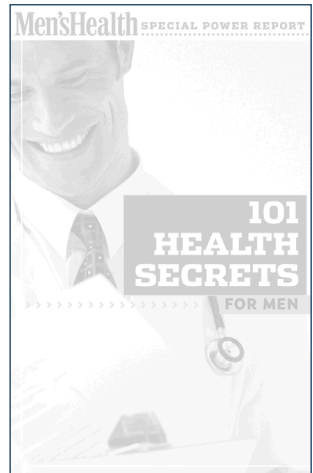


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101 HEALTH SECRETS



FOR MEN

**HOW TO ADD MANY
YEARS TO YOUR LIFE**

If you want to live forever—or, at least for many years to come—you've got to start now. What follows is the latest good information on keeping your energy up, your stress levels down, and the signs and symptoms that should send you straight to the ER.

Add Years to Your Life

38 **> AT BREAKFAST.** Just ½ cup Kellogg's All-Bran cereal gives you 10 g of fiber, which lowers cholesterol and helps you stay thin. Have four 1-oz bowls per week, and you'll get more fiber than in an entire loaf of whole wheat bread.

> FOR A MID-MORNING SNACK. Sunflower seeds have been shown to lower your risk of heart attack, stroke, prostate cancer, and even Alzheimer's disease. Just 1 little ounce give you a big 14-mg shot of vitamin E.

> AT HAPPY HOUR. Limit your drinking to two a day. Having more may be the worst thing you can do for your health. Studies show that over-indulging can raise your blood pressure. Drinking may stimulate the kidneys to keep more salt and water in the blood, or it may constrict your blood vessels.

> POP A MULTI. Centrum Silver contains 100% of your recommended intake of 16 core nutrients, along with additional doses of 15 other disease fighters—such as lycopene, lutein, and selenium. (Ignore the “for adults 50+” on the label—it's great for men of all ages.)

> LIFT WEIGHTS. Weightlifting can increase muscle strength more than 200%, even at the age of 96, according to studies by William J. Evans, Ph.D., director of the Noll Physiological Research Center at Pennsylvania State University in University Park. A bonus is that weight training may help slow the age-related decline of human growth hormone, making it easier to maintain muscle once you have it.

> RAISE TESTOSTERONE LEVELS WHILE YOU SLEEP. Researchers in California found that a zinc-magnesium supplement called

ZMA increases testosterone levels. (You can find it in several brands at any health-food store.) It works while you sleep. Take the recommended dosage—30 mg of zinc, 450 mg of magnesium, and 11 mg of B₆—before bed.

> AVOID TEFLON. Nonstick pans may be bad for your health. Researchers with the Environmental Working Group found that when nonstick surfaces are exposed to extreme heat, they may release potential carcinogens into the air, along with toxic gases and particles that can lead to flulike symptoms.

> DON'T RUN ON THIS DRUG. The popular antibiotic Cipro can increase your chances of rupturing your Achilles tendon while running, due to the drug's effect on cartilage. If you are prescribed the drug, be sure to spend 15 minutes warming up on a treadmill (at 3 MPH or less) before beginning your run. Go to your doctor if you notice any inflammation or tenderness.

> WASH YOUR HANDS. Cold viruses are transmitted through the air and by touch, so the best way to prevent a cold is to keep your distance from someone who has one, to wash your hands often, and to avoid touching your eyes and nose—prime entry points for offending viruses.

> DRINK LEMON WATER. Drink at least eight glasses of lemon water a day. Lemons contain potassium citrate, a chemical that may stop kidney stones from forming.

> SIDESTEP A HANGOVER. Drink lighter-colored alcohols, such as gin and vodka. They are less likely to cause a hangover than darker ones (brandy, whiskey, red wine) because they have fewer congeners,

the by-products of fermentation and aging that give beverages their distinctive flavors and colors.

> HAVE A PSA TEST. The American Cancer Society and the American Urological Association recommend both an annual digital rectal exam and an annual PSA (prostate-specific antigen) screening beginning at age 50. (If you're African-American, or if you have a family history of prostate cancer, start this test at 45.)

> WALK FOR 30 MINUTES DAILY. That's all you need to do to move from couch spud to moderately fit, a change that will provide you with significant health benefits.

> NEVER GET CANCER. Only 5 to 10% of cancers are inherited. The rest are due to interactions with the environment, mainly smoking. One of the most important things you can do to cut your risk is eat at least five servings a day of fruits and vegetables. A 14-year study found that men whose daily diets were highest in fruits and vegetables had a 70% lower risk of digestive-tract cancers.

