

MEET Gary Landes

Gary Landes, a Magna employee at T.E.A.M. Systems Toledo, became aware that he had cancer through the T.E.A.M. Wellness Program, but did not take action right away. Here is Gary's story about his fight with prostate cancer and his journey along the way:

Gary served two years in the U.S. Army before attending and graduating from the Ohio State University and the University of Toledo. For the past seven years, Gary has worked as a Process Technician with Magna T.E.A.M. Systems Toledo.

The Wellness Program at T.E.A.M. organized health practitioners to host blood testing for any employees who were interested. It was through this testing that Gary was told he had elevated PSA (Prostate-Specific Antigen) numbers.

Gary felt no physical symptoms, and therefore, had little concern about any health issues. It wasn't until he underwent a second health check by the Wellness Program at T.E.A.M. and was notified that his PSA numbers had elevated from the previous year that he decided to seek further medical attention. "My preliminary visit was pretty much a standard visit to a Urologist who ordered additional blood work. My next visit revealed even higher numbers which means that things were getting worse. This prompted a biopsy which was done in the office. It was the biopsy that confirmed my worst fear—*cancer*."

Gary was devastated—he could not believe that this was happening to him. Gary wanted to understand all the options available to him and decided to take time to educate himself about prostate cancer, the problems associated with it, and alternative solutions. He and his wife, Kelly, determined the best course of action was a radical prostatectomy to ensure that all the cancer would be removed.

"Post-surgery, my life is good," Gary said. "The doctors were able to remove all the cancer and there are no other cancers detected in that region." Gary was off work for about six weeks, but he experienced no discomfort. "The biggest factor in all of this was my wife, Kelly. She has continued to give me the emotional support that was and is

needed at this point in my life." Although Gary is still working through some side-effects, Kelly and the health care professionals Gary follows up with, help to keep him positive.

"I continue to be positive and now live my life with the knowledge that I am truly a lucky individual—both in love and in life."

Gary had the opportunity to share his experience with other cancer survivors and feels good knowing he can educate other men about Prostate Cancer and its effects. "My advice to other men: don't take your health for granted. Get your blood work done regularly. Don't think that you are too much of a man to go to the doctor for an exam; it may be a life-saving factor. If you have any questions, ask your doctor and understand that there is a lot of life to live. Make sure that you live it! And ladies, that goes for you too."

As Gary suggested, you don't have to wait until you are sick to see a doctor! Making good lifestyle choices and keeping up with the recommended preventative care screenings are important to maintaining good health and well-being. Reach out to the Magna Wellness Program or your family doctor to find out more information on preventative care and ways that you can stay ahead of your health!

GARY LANDES

T.E.A.M. Systems Toledo

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Did you Know?

Did you know:

ALL ABOUT ASTHMA

Did you know that approximately 60% of individuals with asthma also suffer from hay fever?

Hay fever is caused by an allergy to pollen which triggers itchy eyes and a runny nose. Say no to suffering this summer by knowing your triggers and being prepared!

SUMMER ASTHMA TRIGGERS:

- Hot, humid weather can increase the amount of pollen in the air
- Chemicals, such as chlorine (found in swimming pools) may trigger asthma
- Pollutants, such as campfire smoke may also trigger asthma

TIPS:

BE PREPARED

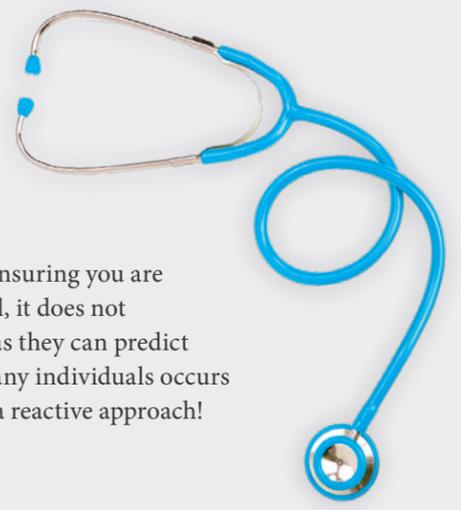
- Know what commonly triggers your asthma
- Always have medication (eg. inhalers) handy wherever you go
- Plan ahead—have an alternative plan if weather changes, or asthma symptoms flare up

