

Zika: Why Men Should Be

More athletes are avoiding competing in

placed a high focus on the dangers for

disease experts agree-reproductively

women who contract the virus, infectious

for concern after visiting a country with a

mosquito that carries the Zika virus, or if a

of being born with microcephaly, a severe,

semen of infected men, and the amount of

times the virus can be sexually transmitted

man infecting his partner and putting their unborn baby at risk for microcephaly.

Because there is limited data, the Centers

for Disease Control and Prevention (CDC)

diagnosed with or who have had symptoms

of Zika use condoms or abstain from sex

recommends that men who have been

for at least six months after symptoms

neurological birth disorder linked to Zika.

But, the virus can also been found in the

is uncertain. This creates a chance of a

woman becomes pregnant shortly after being bitten, her unborn baby runs the risk

If a pregnant woman is bitten by a

speaking-that men have the most reason

Brazil's 2016 Olympics due to fears related to the Zika virus. Although the media has

Concerned Too

large Zika outbreak.

occur.

Health and wellness tips for your work and life presented by Deutsch & Associates, LLC.

Exercising the Body and Brain

Studies have shown a strong relationship between the health of the body and the health of the brain. Exercise revs up complex processes inside the brain that can deter depression, help you stay calm and keep your mind sharp.

Exercise Boosts Mental Fitness

The brain has approximately 86 billion neurons designed to give orders to the rest of the body through chemical messengers called neurotransmitters. Studies show that deficiencies of two of these neurotransmitters (glutamate and gamma-aminobutyric acid, or GABA), can lead to mood disorders such as depression. However, moderate exercise can increase the amounts of the two neurotransmitters, contributing to increased mental fitness.

Exercise Decreases Stress

When you're stressed, your brain secretes the "fight or flight" hormone, cortisol. Elevated cortisol levels can create a constant and unnecessary feeling of stress. But, if you exercise, you expose your body to "controlled stress," which helps regulate your brain's stress response, keeping you more calm.

Exercise Slows the Brain's Aging Process

Your brain ages just like the rest of your body, but exercise can help the brain handle natural, age-related deterioration without taking a toll on your memory. Older adults who exercise have larger brain volumes than those who don't. Plus, the brain's hippocampus (which is responsible for memory and learning) is larger in people who are active. Exercising won't make you smarter, per se, but it will help you remember things better as you age.



This article is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice

APPLE & CHICKEN SALAD

2 red apples

2 celery stalks, diced

- 2 skinless chicken breasts, cooked and diced
- 1/4 cup plain, nonfat Greek yogurt
- 1/2 cup raisins
- 1/4 cup mayonnaise
- 1/4 tsp. salt
 - tsp. ground black pepper

16 lettuce leaves (Bibb, romaine, green or red leaf)

Directions

Cut the apples into quarters, remove the cores and then chop the quarters into bite-sized pieces.

In a medium-sized bowl, mix all the ingredients except the lettuce.

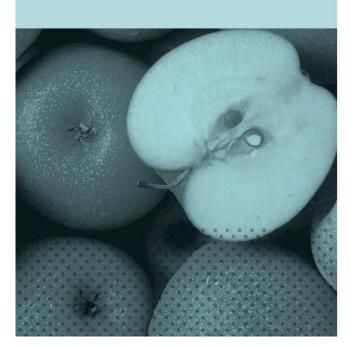
Arrange four lettuce leaves on a plate and top with one-fourth of the salad mixture.

Makes: 4 servings

Nutritional Information (per serving)

| Total Calories | 290 |
|----------------|--------|
| Total Fat | 8 g |
| Protein | 25 g |
| Carbohydrates | 34 g |
| Dietary Fiber | 4 g |
| Saturated Fat | 2 g |
| Sodium | 330 mg |
| | |

Source: USDA



Avoiding Sports-related Eye Injuries in Children

Eye injuries are the leading cause of blindness in children, and most eye injuries incurred by those ages 11 to 14 happen while they are playing sports. Every 13 minutes, an emergency room in the United States treats a sports-related eye injury. Of the estimated 2 million Americans who sustain eye injuries each year, approximately 40,000 will go on to be considered legally blind in the injured eye.

August is "Children's Eye Health and Safety Month." This is not only a good time to get your child's eyes checked before school starts, but it is also a good time to ensure that they are protecting their eyes while playing sports.

Many youth sports teams don't require eye protection, so parents should insist that their children wear safety glasses or goggles when playing. Parents can also set a good example by wearing protective eyewear themselves. The following graphic shows the type of protective eyewear that should be worn while playing popular sports.

Recommended Protective Eyewear



Baseball Face guard attached to the helmet for batting; sports goggles for playing in the outfield

Basketball Sports goggles



Football Face shield attached to helmet

Ice Hockey Helmet with full face protection

Field Hockey Face mask for the goalie; sports goggles for the other positions

Soccer Sports goggles



Swimming Swim goggles

Tennis Sports goggles