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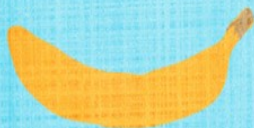
Foods to Boost Male Health

SOURCE: MEDICINET.COM



oysters

Oysters can deliver a full day's supply of zinc, which may protect against causes of prostate cancer and increase sperm counts.



bananas

Bananas are a great source of quick energy, potassium and vitamin B-6. Eating bananas can aid your immune system, nervous system, and assist with protein metabolism.



fatty fish

Polyunsaturated fats can benefit the heart, circulation, and immune system and reduce the risk for prostate cancer.



broccoli

Cruciferous vegetables like broccoli are helpful in the prevention of heart disease and cancer.



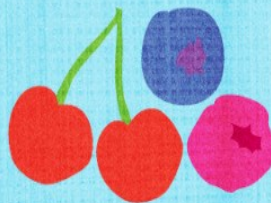
Brazil nuts

These nuts are packed with antioxidants that may help prevent heart disease, cancer and protect prostate health.



plant stanols

Stanols are naturally occurring substances in fruits and vegetables that have been shown to lower mildly elevated blood cholesterol levels.

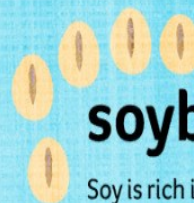


berries or cherries

Adding berries to your diet may help slow a decline in brain function that can occur with aging.

whole grains

A diet rich in whole grains can help lower LDL or "bad" cholesterol, and are also good for prostate and muscle health.



soybeans

Soy is rich in isoflavones, which protect prostate health and have been shown to lower the risk of prostate cancer.



red-orange vegetables

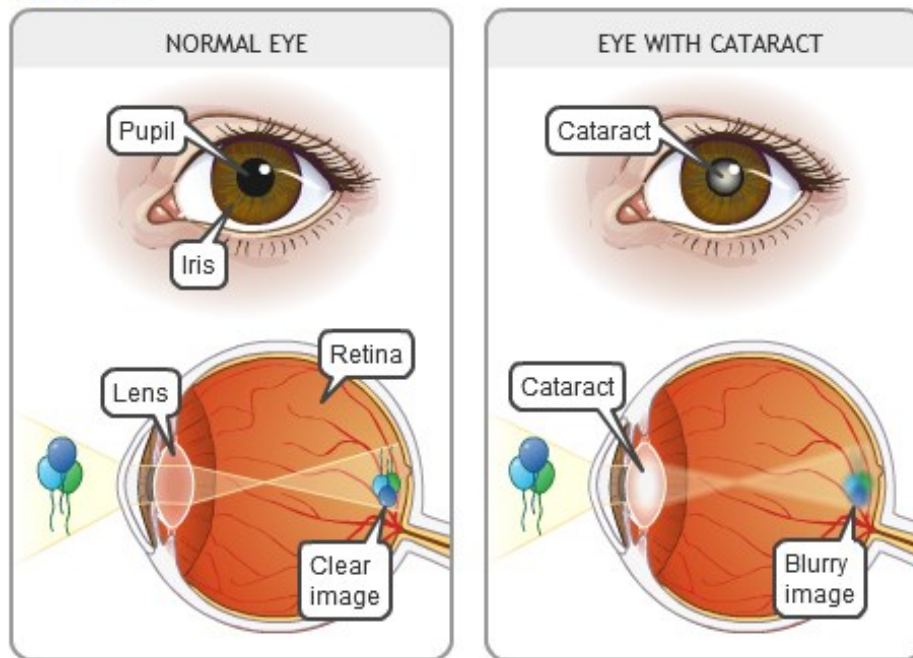
Nutrients from red bell peppers, carrots, pumpkin, or sweet potatoes help preserve healthy skin cells and prevent oxidation from the sun.



June is
Men's Health
Month www.menshealthmonth.org

What Are Cataracts?

A cataract is a clouding of the lens in the eye. The normally clear lens lets light enter the eye. As it becomes cloudy, less light enters and vision becomes blurry. Cataracts are common with age and can occur in one or both eyes. The clouding of the lens usually happens slowly over time. But it can happen quickly.



What Causes Cataracts?

Cataracts may be caused by many things, including the following:

- Aging
- Diabetes or other eye diseases
- Past eye infections, injuries, or surgery
- Some medicines (such as steroids)
- Too much ultraviolet (UV) light, especially from sunlight
- Cataracts can also run in families

What Are the Symptoms?

Cataracts are not painful. But you may notice these symptoms:

- Blurry vision
- Details are hard to see
- Glare when driving or reading
- More light is needed to read
- Some colors seem dull
- Your prescription for glasses keeps changing
- Double vision in one eye

When should you see your eye doctor?

Regular eye exams help your doctor see if cataracts are affecting your vision. Have exams as often as your doctor suggests. But if your vision suddenly gets worse, see your doctor right away. It could be an eye problem that needs prompt care. During your eye exams, you can discuss whether surgery is needed for cataracts.

When Is Surgery Needed?

Since cataracts develop slowly, you may not need surgery right away. Your doctor may ask you to get

new eyeglasses. You may need to use more light for detailed tasks like reading or sewing. But if cataracts limit your activities—such as driving, reading, or watching your favorite sports event—your doctor may suggest surgery.

Cataract Surgery

Surgery is the only way to remove a cataract and restore clear vision. It is usually done in an outpatient surgery center. During surgery, the clouded lens is removed. It is replaced by a clear artificial lens. Lasers are not currently used to remove cataracts.