

A comprehensive  
wellness guide for

# Men at 50

and above

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# Editor's Desk

Dear Reader,

Welcome to the 10th edition of the KIMS e-newsletter on health and wellness. The theme for this newsletter is "A Comprehensive Wellness Guide for Men at 50 and Above." Men should celebrate reaching 50 as a healthy milestone. Keeping one's health in good shape is crucial for men of any age who want to have a long and fulfilling life.

As men age, the risk of certain health issues increases. Heart disease, prostate issues, and prostate cancer are among the numerous diseases and conditions that men face as they age.

Cardiovascular disease is particularly prevalent among men over the age of 50. Additionally, conditions such as diabetes, osteoporosis, and Alzheimer's disease are more likely to affect them.

It's time to focus on preventive care instead of just treating illnesses. Men need to give more attention to their health during this time in their lives. Setting up a health check-up with your primary care doctor once a year is one of the best ways to stay on track with your goals. They can talk regularly with their doctor about nutrition, physical fitness, exercise, sleep & yoga etc.

Given this, we have identified numerous health issues and deliberated on healthcare strategies to protect your well-being. I trust that you will find the newsletter to be both engaging and informative.

With regards

**Dr. Bhujanga Rao Vepakomma**

Chief Editor



# Introduction

For men, the age of 50 presents an opportunity to reassess their lifestyle choices and prioritise their well-being. It is not solely a matter of self-pride. It may be difficult to comprehend that you have reached fifty years of age. Men often overlook their own health care, neglect regular physical examinations, and face disease diagnosis instead of prevention. But it is critical to prioritise one's health during this life phase, as the age of 50 is a significant milestone. This newsletter discusses a range of critical factors that men should consider as they approach their fifties. As you age, you become more discerning. You have additional time to prioritise your health, as your children are either in their teens or have moved out of the house. And that is precisely what you should be doing, as your fifties are also the period during which the effects of ageing begin to manifest. You are aware that the ageing process brings with it a variety of physical changes, such as a receding hairline and greying hair, wrinkles around the eyes, and an increased risk of chronic conditions like high blood pressure, heart disease, and diabetes. However, there may be additional changes that affect your health without your knowledge. You may understand that it is straight forward to prevent the onset of these diseases by adhering to the recommended health care maintenance plan with appropriate medical tests. Understanding these bodily alterations and recognising how to resolve them on time can help you maintain your body's strength well into your 70s, 80s, and 90s. This electronic newsletter, issued like a ready-made reckoner, will help the readers.

## Take Care of Your Immune System

When you reach the age of fifty, you should discuss with your health care physician about vaccinations. Vaccines have become more important because at this age group, our immune systems begin to fade a little bit, and as a result, you are more susceptible to infections.

It is possible that your healthcare professional will recommend a vaccination against pneumonia in addition to the yearly flu vaccine. A vaccination that protects against shingles and the problems that might arise from the disease is also suggested for those aged 50 and older. In the near future, a vaccine that protects against respiratory syncytial virus (RSV) may also be available. See the table for various vaccines recommended.

### Immunizations for men 50 and older

- Hepatitis A vaccine • Hepatitis B vaccine
- Herpes zoster vaccine for shingles
- Influenza vaccine • Pneumonia vaccine
- Tetanus- diphtheria (Td) or tetanus- diphtheria-per-tussis (Tdap) booster • Chicken pox Vaccine
- HPV Vaccine • HMR Vaccine

**Source:** Centers for Disease Control and Prevention, USA.

Physical exams provide vital information about your health and physique as you age. It can discover health abnormalities before they become serious.

Men, especially over 50, need routine periodical tests. Always consult your doctor about routine screenings for you. These would include:

#### Routine screening tests for men 50 and older

- Complete Blood Tests • Urine Tests • Abdominal screening • Blood pressure Test • Colorectal screening • Diabetes screening • Hepatitis B virus test • Hepatitis C virus test • Lung cancer screening • Prostate-specific antigen (PSA) test • Sexually transmitted infection (STI) tests • Weight and height screening

### High Blood Pressure

High blood pressure, a risk factor for heart disease and stroke, is widespread among 50-year-olds.

