

THE ULTIMATE MEN'S  
HEALTH GUIDE

# medisys

## PREVENTIVE HEALTH

Health. Lifestyle. Business.

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## Men's Sexual Health – What is Considered Normal?



An interview with Dr. Nathan Thakur, Medical Director with Copeman Healthcare, a member of the Medisys Health Group.

**Q: So up until about 10-15 years ago, men's health was a bit of a "taboo" subject. How are you finding it now?**

A: We definitely get a lot more patients who are freer with this discussion. They actually bring it to us, and as physicians we appreciate it. Unfortunately we do still have a number of men who are a bit intimidated by the topic of men's health, and so it's good to be able to talk about it in settings like this to bring more awareness to the issues.

**Q: When it comes to libido or sexual relations for men, what are the most common concerns that you hear?**

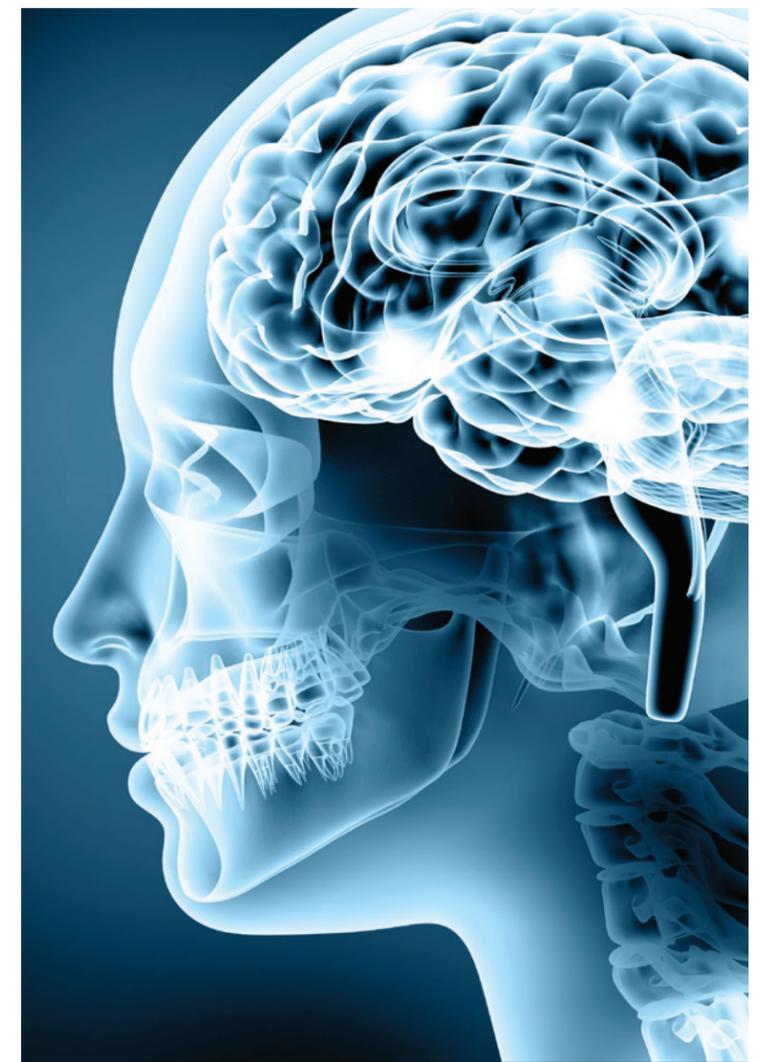
A: The most common concerns may not actually be thought of first and that's the root causes of the problem. Things like low testosterone levels, excessive sleep and sleep apnea are all symptoms of men's health issues. The most common concerns that we do tend to hear more about are regarding performance issues or low sex drive, and those of course can lead to relationship difficulties or other issues. It's a shame because in a lot of cases, it doesn't have to end up like that.