> HOLD A STRETCH FOR 60 SECONDS. When you reach your 40s, your muscles become less pliable. Stretch for a full

minute to reduce injury. If you're under 40, 30 seconds is adequate.

> DRY-BRUSH YOUR TEETH. It cuts tartar by 60% and reduces bleeding of the gums by 50%. Using a dry, soft brush, start scrubbing the insides of your bottom teeth; then hit the insides of the top ones before working your way to the outer surfaces. Finally, rinse, spit, and brush again briefly—this time with toothpaste.


> DON'T DRINK SODA. Aside from providing you with more than your share of empty calories, soft drinks contain high amounts of fructose, which researchers have found may weaken your bones.

> STORE YOUR TOOTHBRUSH IN MOUTH-WASH. Put it bristle-end down in a glass (and replace the mouthwash every few days; yeah, wash the glass, too). This will minimize germs.

> AVOID COLD SORES. If you are prone to them, limit your intake of arginine-rich foods, such as beer, chocolate, cola, peas, and peanuts. The herpes simplex virus that causes cold sores needs the amino acid arginine to initiate its dirty work.

Healthy Guy

39 Only 1 man in 100 can pass this test. If you can check off all eight of these qualities, then you're a physical specimen possessing rare genetic gifts. We may have you stuffed for posterity.

 **YOU HAVE EXTREMELY HIGH CHOLESTEROL**—the good kind. If you have an HDL (high-density lipoprotein) count of 90 mg/dl or more, you have very little

worry of developing heart disease or arteriosclerosis.

To increase your HDL cholesterol levels, you need to exercise at a moderate intensity for about 20 minutes at least four times a week, and drop at least 5 pounds from your gut. A normal HDL score is about 40 mg/dl; your goal is to at least double that.

✓ YOU HAVE AN ATHLETE'S HEART. Keep your resting heart rate below 60 beats per minute, says Thomas Graboys, M.D., a cardiologist at the Harvard medical school. To lower your resting heart rate, do four 40-minute aerobic workouts per week.

✓ YOU CAN ANSWER "YES" TO TWO QUESTIONS: 1. Do you look forward to going to work? 2. Do you look forward to going home in the afternoon? "After being in practice for 30 years, I've learned that if you can answer 'yes' to both of these questions, you have a very low risk of dying of a heart attack or any other heart-related problem," says Dr. Graboys.

✓ YOU HAVE A PSA SCORE LESS THAN 2.5 NANOGRAMS (NG) PER ML. That number indicates not only a very low risk of prostate cancer, but also a low risk of the PSA progressing above 4 ng/ml (the danger level) within the next 4 years, says William Catalona, M.D., a prostate-cancer specialist and professor of urology at the Washington University School of Medicine in St. Louis.

✓ YOU HAVE TWO CLOSE MALE FRIENDS. Those two people can't be current coworkers, neighbors, hitchhikers, or "the guy who's always at the end of the bar." If you pass this test and you're over 35, it means you have far healthier social ties—and a better chance at living longer—than two-thirds of all men, says Dru Sherrod, Ph.D., a Los Angeles psychologist who studies the impact of male friendship. Passing this test means you work to maintain friendships based on common interests and compatibility.

✓ YOU CAN EJACULATE A TEASPOON OR MORE OF SEMEN A DAY. If you can produce up to a tablespoon of semen on a particularly good day, be proud. That's the quota you nailed at age 20. If your prostate is healthy, you should still be able to hit it at age 50, according to Dr. Catalona.

✓ YOU CAN WALK 2 MILES IN 28 MINUTES. Maintaining a vigorous walking pace is a good measure of fitness. According to Swedish researchers, a fit 40-year-old man should be able to walk 2 miles in under 30 minutes, says Dr. Graboys. If you can cover that ground in under 28 minutes, you're in excellent shape.

✓ YOU HAVE BALANCED STRENGTH. To have good muscle harmony, you should have a 1:1 strength ratio for your biceps and triceps. That means if you can curl a 50-pound barbell 10 times, you should be able to do triceps pushdowns with 50 pounds for 10 reps—no fewer or more. As for your legs, your quadriceps and hamstrings should have a 3:2 strength ratio. If you can do 10 leg curls with 65 pounds, you should be able to do exactly 10 leg presses with 100 pounds. If this quick test shows that you have uneven strength, change your workout.