BE SMART

- Exercise or enjoy outdoor activities earlier to avoid the hottest part of the day
- Know your limits when exercising outside; take breaks and stay hydrated



PREVENTATIVE SCREENING



Do you remember when you had your last doctor's appointment? An important factor in maintaining health and preventing illness is ensuring you are having regular health exams to screen for disease. Many people only go to the doctor when they are sick. Even though you may feel well, it does not necessarily mean that everything is working well within your body. It is important to ensure that you are receiving regular screenings as they can predict risk of certain diseases, and help to prevent infection in their early stages when symptoms may not be present. The best outcome for many individuals occurs when an illness is caught early, to begin appropriate treatment and make a full recovery. Take a proactive approach to your health, not a reactive approach!

*Please note the references below are Canada's recommendations. U.S. criteria may differ. Please check with your doctor or visit www.uspreventiveservicestaskforce.org for more information.

MAMMOGRAM

Mammogram testing uses a specific type of x-ray that gives a low level of radiation to take an image of breast tissue in order to detect potential tumors in the breast. Regular breast screenings are performed to detect breast cancer early, when it is less likely to spread and treatment options will be more successful. **WOMEN AGED 50 TO 75** should be screened **EVERY 2 YEARS** or more often depending on family history of breast cancer. If you are aged 30 to 69 and think you may be at high risk for breast cancer, you can ask your doctor if you meet the criteria to be referred to the Ontario High Risk Breast Screening Program (High Risk OBSP) for yearly screenings.

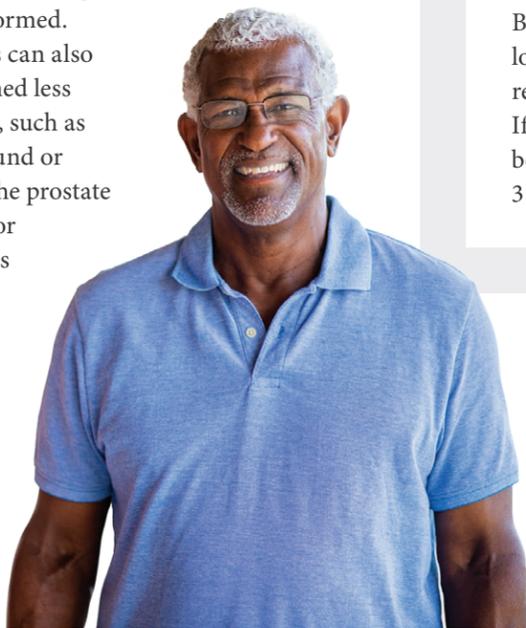


PAP SMEAR

A PAP smear is a diagnostic test that detects changes to cells in the cervix which can lead to (or have become) cervical cancer. **WOMEN AGED 21 TO 70 SHOULD HAVE A PAP SMEAR EVERY 3 YEARS.** Regular screenings can detect early signs of cervical cancer, therefore making treatment typically more successful.

PROSTATE TESTING (PSA)

Prostate screening is not performed by routine population-based screening because there are potential harms of screening, which include over-diagnosis and over-treatment. If symptoms are present or individuals are at risk, a health care provider will perform a physical exam and guide the decision if a PSA test is required. The PSA test measures levels of PSA (a protein made by the prostate) in the blood, which may indicate prostate cancer if blood levels are high. However, high PSA levels may also be due to other non-cancerous causes, which is why routine PSA testing is not performed. Other tests can also be performed less commonly, such as an ultrasound or biopsy of the prostate to screen for possibilities of cancer.