**Q: On the topic of performance-related questions, do you find a lot of people are asking "is this normal" regarding their sexual function? If so, what is normal?**

A: There really is no normal. We're having younger men as early as in their 30's, all the way up to the end of their life experiencing these issues. That being said, many men who are north of 70 still have preserved sexual function because they're doing a good job of exercising and just taking care of their bodies. We would love for everyone to be that way, but if they aren't there are a number of treatments we can use to bring them back up to speed.

**Q: What are the most common causes of a decreased libido?**

A: Decreased libidos are often related just to age and how hormones change. Testosterone declines north of 50, in addition to decreased amounts of sleep, increased stress, poor diet & exercise, all which have the ability to reduce a man's vigour. When you don't have that, you're not excelling in many parts of your life, especially sexually. The other cause that men don't often consider is cardiovascular disease. Any time those small blood vessels are affected in your heart, they're also being affected in your genitals.



**“Sex is good for your health!”**

**Sex has a beneficial impact on blood circulation, cardiovascular health, and sleep quality. It also can help stimulate the part of your brain responsible for memory and learning. ”**

**Q: What are some of the typical recommendations you give to male clients?**

A: When these men come in it's fairly individualized. We investigate how much of it is due to cardiovascular issues, whether it's related to low or abnormally low testosterone, or if it's simply a result of lifestyle factors such as sleep and exercise.

**Q: For guys who might think that it's "just age," what are some things they can do to correct it?**

A: At Copeman the first thing that we do is give them a cardio assessment to determine the root of the problem. As far as treatment goes, there are a few medications out there that can help to establish blood flow, and there is also hormone therapy with testosterone. Our hope at Copeman is that we can help men to feel more confident, and better about their overall health.

**Q: What are the main health concerns that you typically hear from men in your practice?**

A: We're finding that a lot of men actually tend to delay coming in to see a physician and, when they do, it tends to be around the 40-year mark. This is when they're really starting to confront their mortality and are worrying about their heart, prostate, and a lot of the cancers that are more likely to affect them with age (such as colon cancer). This is why we are always trying to be preventative. We want to get to a point where men don't have to worry about this all the time and feel like they can manage their risk.

**Q: Do you find a lot of men come in asking about low testosterone?**

A: Yes, it has been much more common lately. Men are feeling a lot more fatigued these days with stress from work and at home, so there is a very large push to optimize testosterone in terms of maximizing a man's vigour and vitality.

**Q: Why is it so important to address the issue of low testosterone?**

A: Testosterone levels are so important because they can manifest themselves in so many ways and can have an effect

on multiple aspects of life. For example, if you're not sleeping well, your testosterone can't replenish itself throughout the night. This alone will cause you to feel fatigued all day. Testosterone can also dip even further as time passes, and can go on to affect sexual vigour in the form of a lower sex drive or sexual function. In response to this, everyone is very quick to jump on the Viagra bandwagon. However, many patients tell me that it didn't work for them or that it did work, but not very well. This is often another sign of their testosterone being on the lower end of normal, or even well below normal. Finally, addressing low testosterone allows us to optimize a man's energy and even their strength (as testosterone is a hormone that helps you gain muscle mass). As men are looking towards their future, many are asking themselves if they are going to be able to be as physically active as they were in their youth. Maintaining testosterone is therefore important in achieving that for their health and wellbeing.

**Q: What are the ways that you treat low levels of testosterone?**

A: The first step to treating low levels of testosterone is diagnosis, which is done through simple blood testing. If we do find lower levels of testosterone (or even if they aren't below normal just yet), we can issue optimization therapy. The therapy is actually a gel (not a pill) that a man would apply to his shoulders or his muscles on a daily basis. This gets absorbed by the muscles, and has been shown to increase their testosterone levels substantially over a three-month period.

**Q: What's your last piece of advice for men out there that might be concerned about their health?**

A: I think that prevention is a much overlooked thing nowadays in men's health, so if you make the time for an annual preventive health assessment, it will be of great benefit to you. It's not even just about prevention - it's also about learning something that will put you and your family on a better path for the years to come.