Because the vascular system changes with age, elevated blood pressure is common in this age range. Less elastic arteries increase pressure. Weight gain and stress in middle age can also raise numbers.

Prescription drugs plus diet and exercise can lower blood pressure. "High blood pressure can strain your heart, kidneys, and lead to higher stroke risk".



A Professional Heart Association-normal reading is 120/80 or below. See the blood pressure table.

Classifying blood pressure				Action
Category	Systolic BP (The numerator)		Diastolic BP (The denominator)	-
Normal	Less than 120 mm Hg	And	Less than 80 mm Hg	-
Elevated	120-129 mm Hg	And	Less than 80 mm Hg	Please visit doctor
Stage 1 hypertension	130-139 mm Hg	Or	80-89 mm Hg	Please visit doctor
Stage 2 hypertension	140 mm Hg or Higher	or	90 mm Hg or higher	Please visit doctor

### Warning Signs of Heart Disease

Three major risk factors for heart disease are high blood pressure, high cholesterol, and diabetes. Heart disease is the leading cause of death in India.

Recognising the indicators.

Experiencing pain in the chest can be a cause for concern, as it may be a sign of an underlying issue. However, it's important to be aware of other accompanying symptoms that could provide further insight into the situation:

- i) Mysterious back pain that occurs during physical activity
- ii) Experiencing discomfort in the neck, jaw, or throat
- iii) Having discomfort in the upper abdomen
- iv) Experiencing difficulty breathing
- v) Experiencing symptoms such as nausea, vomiting, or fatigue
- vi) Feeling lightheaded
- vii) Experiencing heart palpitations

If you notice any of these symptoms and have a higher risk of heart disease, it is crucial to consult doctor immediately.

### High Cholesterol

High cholesterol can create plaque in blood arteries, slowing or blocking blood flow and contributing to heart disease. This plaque can break away and cause a blood clot, heart attack, or stroke.

Like high blood pressure, cholesterol risk rises with age. It has no symptoms or warning indications, so it's vital to check your levels frequently with an annual blood test. diet, exercise, and medicine reduce cholesterol.

### Diabetes

Another frequent ailment that can show up in your 50s and wreak havoc on your health is diabetes, which your healthcare provider may screen out while checking your

cholesterol levels in the blood. A good diet, medication and regular exercise are frequently enough to control diabetes. Among Indians, 11% have diabetes and another 15.3% may be at risk for developing the disease, according to a study sponsored by the ICMR.

### Arthritis

Arthritis, especially osteoarthritis, is typically overlooked among 50-year-olds. This occurs due to regular wear and tear from bone cartilage breakdown or injury.

That's painful, and it's harsher for folks over 50, even younger ones. Consult your doctor if regular activities produce joint discomfort or stiffness. It's crucial to rule out immune-mediated rheumatoid arthritis.

Moving more can reduce pain and impairment. For pain, your doctor may recommend over-the-counter painkillers.

Walking and weight-bearing upper-body strength training can reduce osteoporosis risk. Monitoring your calcium and vitamin D intake can also assist your bones.

### Anxiety / Depression

If you are in the middle of your life and you are busy with teenagers, job, or ageing parents (or all of these things), there is a good probability that you are experiencing stress. In addition, any amount of stress can have a negative impact on your mental health, which in turn can have an effect on your physical health.

As a result, at the end of the day, your behaviours provide the foundation for all of those biometric data, including your blood pressure, your weight, your cholesterol, and your chance of developing cancer. And such behaviours have their origins in the emotional health of the individual.

According to the Centres for Disease Control and Prevention (CDC), around twenty percent of those aged 55 or older have some form of mental health issue, with anxiety and depression being among the most prevalent. Better seek the help of your family physician.

### Balanced Diet Always

A wholesome diet can reduce your risk of life-threatening conditions including coronary heart disease, diabetes, and several of the most common cancers. It may also





prevent strokes, cognitive decline, renal difficulties, several gastrointestinal illnesses, and some eye conditions. With careful plan, diet should include extra protein and some anti-inflammatory fat. For guys who wish to stay healthy after 50, protein and anti-inflammatory fats will help with inbuilt micronutrients playing important role.