COLORECTAL CANCER SCREENING

Colorectal (colon) cancer screening increases the chance of detecting colorectal cancer early, when there is approximately a 90% chance of being fully treated. Individuals with an average risk (have no symptoms and no family history) can be tested using an at-home stool collection kit provided by your doctor. This should start at **AGE 50** and be performed **EVERY 2 YEARS** thereafter. Those who are at an increased risk (1 or more first-degree relatives with the disease) should be screened with a colonoscopy at 50 years old, or 10 years younger than the relative who was diagnosed with cancer (whichever is earlier).

BONE MINERAL DENSITY (BMD)

Bone Mineral Density testing is used to measure the amount of bone loss, which can indicate risk for osteoporosis. Baseline testing is recommended at **AGE 50**, and further testing will depend upon results. If considered to be at a high risk for osteoporosis, yearly testing should be performed, and those at low risk should be tested a second time at 3 years later (and then further tested every 5 years).

REGULAR HEALTH EXAMS

Visiting your doctor on a regular basis, even when you feel healthy, is important to screen for certain diseases, update immunizations, and assess risk factors for future medical issues. Screening may include blood tests to look at cholesterol levels, measuring blood pressure, and assessing changes in weight to test for risk of certain diseases, such as diabetes and cardiovascular disease.

DID YOU KNOW: COLORECTAL CANCER

DID YOU KNOW that eating 100 grams of red meat (about the size of a deck of cards) or 50 grams of processed meat every day raises your risk of colorectal cancer by **UP TO 18%**, according to the Colorectal Cancer Association of Canada. Try introducing healthy plant-based proteins into your diet, such as tofu, chickpeas, beans, lentils and legumes.



TO LEARN MORE INFORMATION ABOUT THESE TOPICS, VISIT:

cancercareontario.ca • cancer.ca • health.gov.on.ca/en/public/publications/ohip/bone.aspx • uspreventiveservicestaskforce.org



The MEDITERRANEAN DIET

The Mediterranean diet is much more than your typical "fad diet." It is a lifestyle including plenty of healthy food, physical activity, and spending quality time with family and friends.

The name originates from the various countries that surround the Mediterranean Sea which traditionally follow common lifestyle behaviours. This lifestyle includes a diet plentiful in fruits, vegetables, whole grains, nuts, herbs, seafood, and monounsaturated healthy fats, such as olive oil. Foods consumed in moderation include beef, poultry, eggs, and dairy products, such as cheese and yogurt. This diet gained popularity for its inclusion of a moderate consumption of red wine.

LYME DISEASE

The Silent Bite

Summer is here and there is no better time to get out and enjoy the fresh outdoors! But as the warm temperatures arrive, so can the ticks. It is now more important than ever to be aware of the increasing dangers of Lyme disease.

Ticks are tiny external parasites that are Arachnids (joint-legged invertebrate animals). They normally live in wooded and forested areas among shrubs, tall grass, and thick leaf piles. Ticks have the potential to be infected with Lyme disease which can be passed on to humans and cause possible heart problems, fatigue, and nervous system disorders when left untreated.

Lyme disease is an inflammatory infection that may spread to humans through the bite of an infected tick. Once attached to the skin, the tick will start feeding and the infection can spread typically after the tick has been feeding for 24 hours. Most ticks start off the size of a poppy seed, however; they can increase in size if they have been feeding for a long period of time. Their small size and the fact that their bite is usually painless, is what makes tick bites and subsequent Lyme disease hard to spot.

A diagnosis of Lyme disease can be difficult, as approximately 50% of infected individuals have no idea that a tick has bitten them!

Diagnosis is also problematic because symptoms of Lyme disease vary with each individual and can mimic other illnesses. Early symptoms usually start within 3–30 days of exposure to Lyme disease, and may include mild flu-like symptoms, a rash, fever, chills, headache, muscle and joint aches and swollen lymph nodes.

When Lyme disease is left untreated, severe symptoms may start to develop. These symptoms can include severe headaches, rashes, facial paralysis, intermittent muscle, joint and bone aches, heart disorders such as palpitations, and neurological issues such as dizziness, confusion, memory loss and numbness in hands and feet. In rare cases, Lyme disease may cause complications involving the heart and cause death. If symptoms are present, a diagnosis is confirmed with blood tests to identify the disease.