**“ Want to spice up your sex life? ”**

Get moving! Research suggests that men who exercise regularly are less likely to experience erectile dysfunction. Studies also indicate that women who exercise regularly experience enhanced sexual arousal. ”

Want to jump start your journey toward a healthier future? [Contact us!](#)





Let's face  
the truth:  
**YOU'RE NOT  
SUPERMAN!**

Across the world, men die six to ten years younger than women, for reasons that are largely preventable. According to the Canadian Men's Health Foundation, men are 40% more likely to die from cancer, 70% more likely to die from heart disease and live an average of 9 years of their lives in extremely poor health. 70% of men's health problems can be prevented by adopting a healthier lifestyle. In addition to physical disease, mental health issues are common among men with suicide ranking the seventh leading cause of death.

Men are often more likely than women to participate in behavior that puts their health at risk, including smoking, eating less than the recommended daily intake of whole fruits and vegetables, and drinking more than the recommended daily limit of alcohol, for example.

About 1 in 7 men will be diagnosed with prostate cancer during his lifetime. Prostate cancer is the most common cancer to affect Canadian men. For men diagnosed with prostate cancer that has spread to other parts of the body, the 5-year survival rate is 29%. Recently, new guidelines from Prostate Cancer Canada empower Canadian men to take a more active role in monitoring their number on cancer risk.

Men are also more likely to develop high blood pressure, heart disease, and cancer than women and are more likely than women to become dependent on alcohol. However, on average, men seek medical advice 20% less frequently than women and are thus more likely to let symptoms or early stage risk factors go untreated for longer periods of time. Basically, men are more likely to need medical advice, but less likely to seek it. That is called the "Superman" effect. Because of the stereotype of the strong and invulnerable male, like Superman, men do not take care of themselves, and would rather suffer in silence than consult a doctor. If there is no extreme urgency, then they prefer not to show any weakness.

### **Below are the three most common men's cancers:**

• **Prostate Cancer:** The leading cancers in men are prostate, lung and colon cancer. A prostate-specific antigen (PSA) test is one of the tests used to help identify prostate cancer early, before it grows or spreads to other areas of the body. Finding cancer early can mean that treatments will be more successful. A PSA test measures the amount of PSA in the blood. PSA is a protein made by prostate cells. It is mostly found in semen, but small amounts of PSA can also be found in the blood of healthy men. A PSA test is often used together with a digital rectal exam (DRE) to increase the chance of finding prostate cancer early, when it is easier to treat. Using these tests together is better than using either test alone.

• **Lung Cancer:** Smoking (whether current or past) is linked to between 80% and 90% of lung cancer cases. Unlike alcohol - which is considered safe if consumed in moderation, when it comes to smoking, there is no safe amount. Not even one cigarette a day, or a casual cigarette on a Saturday night. Using other tobacco products such as cigars or pipes also increases the risk for lung cancer. Early detection can be achieved through physical exams and lung function tests or CT scans.

• **Colon Cancer:** Colon cancer risk can be determined by looking at family history and using screening tests such as a colonoscopy. One way to test for colorectal cancer is to look for hidden blood in the stool. The idea behind this test is that blood vessels in larger colorectal polyps or cancers are often fragile and easily damaged by the passage of stool. The damaged vessels usually bleed into the colon, but only rarely is there enough bleeding for blood to be seen in the stool.

Risk factors like smoking tobacco, drinking alcohol or excess weight can not only have an impact on men's health, but it also impacts their wallets. According to a study published by the CMHF, the cost to the average Canadian man of those three factors could hit upto \$1.7 million to \$8.6 million!

