



HEALTH AWARENESS

Check-up On Men's Health

(NAPSA)—According to a recent survey in *Men's Fitness*, 89 percent of men aren't sure where their prostate gland is and 69 percent don't have a clue about its purpose or importance.

In fact, the prostate is a little walnut-sized gland that surrounds a man's urethra and lies below the bladder. According to the National Prostate Cancer Coalition, one in six American men is at risk for poor prostate health during his lifetime. Some experts say that every man, if he lives long enough, would eventually experience prostate problems.

"This fact underscores the need to educate men about the importance of caring for their health now, rather than later," said Luke Bucci, Ph.D., vice president of research for Schiff Vitamins. "Women are the primary health product shoppers and caretakers for the household. And through numerous public awareness programs about breast health, women are much more informed about the need to maintain breast health. Armed with this education, women can play an active role in helping the men in their lives proactively manage the corresponding issue of prostate health."

Check-up on men's health:

- **DIET:** According to the Harvard School of Public Health, maintaining a healthy diet without a lot of protein and fat, especially from junk food, has been shown to increase the quality of living for men prone to prostate problems. Doctors emphasize that fruits, vegetables—including lycopene-rich tomatoes—and whole grains are known to promote prostate health.

- **EXERCISE:** According to UCLA's Jonsson Cancer Center, scientists found getting regular



At age 50 men should start annual prostate screenings.

exercise—moderately intense activity lasting 30 minutes at least four days a week—is measurably helpful to maintaining a healthy prostate.

- **SUPPLEMENTS:** Dietary supplements that contain lycopene, standardized saw palmetto extract, selenium, vitamin D, zinc and copper aid in the maintenance of the gland. Schiff Prostate Health formula is one of the first on the market to utilize calcium D-glucarate, a patented form of glucaric acid that appears naturally in the body and can also be found in fruits and vegetables. By combining these powerful nutrients into one formulation, men don't have to take a handful of separate pills.

- **VISIT THE DOCTOR:** According to the American Cancer Society, men should have annual prostate screenings that include prostate specific antigen (PSA) tests starting at the age of 50. The annual check-ups should begin at age 40 for African-American men and those with a family history of poor prostate health.

To learn more about nutrition for prostate health, visit www.SchiffVitamins.com or call 1-800-526-6251 (Mon.- Fri. 8 a.m. to 5 p.m. MST).