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A HEALTHIER YOU!

Keeping you informed & up to date on your health care at Samuel U. Rodgers Health Center

Let's talk about Men's Health

It's not easy to talk about health—especially sexual health—but don't drop the ball. Speak with your doctor about managing **diabetes-related problems that could keep you on the sidelines.**

-OK guys, let's be honest. Some of you don't take great care of your health. You walk off injuries. You may not pay attention to signs that something's wrong. And the No. 1 reason you don't go to the doctor? Research shows it's because you don't want to hear bad news.

- As a guy, you're more likely to get type 2 diabetes at a lower weight than women. One reason is that men store more fat in their bellies—a known risk factor. And more men than women have diabetes that's undiagnosed; maybe it's that "don't want to hear bad news" thing.
- Diabetes puts both men and women at greater risk for heart disease, stroke, vision loss, kidney failure, even amputation of a toe, foot, or leg. But some diabetes problems hit guys directly below the belt:

Erectile Dysfunction (ED)

ED is common in middle-aged and older men - as many as 30 million in the United States have it. Men with diabetes are three times more likely to have ED. Getting older doesn't cause ED, but it does increase your chance of getting it.

Causes of ED

- Damage from high blood sugar or high blood pressure to nerves and blood vessels needed to have an erection
- Some medicines for high blood pressure, depression, or allergies (don't stop taking them, but do talk with your doctor to see if you can take a different medicine or lower the dose)
- Treatment for prostate cancer or an enlarged prostate
- Surgery that affects the pelvic area or spinal cord
- Using tobacco or alcohol
- Sleep disorders



It's important to visit your doctor to find out if any of these causes are contributing to ED

<https://www.cdc.gov/diabetes/library/features/diabetes-and-men.html>

"What are some other resources to learn more about Men's Health?"

Harvard Medical School Men's Health Blog: <https://www.health.harvard.edu/topics/mens-health/all>

Oficina de Salud de las Minorías del HHS: <https://minorityhealth.hhs.gov/mens-health/>

National Institute of Health Men's Health News: <https://www.nia.nih.gov/news/topics/mens-health>

Men's Health: Hidden Effects of Diabetes

Here are the facts, and what ED isn't:

- Occasional trouble having an erection. That really does happen to everyone.
- Less interest in sex. ED happens when a man wants to have sex but can't have or keep an erection.
- Problems with ejaculation, which can mean a structural problem with the penis.

It's not uncommon to have trouble getting an erection sometimes, but if it gets worse, happens often, or prevents you from living the life you want, it's time to get it checked out.

Men who have diabetes are more likely to have heart disease, and ED can be a warning sign of blood vessel problems. If you have both, talk to your doctor about treatment. Some ED medicines are not safe to take with certain heart medicines, though, so make sure you let your doctor know about any medicines you're taking.

Other Problems Caused By Diabetes:

In addition to ED, nerve damage from diabetes can cause other problems for men, including:

- Overactive bladder (needing to urinate often, urinating often at night, leaking urine)
- Male incontinence (leaking urine)
- Urinary tract infections (UTIs)
- Retrograde ejaculation (semen is released into the bladder)

These problems could mean you need to change how you're managing your diabetes.

Diabetes Treatment

Work with your health care team to keep your blood sugar levels close to your target to avoid or lessen nerve and blood vessel damage. The less damage, the better your body will be able to function in every part of life. Healthy habits help you stay in the game - being active on most days, eating healthy food, checking your blood sugar, managing your blood pressure and cholesterol levels, and going to doctor appointments.

Be sure to take advantage of diabetes self-management education and support services. Working with a diabetes educator can help you stay on track no matter what life throws at you.

Ready to step up your game? Find a doctor you can be open with. And earlier is better for best results.

Recipe of the Month

Ingredients

Directions

Beef Steak With Light Tomato Mushroom Sauce

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=15&cld=3&rid=234>

Calories 200
Total Fat 8g
Saturated Fat 2g
Cholesterol 35mg
Sodium 404mg
Total Fiber 2g
Protein 23g
Carbohydrates 10g
Potassium 569mg

- 1 Tbsp olive oil
- 4 beef top sirloin steaks, lean (3 oz each)
- 4 oz white mushrooms, rinsed and quartered (about 1 C)
- 1 large shallot, minced (about 2 Tbsp)
- 1 Tbsp garlic, minced (about 2-3 cloves)
- 1 C canned no-salt-added diced tomatoes
- 2 Tbsp no-salt-added tomato paste
- 2 Tbsp apple cider vinegar
- 2 C low-sodium beef broth
- 1 Tbsp cornstarch
- 1 Tbsp fresh parsley, rinsed, dried, and minced (or 1 tsp dried)
- 1 Tbsp tarragon, rinsed, dried, and chopped (or 1 tsp dried)
- ½ tsp salt
- ¼ tsp ground black pepper

- 1) Preheat oven to 350 °F.
- 2) Heat olive oil in a large, heavy-bottom sauté pan.
- 3) Gently blot steaks dry with paper towels and then carefully place them in the hot pan.
- 4) Sauté both sides, about 2-3 minutes, until golden to dark brown.
- 5) Remove steaks from pan, and put them on a baking sheet to finish in the preheated oven for an additional 3-5 minutes or to your desired doneness (to a minimum internal temperature of 145° F).
- 6) To make the sauce, pour off any excess grease from the pan. Add mushrooms and sauté until lightly brown, about 3-4 minutes.
- 7) Lower the heat, and add shallot and garlic. Cook gently over low heat for about 2 minutes, until tender, but not brown.
- 8) Add tomatoes, tomato paste, and apple cider vinegar, and cook an additional 3 minutes.
- 9) In a bowl, mix beef broth and cornstarch.
- 10) Add broth mixture, parsley, and tarragon to the sauté pan. Bring to a boil on medium-high heat while stirring constantly. Lower the heat and simmer for 2-3 minutes. Season with salt and pepper.
- 11) Serve one steak with ½ cup sauce.