### **Small changes can make a big difference:**

- If you smoke, stop smoking. There is no safe amount.
- Ramp up physical activity. Men should get a minimum of 2-3 hours of exercise per week.
- Eat a colourful variety of vegetables and whole fruit every day. Limit refined sugar, processed food, and alcohol.
- Sleep 7 to 9 hours per night. Easier said than done, we know. But don't underestimate the importance of a good night's sleep.
- Make your own lunch, rely less on fast food. When you do eat out, make smart choices.
- Control your stress level.
- Finally, see a doctor for regular preventive health assessments.

At Medisys, during your annual preventive health assessment, we look at your current health status and risk factors as well as your family history. You complete tests and get advice on men's health issues such as erectile dysfunction, libido concerns, etc. We also collaborate across our team of diet and exercise professionals to assess diet and exercise because many health issues can be mitigated with regular exercise and a proper diet.

# PROSTATE HEALTH 101

1 in 7 Canadian men will be diagnosed with prostate cancer in their lifetime, making it the most commonly diagnosed cancer among Canadian men.

Current research in prostate health suggests that dietary changes can translate into very meaningful benefits. Interestingly, many studies have shown that obese men have a greater risk of dying from prostate cancer, developing a more aggressive cancer, and experiencing disease recurrence after surgery or radiation therapy; and the Cancer Prevention Study demonstrated that men with a body mass index (BMI) of greater than 32.5 kg/m<sup>2</sup> were 35% more likely to die of prostate cancer than men whose BMI was less than 25.

## Health tips

- Reduce your consumption of foods that are high in fat, especially processed meats and red meat (ex: deli meat, bacon, sausages, cheese and cream). For example, 62% of calories found in a t-bone steak come from fat.
- Avoid sugar-sweetened drinks such as sodas or juices.
- Increase your consumption of plant-based protein sources, such as legumes, dried split peas and beans.
- Incorporate the following foods into your diet: broccoli, cauliflower, cabbage, Brussels sprouts, garlic, Omega-3 fats and green tea.
- Eat at least five serving of fruits and vegetables each day. Go for those with deep, bright color.

Although diet and nutrition appear to play a role in the development of prostate cancer, and although some foods have been linked with reduced risk of prostate cancer, there is no evidence that a specific diet can prevent or alter the growth of an existing cancer. Most recommendations for a prostate healthy diet, however, are very similar to a heart healthy diet and would be beneficial to most men.

To improve your prostate health, try to find a healthy fat-protein balance in your diet. Dietary fats and cholesterol play a role in the production of androgens, male hormones associated with prostate-cancer development. As a result, current nutrition guidelines recommend eating a balanced diet with emphasis on plant sources.

- When choosing your pasta, bread or cereals, opt for whole grains over processed and refined grains.
- Limit your sodium intake.
- Limit alcohol intake.

According to the Prostate Cancer Free Foundation, there are a variety of dietary nutrients and supplements that may reduce the risk of developing prostate cancer. They are readily available in foods and are generally thought to be better if ingested as food rather than as an artificial supplement.

NUTRIENT	SOURCES	RDI*
Lycopene (anti-oxidant)	<ul style="list-style-type: none"> <li>• Tomato paste</li> <li>• Tomato sauce</li> <li>• Canned tomatoes</li> <li>• Watermelon</li> <li>• Pink or red grapefruit</li> </ul>	Unspecified; Dose-dependent
Soy	<ul style="list-style-type: none"> <li>• Tofu, non-fermented</li> <li>• Soy protein powder</li> <li>• Soy milk</li> <li>• Soy cheese</li> </ul>	80-160 g/day
Vitamin D	<ul style="list-style-type: none"> <li>• Cooked salmon</li> <li>• Cooked mackerel</li> <li>• Canned sardines in oil</li> <li>• Fortified milk</li> <li>• Fortified soy milk</li> <li>• Cooked beef liver</li> <li>• Egg yolk</li> </ul>	1000 IU Vitamin D3/day
Selenium	<ul style="list-style-type: none"> <li>• Dried, unblanched Brazil nuts</li> <li>• Whole-wheat flour</li> <li>• Pearled barley</li> <li>• Tuna, canned in oil</li> <li>• Oven-roasted turkey breast</li> <li>• Cooked cod (dry heat)</li> <li>• Enriched, boiled noodles</li> <li>• Chicken (meat only)</li> </ul>	27 mg/day