Emergency Skills

➤ SAVE YOUR OWN LIFE. Here's how to perform the Heimlich maneuver on yourself when there's no one around to help you. Clench a fist and place the thumb side against your upper abdomen, just below your rib cage. Grasp the fist with your other hand and thrust hard inward and upward a few times. If that doesn't work, lean over the back of a chair so the edge ticks into your abdomen. Push yourself quickly downward, forcing air out of your diaphragm until you're shooting little steak bullets across the tabletop.

➤ YOUR KNEE POPS. First, find a warm place to sit and elevate your knee—even if you don't feel any pain. Then begin rest, ice, compression, and elevation (RICE), the standard treatment for many joint and muscle injuries. This is critical in the early treatment because the knee will swell anywhere from 2 to 12 hours after the injury.

➤ YOU GET HIT IN THE FAMILY JEWELS. The testicles are surrounded by lymphatic and blood vessels, and swelling can occur disturbingly fast. Apply ice (wrapped in a towel) for 10 minutes; but take it off for 20 minutes. The skin in that area is thin, so don't put ice directly on it.

➤ WHEN ICING ISN'T NICE. If you catch an elbow in the eye, be careful how you ice it. Don't hold ice directly on the eye, but on the bone above or below, and for no more than 10 minutes at a time. Any longer might injure sensitive tissues.

➤ SICK? EAT A BIG BREAKFAST. Research shows that the right morning meal can help quash the cold virus. In a recent study from the Netherlands, researchers

found that eating big and eating early increased blood levels of gamma interferon, a natural antiviral agent, by 450%. Shoot for 1,200 calories every morning until your cold symptoms disappear.

7 pains to take to the ER

These common aches could very well be nothing. Or something far, far worse.

1. SUDDEN GROIN PAIN

Odds are it's something called testicular torsion. Normally, a man's testicles are attached to his body in two ways: by the spermatic cords, which run into the abdomen, and by fleshy anchors near the scrotum. But sometimes, in a relatively common congenital defect, these anchors are missing. This allows one of the spermatic cords to get twisted, which cuts off the flow of blood to the testicle. "If you catch it in 4 to 6 hours, you can usually save the testicle," says Jon Pryor, M.D., a urologist with the University of Minnesota. "But after 12 to 24 hours, you'll probably lose it."

2. SHARP PAIN IN THE ABDOMEN

The pain can be a symptom of either appendicitis, pancreatitis, or an inflamed gallbladder. In all three cases, the cause is the same: Something has blocked up the organ in question, resulting in a potentially fatal infection. Exploding organs can kill a guy. See a doctor before this happens.

3. SEVERE BACK PAIN

"If it's not related to exercise, sudden severe back pain can be the sign of

an aneurysm," says Sigfried Kra, M.D., an associate professor at the Yale school of medicine. Particularly troubling is the abdominal aneurysm, a dangerous weakening of the aorta just above the kidneys. A less threatening possibility: You have a kidney stone.

4. TRANSIENT CHEST PAIN

It could be indigestion. Or it could be a heart attack. How much wait-and-see time do you have? Really, none. Fifty percent of deaths from heart attacks occur within 3 to 4 hours of the first symptoms. You're literally living on borrowed time.

5. LEG PAIN WITH SWELLING

Specifically, one of your calves is killing you. It's swollen and tender to the touch, and may even feel warm, as if it's being slow-roasted from the inside out.

This could be a blood clot (a.k.a. deep-vein thrombosis, or DVT). Next thing you know, that clot will be big enough to block a vein in your calf, producing

pain and swelling. Unfortunately, the first thing you'll probably want to do—rub your leg—is also the worst thing, because it can release the clot, sending it to your lung, where it can kill you.

6. PERSISTENT FOOT OR SHIN PAIN

It's probably a stress fracture. Bones, like all the other tissues in your body, are continually regenerating themselves. "But if you're training so hard that the bone doesn't get a chance to heal itself, a stress fracture can develop," explains Andrew Feldman, M.D., the team physician for the New York Rangers. Eventually, the bone can be permanently weakened.

7. PAINFUL URINATION

Worst case? Bladder cancer, according to Joseph A. Smith, M.D., chairman of the department of urologic surgery at Vanderbilt University. This is the fourth most common cancer in men. Bladder infections share the same symptoms.

most benefit, keep it short—around 20 minutes.

► **LEND A HAND.** Men who do volunteer work live longer than those who don't.

► **CLEAN THE GARAGE.** Having a sense of control over some aspect of your life can reduce stress.