Protein is particularly satiating, so eating more may help us feel full faster with less food. Second, we may heal skin, joint, and muscle cells or produce new ones. Also, anti-inflammatory lipids like Omega-three fatty acids are present in hemp, walnuts, and green leafy vegetables.

Try to reduce sugar and inflammatory fat. Omega-6 fatty acids induce inflammation, according to growing evidence.

They can induce strokes and heart attacks from blood clots. They can promote water retention and excessive blood pressure, which we should avoid. Reduced intake of inflammatory fats like Omega-6s may help.

Some carbs are needed for mood or sleep. Some athletes do better with more carbs, but most of us eat too many.

Insulin issues may result. We create more insulin to remove blood sugar when we eat more carbs. Excess insulin can produce hyperinsulinemia and insulin resistance resulting in obesity.

Obesity follows insulin resistance and hyperinsulinemia, which current study shows is crucial to lifelong insulin levels. Doctors encourage strength and aerobic activities for inactive males of employment and lifestyle. Men lose bone mass and flexibility by their 60s, so strength training is crucial.



Meat and dairy are inflammatory meals that can damage your health. Joint discomfort, digestive issues, and depression can increase with inflammation. Additionally, these items include harmful fats that might cause cardiovascular issues.

Healthy diets include plenty of fruits, vegetables, and whole grains; healthy unsaturated fats from fish and plants instead of animal fat; reduced salt; and little processed carbs (including added sugars). A healthy diet provides

enough calories to power the body without causing weight gain. At least 5 servings of fruits and vegetables are recommended daily.

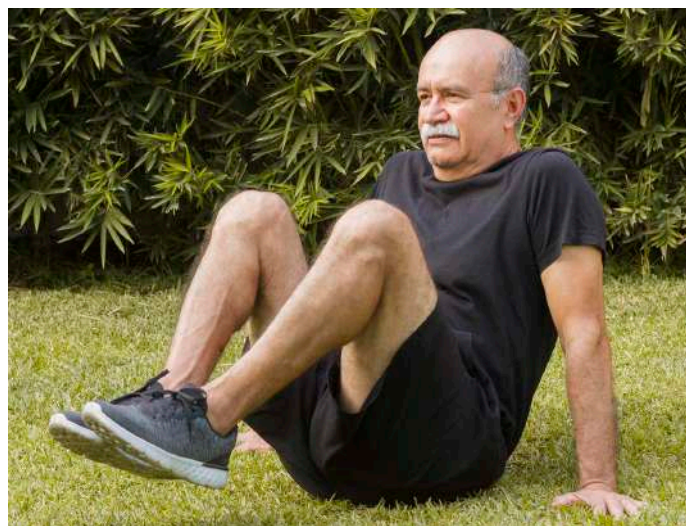
If you consume meat, choose organic, high-quality, and avoid processed varieties!

Increasing your fruit and vegetable intake is simple and pleasant!

Multi-vitamins help ensure you get all the essential elements from a balanced diet.

### Exercise every day

There have been a number of studies that have proven a relationship between greater levels of physical activity



and a range of favourable outcomes. These outcomes include improved control of blood sugar levels, improved mood, and a lower risk of cardiovascular disease. Be sure to make an attempt to engage in some type of physical exercise on a daily basis, even if it does not mean that you have to spend hours at the gym every single day. On some days, this could consist of nothing more than walking to work or going for a short stroll after supper, but you should make an effort to incorporate a variety of different types of walks into your routine. Aerobic activity is a great way to get your heart rate up. In addition, while we are trying to maintain our fitness after the age of fifty, we need to make sure that we are obtaining the appropriate quantity of aerobic activity. The national rules include a time limit of 150 minutes per week, which may appear to be a significant amount of time, but in reality, it is just 2.5 hours each week. And if you consider the typical amount of time spent exercising each day, that amounts to twenty-two minutes of aerobic activity.