\* RDI: Recommended Daily Intake. References: Passeportsanté.net; Cancer.gov; SELECT Health Study 2008

## Important notes:

**Vitamin E and Selenium Supplementation:** Recent studies have found that supplementation of these nutrients do not have a preventative affect against prostate cancer. Vitamin E and selenium supplementation can actually increase the risk of the disease.

**Calcium:** A diet high in calcium is currently being studied as a possible risk factor. So far, research tells us that the levels of calcium have to be very high - much higher than the average man's diet - for it to be a concern. Therefore, it is recommended that you continue to have the recommended number of servings of milk and substitutes each day.

During treatment, adjusting your diet may help you manage treatment side effects, and eating well after treatment may lower your risk for secondary cancers as well as improve your overall health.

## Don't forget to exercise

Of course, all health related articles mention exercise, and it's not to bother you! When it comes to prostate health, staying physically active is essential.

A joint study conducted by the University of California at San

Francisco and the Harvard School of Public Health reports a connection between brisk walking and a lowered risk of prostate cancer advancement.

The study found that among the men diagnosed with early-stage prostate cancer, men who walked briskly (not leisurely) for at least three hours a week were 57% less likely to have their cancer progress than those who walked less often and less vigorously.

In an analysis from the Health Professionals Follow-up Study, men diagnosed with localized prostate cancer who engaged in vigorous activity at least three hours each week had a 61% lower chance of dying from the illness, compared to men who engaged in vigorous activity less than one hour a week.

By moving more, you will be able to control and maintain your body weight, boost your immune system, making you less likely to develop prostate problems, and helping your body resist inflammation which contributes to prostate disease. Already looking for excuses to not move more? We have your back! Read our next article on the 4 main excuses people use to stay on their couch instead of moving.

Worried about your health, or looking to improve your diet? Our registered dietitians can help you adopt a healthy diet adapted to your tastes and lifestyle. Call us at 1 800 361-3493 to inquire.



# 4 THINGS STANDING BETWEEN YOU AND A BETTER LIFE

Many people don't make their health a priority. According to the Canadian Men's Health Foundation, among men aged between 30 and 64 years old, over 65% are overweight or obese, almost 50% are inactive, over 40% binge drink and 26% smoke. There is always an excuse for not adopting a healthy lifestyle. Consider the following common excuses and our suggestions regarding how you can change your mindset.

## Excuse #1: Lack of Time

Time is a luxury that few of us have. Sure, the working single dad of triplets doing his MBA part time has "less time" to focus on his health than the newly retired, but when it comes down to it, we all get 24 hours in a day. If you say that you don't have time for your health, what you're really saying is "my health is just not my priority". You know that C-level executive friend of yours who sits on five boards, coaches his daughters' soccer team, is constantly hosting dinner parties and yet still finds time to jog to and from work every day? He probably doesn't have more time than you do, he just has different priorities. Have you ever heard the expression

“ If you need something done ask a busy person to do it? ”

It seems to hold true that the more we do, the more we can do. The more we practice time management, the more skilled at it we become. We're not suggesting that you should try to cram as much into your already-packed schedule as possible just to practice your time management skills. Instead of trying to squeeze in health-focused activities when you have time, schedule time to allocate toward your health first, and plan other activities around it. Start with small, simple changes that you can integrate easily into your existing routine. Take the stairs instead of the elevator, park your car farther from work and walk the rest of the way, practice meditation during your commuter train ride to work, listen to a news podcast while walking around the neighborhood instead of reading the paper on your couch. Whatever you need to do to make more time for your health, do it. When you block off time in your calendar for self-care, honor the commitment the same way you would an important meeting.

