohol.

Men of all ages and health statuses need regular health screenings. Contact your doctor to schedule a well visit and determine the screenings that are right for you and your health needs.

## Important factors to consider:

- **Prostate cancer:** Approximately 30,000 men die of prostate cancer each year. Starting at age 40, all men should consider a baseline PSA (Prostate Specific Antigen) test. Those at higher risk are generally advised to get screened each year starting at age 40, age 50 for all other men.
- **Testicular health:** Testicular cancer is a common cancer in men ages 20-35 but can occur at any age. Self-screenings and routine physicals are excellent ways to detect symptoms. If this cancer is caught and treated early, it's almost 100% curable.
- **Cardiovascular disease:** Heart disease is one of the leading causes of death among adult males. High cholesterol and high blood pressure put you at an increased risk for developing this chronic condition. Know your numbers by getting checked as part of a routine physical and focus on improved lifestyle changes like balanced nutrition and regular physical activity.
- **Depression:** Men are less likely than women to seek help for depression. Untreated depression affects both mental and physical health. Treatment can take the form of counseling, medications, or a combination of options.



## FEATURED RECIPE

# Grilled Skirt Steak with Charred Corn Salad



## Ingredients

- 1 skirt steak
- kosher salt
- Pepper
- 2 ear corn
- 2 tbsp. fresh lime juice
- 2 tbsp. olive oil
- 1/2 small red onion
- 2 small avocados
- 1 c. fresh cilantro leaves
- 8 small flour tortillas

Sweet corn takes on maximum flavor when charred on the grill, and its flavors contrast beautifully with a rich, perfectly cooked steak.

## Directions

1. Heat grill to medium-high. Season the steak with 1/2 teaspoon each salt and pepper and grill to desired doneness, 3 to 5 minutes per side for medium-rare. Transfer to a cutting board and let rest for at least 5 minutes before slicing.
2. Place the corn on the grill along with the steak and grill, turning occasionally, until charred, about 3 minutes. Transfer the corn to a cutting board and remove the kernels from the cobs.
3. In a large bowl, whisk together the lime juice, oil, and 1/4 teaspoon each salt and pepper. Add the corn and onion and toss to combine, then fold in the avocados and cilantro.
4. Warm the tortillas on the grill. Serve with the steak, corn salad, and lime wedges, if desired.

**Recipe yields 4 servings, with 834 calories/serving.**