### Engage in a new pastime.

When you approach your 50s, you may find that you are at a point in your life when you are a little bit of a loose end. This is because your children have grown up, which means that you do not have to do as much running about as you did in the past. Is there anything else you could do to occupy your time instead? So, get out there and experiment with something different!

This might be anything, such as learning a new language, participating in a new sport, or engaging in artistic activities such as photography. This is a wonderful opportunity to enhance your attitude, meet new people, and learn something new all at the same time. Now that you and your spouse have some spare time to spend together again, it may also be a wonderful activity for the two of you to undertake together.

### **Maintain a daily water intake of at least two litres.**

Water is essential for maintaining good health because it helps to improve circulation, which in turn delivers nutrients to your skin and key organs, and it also assists in the removal of toxins from those organs. Skin spots and wrinkles can all be caused by poor skin quality and external factors. Regular maintenance like cleaning and moisturising your face every morning and night with good-quality natural products will help. In addition to being essential for the metabolism of energy, it can also help maintain the health of your kidneys and bladder. Consuming a greater quantity of water can, in fact, assist in alleviating the symptoms of an enlarged prostate.

### **Increasing muscular strength**

Though not usually a sign of major health issues, many middle-aged and older persons feel low energy and exhaustion. After 50, muscular growth, strength, and power may decrease. More exercise and better sleep enhance energy, and muscle-building activity can restore or reduce strength loss. These actions improve well-being and prevent chronic diseases. Daily mobilisation is essential. The time spent mobilising and stretching is worth it. Injury recovery will take less time, giving you more time to achieve your goals. This is crucial as you

age. As we age, bones and joints become more brittle, thus stretching and mobilising them will prolong their life. Height and weight measurements allow your healthcare provider to calculate your body mass index (BMI). A high BMI can indicate an increased risk of cancer, heart disease and stroke. Big changes that happen over time may also be a sign of health problems. To lose weight, you need to pay more attention to your habits and change them. Overweight people are more likely to die from heart disease, stroke, and diabetes, and they are also more likely to get illnesses that can make them unable to work, like arthritis. Protein prevents gradual, cumulative loss of lean muscle mass that happens with ageing and helps limit weight gain by releasing satiety hormones that promote fullness and decrease hunger. Even a modest weight loss of 5% to 10% of your starting weight can lead to significant health benefits.

### **Quit smoking for good:**

Some individuals who have been smoking for a long time may feel discouraged about quitting, believing that their bodies have already suffered irreversible harm. That is not the case. Nature thinks differently. After you take that last puff, your body immediately begins the process of repairing the damage. After quitting smoking, your blood starts to transport oxygen more efficiently within just 12 hours. After the first week, your circulation starts to improve. At around one month, your lungs start to work more effectively.

### **Check your vision and hearing:**

Smoking is known to increase the risk of two common causes of vision loss in older adults: cataracts and macular degeneration. By quitting smoking, you have the power to significantly decrease your chances of experiencing these health issues. Understanding how your pupils respond to light can provide valuable information about your neurological function. Regular checkups for diabetic retinopathy and glaucoma are also important. By examining your ear, it is possible to identify a potential infection. Additionally, a quick examination may uncover excess wax that can impede hearing.

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## **Risk of Cancer**

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As you reach your 50s, it becomes crucial to prioritise routine screenings due to the increased risk of cancer associated with ageing.

It is important for men to have open discussions with their health care providers about getting regular screenings for prostate cancer and colon cancer.

The prostate is a small gland that is involved in the male reproductive system. It is a frequently observed location for the development of cancer, particularly in older individuals.

Prostate cancer screenings are typically advised to start at the age of 55 and should be continued until the age of





75. Getting screened for cancer can help detect it early, leading to more effective treatment options. It's always better to catch it sooner rather than waiting for symptoms to appear.

In Prostate specific antigen (PSA) test, PSA levels in your body can be measured using a blood test. Elevated protein levels could potentially indicate the presence of prostate cancer.