## Excuse #2: Old habits

Old habits do die hard. Why? Because our brains work on a trigger and reward basis – the so-called "habit loop" – which means that once you slip into a bad habit or unhealthy routine, it is difficult to fight back. Long-time unhealthy habits often become entrenched in our life at the neural level, becoming powerful determinants of our daily behaviours. But even if you've been eating poorly or living a sedentary lifestyle for decades, you are capable of making a positive change. This is especially true when we can recognize which unhealthy behaviours have become habitual so we can focus on breaking our unhealthy habits one by one. One strategy is

to think of a specific 'replacement behaviour' for an existing unhealthy habit. For example, replace that 4pm coffee and pastry with a 4pm apple and herbal tea. If you spend 30 minutes each morning scrolling aimlessly through your smartphone, start a new habit of spending 30 minutes each morning doing an at-home exercise routine. When it comes to breaking unhealthy habits, be patient with yourself and take them on one by one. The longer you've had the unhealthy habit, the harder it will be to break. Set small realistic goals each day or each week and then work toward them.

## Excuse #3: Consequences

People often neglect to put their health first because they fear that by doing so they will ultimately fail at something else. If you go to that yoga class on Sunday morning you'll miss the first half of your son's hockey practice. If you spend time tonight preparing healthy food to take to work, you won't have time to prepare for tomorrow morning's meeting. If you go to bed at the same time as the kids because you're exhausted – you'll have to leave the kitchen a mess and the laundry sitting getting wrinkled in the dryer. The reality is you can't put yourself first without putting something else second. Maybe you can't put your health first today, maybe not even this week, but if you NEVER put your health first it will catch up with you. If you want to be there for the people you love you need to get your priorities straight.

## Excuse #4: Bad Influences

You may be motivated to get fit or healthy, but what about your spouse, partner, or family members? Are they helping you achieve your health goals or are they standing in the way? A strong support network definitely makes success easier. Not surprisingly, research suggests that in every area of health improvement, success rates improve dramatically when partners and family members living in the same household set and achieve health goals together. Whether it is quitting smoking, increasing physical activity, shedding excess pounds, limiting refined sugar intake, managing stress, or just getting more sleep, setting and achieving goals with your partner together improves success. However, just because your partner, children, or work colleagues are eating junk food, going to bed too late, living a sedentary lifestyle or engaging in some other unhealthy activity doesn't mean you should give up trying to make a change yourself. Focus on you. Find a friend to be your workout buddy or join a local running group or boot camp to help gain support and motivation. Your family members will come around when they see how great you are doing (and how good you look)!

Making your health a priority can be tough – especially if you've spent decades putting everyone else's needs before your own. At Medisys, we empower our clients to make small sustainable changes to their life to manage their health risks and live their best life. With the right resources, knowledge and confidence, you can make a change and look forward to a healthy future! [Click here](#) to learn more about our preventive health services.



# HOW MUCH ALCOHOL IS TOO MUCH

According to the Centers for Disease Control and Prevention, men are more likely than women to drink excessively. Excessive drinking is associated with significant short and long term health risks, and the risk increases as the amount of drinking increases. Men are also more likely than women to take other risks (e.g., drive fast or without a safety belt) which, when combined with excessive drinking, further increases their risk of injury or death.

In a report released by the World Health Organization, it was found that Canadians aged 15 and older drank on average 10 litres of pure alcohol per capita annually –3.6 litres more than the world average, making us heavier drinkers than our neighbours to the south.

Alcohol is a psychoactive drug that has a depressant effect and it can be addictive. Short term effects of alcohol include intoxication, dehydration, and poisoning (if consumed in enough quantity). Long-term over-consumption of alcohol can lead to permanent damage of many organs and important body systems.