5 ways to lower your stress

Need a few days off? Forget it. You've got way too much work to do. But according to our overworked panel of experts, there are five instant Hawaiis you can reach before anybody notices you're slacking off.

1. ROCK ON, TUNE OUT. Playing guitar 15 minutes a day fits that definition perfectly. You'll feel more relaxed; we can't vouch for your neighbors.

2. PUT ON YOUR JEANS. Ditching your warrior duds helps you go from seeing yourself as a one-man reclamation crew to your new role as someone who just wants time to hang out.

3. SIT BACK. During the workday, you burn through acetylcholine, a brain chemical responsible for your brilliant ideas. Taking a small break with minimal thinking helps it bounce back.

4. IRON YOUR SHIRTS. Gandhi reached enlightenment by spinning wool. You can do it with a steam iron. The more you repeat the activity, the easier it will be to relax.

5. LISTEN TO MUSIC. Make sure the volume level's over 70 decibels, loud enough to stimulate the autonomic nervous system.

Boost Your Mental Health

► **SKIP THE SECOND CUP OF COFFEE.** The caffeine in two cups adds 16 beats a minute to your heart rate and makes you more irritable and anxious.

► **BE OPTIMISTIC.** People handle stress more effectively if they can believe that things are improving. So make sure you always have something you're looking forward to. Hope makes stress manageable.

► **SAVE YOUR MARRIAGE, SAVE YOUR HEALTH.** An unhappy marriage increases your chance of getting sick by 35% and

shortens your life by 4 years. If fitness fanatics would spend just 10% of their weekly exercise time working on their marriages instead of their bodies, they would get three times the health benefits.

► **TREAT DEPRESSION WITH EXERCISE.** Exercising for 40 minutes can reduce stress. Studies show that doing it on a regular basis can be as effective as taking antidepressants.

► **TAKE A NAP TO RELIEVE STRESS.** The ideal nap time is between 2 and 3 P.M. if you get up between 6 and 7 A.M. For the

THE 50 HEALTHIEST CITIES FOR MEN

YOU MIGHT MOVE ▶ We sought stats, from the Centers for Disease Control to physician data from Health Market Science. Knee deep in numbers, we calculated where each city finished in 26 core categories, encompassing a wide number of variables in health, fitness, and quality of life for men.

City, State	Fitness	Quality of Life	Health	Final Rank
Madison, WI	A	A	A	1
San Francisco, CA	A	A	B	2
San Jose, CA	A	C	A	3
Santa Ana, CA	A	C	A	4
Minneapolis, MN	A	C	A	5
Anaheim, CA	A	C	A	6
Seattle, WA	A	C	A	7
Aurora, CO	A	D	A	8
Plano, TX	A	B	A	9
Honolulu, HI	B	B	A	10
Austin, TX	A	B	B	11
Fremont, CA	A	D	B	12
Denver, CO	A	C	B	13
St. Paul, MN	A	C	B	14
San Diego, CA	A	D	B	15
Boston, MA	A	C	C	16
Anchorage, AK	A	B	C	17
Oakland, CA	A	D	B	18
Lincoln, NE	B	B	B	19
Colorado Springs, CO	A	C	A	20
Raleigh, NC	A	B	C	21
Yonkers, NY	C	A	B	22
Scottsdale, AZ	B	C	B	23
Glendale, CA	A	D	B	24
Hialeah, FL	D	A	B	25

City, State	Fitness	Quality of Life	Health	Final Rank
Sacramento, CA	A	D	C	26
Long Beach, CA	A	F	B	27
Irving, TX	A	D	C	28
Rochester, NY	D	A	C	29
Portland, OR	B	C	C	30
Los Angeles, CA	A	F	B	31
Garland, TX	A	D	C	32
Newark, NJ	A	D	D	33
Washington, DC	A	D	F	34
Miami, FL	D	B	B	35
Omaha, NE	C	C	C	36
Virginia Beach, VA	D	B	B	37
Glendale, AZ	B	F	B	38
Des Moines, IA	C	B	D	39
Dallas, TX	A	F	C	40
Lexington-Fayette, KY	D	A	D	41
Chandler, AZ	C	D	B	42
Mesa, AZ	B	F	B	43
Houston, TX	B	D	C	44
Phoenix, AZ	B	F	B	45
Albuquerque, NM	D	F	A	46
Tacoma, WA	C	D	C	47
Atlanta, GA	A	F	D	48
New York, NY	C	D	C	49
Jersey City, NJ	C	C	D	50