It is generally recommended to start colon cancer screenings at the age of 45. There are situations where certain risk factors, like a family history of the disease, might indicate the need for testing at an earlier stage. If you have a family history or other relevant circumstances, it may be wise to consider getting them done before reaching the age of 50.

A colonoscopy is considered the most reliable method for screening colon cancer. During this procedure, doctors can detect and eliminate cancerous polyps, making it an effective way to prevent the disease.

A seasonal flu shot to guard against influenza, the new vaccine for respiratory syncytial virus (RSV), particularly if you're age 60 or older.

The shingles vaccine may be considered if you're age 50 or older. An updated tetanus shot every 10 years. The pneumococcal vaccine is to guard against pneumonia. It's recommended for adults age 65 and older and those who smoke cigarettes.

### Enjoy good sleep and a restful night

In addition to being an essential component of health, sleep is frequently disregarded and even looked down upon at times. Your goal should be to receive eight hours of sleep every night, but you should make sure that the sleep you get is of high quality. There are a number of factors that can lead to poor sleep quality, including snoring, getting up to pee, or just waking up and rolling around on the bed for what seems to be no cause at all.

### Every man over 50 should avoid these foods.

Avoid these harmful foods linked to heart disease, weight gain, type 2 diabetes, and more. Saturated fats from cheeseburgers and other meals can raise heart disease risk over time.

After eating carbs like white bread, a high-protein breakfast may enhance blood sugar management and insulin levels, lowering the risk of type 2 diabetes.

Many protein bars are disguised as candy bars with too many calories. For men over 50, avoid them. Add 'protein' to any bar and it sounds nutritious, but don't be deceived.

Among the healthiest cheeses, goat cheese is ranked better. "It has different fatty acids than cow's milk cheese so it's easier to digest, especially for dairy-sensitive people. It is well published that goat's milk cheese has 75 calories per ounce, less than provolone (100 calories), brie (95 calories), Swiss (111 calories), and cheddar (116 calories).

Avoid processed foods. The truth is that these are highly processed foods, as they have a lot of fat, salt, and additives for colour, flavour, and shelf life with little nutrition. Eat less meat and dairy (or give them up altogether!)

Inflammatory foods like meat and dairy can harm your health. Joint discomfort, digestive issues, and depression can increase with inflammation. These items contain harmful fats that might cause cardiovascular issues.

## Falls and injuries

This type of injury can become more catastrophic with age and ranks as the third leading cause of accidental death in men. Falls also are an important cause of disability and lost independence. Falls can cause serious injuries such as hip fractures, brain trauma, and shattered bones. Medical treatment is essential following a fall, especially if you hit your head. Reducing risk factors and maintaining strength and balance can help older persons avoid falls.



### Take an adequate amount of micronutrients.

Micronutrients are extremely minute elements of nutrition. It is not the macronutrients (fat, carbs, and proteins) that are essential, but rather the minerals that humans require in trace amounts, such as magnesium, zinc, and vitamin D.

All of these are extremely significant for the functioning of a wide variety of distinct parts of our human body. When it comes to the immune system, zinc is a topic that is frequently discussed.

### How to reduce your risk of chronic kidney disease

- Keep BP under healthy limits
- Maintain recommended diet
- Be physically active
- Avoid becoming obese and watch your weight
- Avoid prolonged use of certain medications which cause irreversible kidney damage. Eg: NSAIDs such as ibuprofen, cambiflam



A total of around 300 to 400 separate enzymatic activities in the body require magnesium, making it an extremely essential mineral. Because magnesium can be absorbed

via the skin in a rather efficient manner, foot soaks are an excellent source of magnesium.

Also, take into consideration vitamin D. Vitamin D supplements have been found to be beneficial, but it is also possible to enhance vitamin D levels by exposure to the sun in the appropriate manner. The aforementioned three micronutrients are extremely significant; nevertheless, there are more micronutrients. Always make sure to see your physician if you have any questions regarding the potential for interactions between any medications that you might be taking.