The long term negative effects of excess alcohol consumption include changes to liver metabolism, addiction, damage to the central nervous system and increased cancer risk including breast, colon and liver cancer and also cancers of the mouth, pharynx, larynx and esophagus. Not to mention unwanted weight gain (“beer belly”), chronic sleep disturbances, and negative changes in mood. The negative effects of alcohol consumption on fetal development and female fertility are well known, but interestingly, more recent research has also demonstrated that even modest consumption of alcohol (5 drinks per week) can have a negative impact on male fertility.

Excessive alcohol consumption is also related to an increased risk of hypertension and liver disease as well as increased triglyceride levels (blood fat) which increases the risk of heart disease and pancreatitis (an inflammation of the pancreas). Alcohol also increases the risk of general chronic inflammation within the body. Chronic inflammation has been linked to things such as neurodegenerative disease, as well as cancer and heart disease.

If that wasn't enough, alcohol also provides “empty” calories (calories with little nutritional value). Consuming “empty” calories in excess often results in weight gain and leads to additional health problems. Click here to discover just how many calories are in common cocktails.

## Are there any benefits to consuming alcohol in small quantities?

Interestingly, research suggests that alcohol, when consumed in moderation (see guidelines below), is associated with

certain health benefits, including the reduction of heart disease risk through the raising of protective HDL cholesterol “good cholesterol”. Also, both red and white wine contains antioxidants that offer cardio-protective benefits, which are present in the grapes used to make the wine. Of note, you don't need to drink wine to get these benefits, you could eat a handful of grapes instead. There is a very fine line however, and one that should not be crossed, between a healthy amount of alcohol and an unhealthy amount. Put another way, the health benefits associated with drinking an occasional 5 oz glass of wine are far outweighed by the health risks associated with drinking more than the recommended limit.

## So, the million dollar question, how much alcohol is too much?

There is a general consensus within the medical and scientific community that alcoholic beverage consumption should be limited to a maximum of 7-9 drinks per week for women and a maximum of 14 drinks per week for men, not exceeding 1-2 drinks on any particular day. One “drink” is considered to be 12 ounces (341 ml) of beer, 5 ounces (142ml) of wine, or 1.5 ounces (43 ml) of spirits. Two important notes: 1) the guidelines are such that you can't “save up” your drink allowance so that you can “double up” on a Saturday night. 2) most physicians recommend “skipping days” of alcohol consumption entirely and advise against consuming alcohol every day, even if the total quantity per week meets the guidelines.

## Try these simple tips for limiting your alcohol consumption and making healthier beverage choices:

1. **Alternate alcoholic drinks with water.**
2. **When consuming alcohol, use a smaller glass vs. a large glass and/or add a lot of ice cubes to dilute the alcohol content.**
3. **When having beer, choose beers with lower alcohol content. When dining out, opt for a bottle of beer (which is typically 330 ml - 375 ml) instead of a pint of beer (which is typically 568 ml in Canada)**
4. **When choosing wine at a restaurant, opt for the smallest serving offered on the menu (eg. a 4 oz or 5 oz glass, vs. an 8 oz glass) and look for wines that are naturally lower in alcohol.**
5. **Instead of opting for a mixed drink made with sugary pop, opt for a natural mixer such as soda water.**



**WHY YOU NEED TO  
STOP SMOKING  
TODAY!**

### **Cigars vs. Cigarettes:**

One cigarette contains about 4,000 toxic chemicals of which 60 are known carcinogens. Among the chemicals found in cigarettes include ammonia, arsenic, hydrogen cyanide, mercury, lead, tar, butane and acetone. Some people believe smoking cigars is safer than smoking cigarettes because the smoke from cigars is not inhaled. On the contrary, cigar smoke can be even more toxic than cigarette smoke because it contains higher levels of tar and nitrosamines which are known to cause cancer.

### **Why is it so hard to quit nicotine products?**

Nicotine is highly addictive, plain and simple. In the central nervous system it increases the body's levels of many neurotransmitters, which are chemicals that relay, amplify and modulate signals between cells. The feelings of relaxation, euphoria, and a reduction in anxiety experienced during smoking, are believed to be the result of increased levels of dopamine. This biochemical reaction leads to a dependency comparable to that experienced with drugs like heroin or cocaine.

### **Just in case you haven't heard...**

Just in case you haven't heard it all before, smoking increases the risk of cardiovascular disease, stroke, diabetes, chronic obstructive pulmonary disease (COPD), osteoporosis, lung

cancer, as well as cancers of the cervix, kidney, stomach, pancreas, bladder, esophagus, larynx and mouth. Smoking is linked to a whole host of other conditions including erectile dysfunction. Smoking is responsible for about 30% of all heart attacks and death from cardiovascular events, 30% of all cancer deaths, 90% of lung cancer deaths and over 80% of deaths from chronic obstructive pulmonary disease (eg. emphysema and chronic bronchitis).

### **3 Steps to quit smoking for good!**

**1. Choose a specific date to stop smoking, mark it in your calendar. Write down the reasons why you want to quit and plan new activities to keep your hands & mind busy. Ask friends and family members to support you, and make concrete plans to push smoking out of your life for good.**

**2. If you would like to include medications as part of your quitting strategy, consult your physician to discuss available options. Join a support program and contact a counselor.**

**3. On the appointed day, cease smoking completely. Throw cigarettes, cigars and ashtrays away and stay away from places that you associate with smoking - even if it is your favorite lazyboy. Stay positive, celebrate your success, and take things one day at a time. If you try and do not succeed the first time - do not give up. Try again.**

**Need some  
EXTRA  
HELP?**

There are a number of tools at your disposal to help you quit smoking and ensure lasting success. The combination of drugs, physician guidance, and social support have shown the highest rates of success. Three popular options for smoking cessation are outlined here:

1. Nicotine therapy using patches, gums, lozenges, sprays or inhalers.

2. Bupropion, marketed as Zyban is an antidepressant that has been shown to aid in managing nicotine withdrawal symptoms and cravings.

3. Varenicline, marketed as Champix can be used to relieve nicotine withdrawal symptoms, but it can also be used as a form of aversion therapy by smokers to make the act of smoking unappealing to them.



# NUTRITION AND CANCER PREVENTION

About 1 in 2 Canadian men will be diagnosed with cancer in their lifetime. According to the Canadian Cancer Society, men are more likely than women to die of cancer. The good news? It's estimated positive lifestyle behaviors including regular exercise, not smoking, limiting alcohol consumption, and eating lots of fruit and vegetables could prevent more than 40% of all cancers.

## **When it comes to maintaining a healthy diet, follow these tips:**

### **Limit the consumption of red meat and processed meats**

- When consuming red meat (beef, pork, veal, goat, lamb) aim for less than 500g (17 oz) per week or, ideally, less than 300g (10 oz) per week
- Avoid processed meats and deli meats (eg. ham, bacon, salami, cold cuts, sausages, meats that have been smoked, dried, salted or containing preservatives such as nitrates).

### **Eat whole foods**

- Fill up half your plate with colourful vegetables at every meal, before adding anything else
- Consume whole grain products and eat legumes
- Include raw unsalted nuts and seeds in your diet

### **Limit the consumption of processed foods and sugary beverages**

- Avoid soft drinks, fruit juices and iced teas that contain loads of sugar
- Limit fast food to a "once-in-a-while special treat"
- Avoid products made with white flour such as white bread, white pasta, pizza, white rice, and foods that are high in fat and sugar

### **Get nutrients from foods vs. relying on supplements**

- Eat a well-balanced and diversified diet to allow you to meet your daily micronutrient needs
- Vitamin D supplements are recommended for adults living in North America (1000 IU/day for adults during the winter, or throughout the year for adults over the age of 50)

A close-up photograph of a man and a young girl. The girl, with blonde curly hair, is kissing the man on the cheek. The man has a beard and is smiling warmly. They are outdoors, with a blurred green background.

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YOUR MEDISYS FAMILY.**

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