### Try meditating or practicing mindfulness.

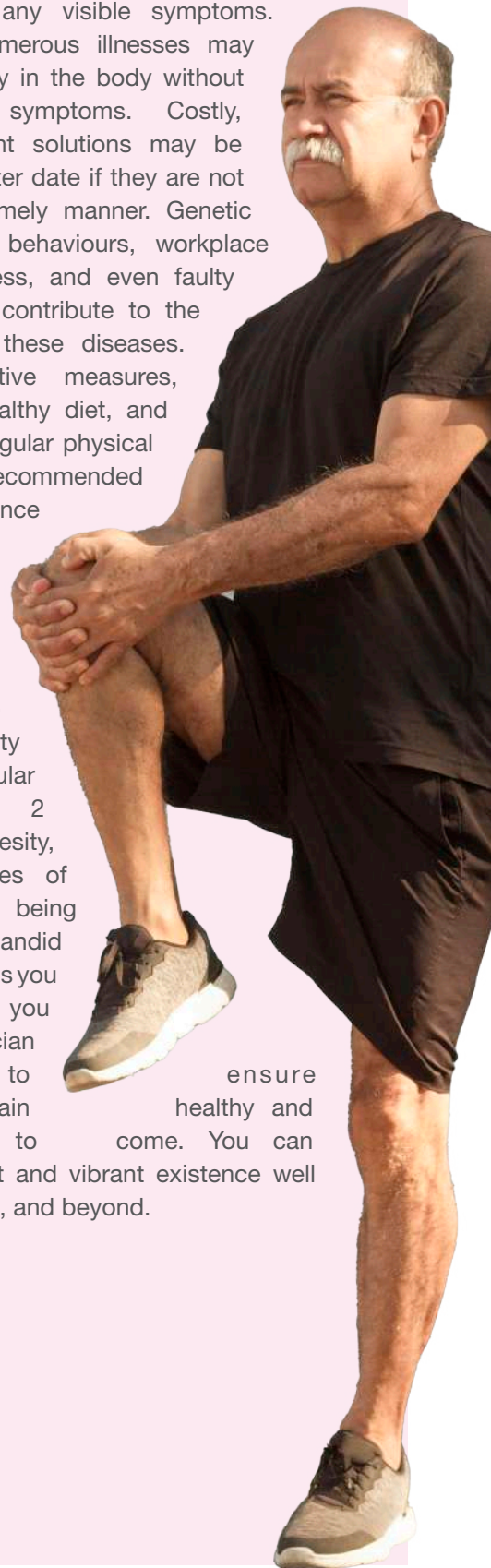
The practices of mindfulness and meditation are excellent strategies to alleviate stress and provide a break for your overactive mind. The practice of mindfulness is a straightforward method of meditation that entails concentrating on the here and now, the body, and your breathing while allowing your ideas to come and go. This is in contrast to other types of meditation, which include attempting to shut out thoughts. Practicing yoga is yet another wonderful complementing choice.

The reduction of stress, which may cause harm to the digestive system and immune system, and even contribute to the development of cardiovascular disease, heart disease, and other physiological issues, can be accomplished by this method exceptionally well.



## Take Home

Adopting preventative health measures is a straightforward method of maintaining a healthy and lengthy life, as elaborated in the newsletter. Men frequently neglect their health as a result of their demanding professional lives, under the impression that their health is flawless if they do not exhibit any visible symptoms. Nevertheless, numerous illnesses may manifest gradually in the body without any apparent symptoms. Costly, invasive treatment solutions may be necessary at a later date if they are not identified in a timely manner. Genetic factors, lifestyle behaviours, workplace environment, stress, and even faulty posture may all contribute to the development of these diseases. Taking preventative measures, maintaining a healthy diet, and participating in regular physical activity are all recommended ways to enhance one's overall health. By adhering to a nutritious diet, men over the age of 50 can reduce their susceptibility to cardiovascular disease, type 2 diabetes, obesity, and certain types of malignancy. By being forthright and candid about the problems you are encountering, you and your physician can collaborate to ensure that you remain healthy and active for years to come. You can maintain a robust and vibrant existence well into your 70s, 80s, and beyond.





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