Generally, Lyme disease can be effectively treated with 2–4 weeks of antibiotics, but depending on the severity of the disease a longer course of antibiotics may be required.

TICKS IN CANADA

There are two types of ticks in Canada and the United States with the potential to spread Lyme disease to humans.

BLACKLEGGED (DEER) TICK

Most commonly found locations:

Canada—the Maritimes, Quebec and Ontario.

U.S.—Massachusetts, Minnesota, and Colorado



WESTERN BLACKLEGGED TICK

Most commonly found locations:

Along the Pacific West Coast region of the U.S. (California) and Canada (British Columbia)



Found in:

Ticks normally reside in heavily wooded and forested areas.

Exposure:

There is a higher chance of exposure to a tick bite during the spring and summer seasons.

Most at Risk:

There is a higher risk for tick bites among people who work outdoors or participate in outside activities such as hiking, hunting, camping and fishing.

TIPS TO STAY PROTECTED!

1 PREVENTION

- Wear light-colored clothing to spot ticks easier
- Wear long pants and shirts and tuck your pants into your socks to avoid getting bitten
- Use bug spray containing DEET (diethyltoluamide) and follow the directions on the bottle
- Walk on cleared paths or walkways and avoid heavily wooded areas and tall grass when possible



2 CHECK

- Do a daily full-body check, especially in hair, underarms, belly button, and behind the knees to spot ticks (be sure to check your pets, such as dogs, for ticks as well!)
- Ask another person to check you for ticks in areas that may be hard to see yourself (such as the back of the neck)
- Shower within 2 hours of being outdoors
- Put your dry clothing in a dryer on high heat for 10 minutes to kill any potential ticks



3 TAKE ACTION

- If bitten, remove attached ticks with tweezers ASAP
- Grasp the tick's head as close to the skin as possible and pull straight out
- Wash thoroughly with soap and water
- Contact a health care provider (especially if feeling unwell or showing symptoms)
- Keep the tick in a closed container and bring it with you to the health care provider. The tick can be sent to Public Health for identification. This can assist with the diagnosis, and help identify the presence of Lyme disease much quicker!

Despite some research reporting reduced risk of heart disease with wine consumption, it is not recommended to increase or begin the habit of drinking alcohol for these potential health benefits. The Mediterranean diet does, however, include a variety of other healthy lifestyle habits that can have a positive impact on one's overall health. The Mediterranean diet consists of a family-oriented lifestyle and incorporates more daily activity, while focusing on reducing the high stressors of a typical North American lifestyle. The basis of this lifestyle includes socializing with family and friends, particularly while enjoying meals.

In addition to the benefits of eating nutritious food and spending quality time with your loved ones, there are various other health benefits that may occur as a result of following these simple lifestyle behaviours.

HEALTH BENEFITS MAY INCLUDE:

- 1 A reduction in cholesterol levels
- 2 Increase quality of life
- 3 A decreased risk of cardiovascular disease, which is one of the most common chronic diseases around the world
- 4 A potential to reduce the incidence of cancer

The Mediterranean diet encourages a lifestyle in which you eat well, play more, spend stress-free quality time with family, and can have health benefits that may ultimately allow you to live a longer and healthier life. The only thing missing from the "traditional" Mediterranean diet is the view of the sea.





CAPRESE SKEWERS
WITH
Balsamic Drizzle

TIME	15 min.
SERVES	5
CALORIES (per serving)	240

INGREDIENTS

- 1 CUP balsamic vinegar
- 30 cherry tomatoes
- 30 mini mozzarella cheese balls
(bocconcini—choose low fat where possible)
- 30 fresh basil leaves
(cut or fold in half if large)
- Salt and pepper
- Toothpicks

DIRECTIONS

- 1 Over medium-high heat bring balsamic vinegar to a boil in a saucepan, then lower heat to medium and simmer until the vinegar is the consistency of very thin maple syrup, about 10 minutes. Pour into a bowl and let cool.
- 2 Cut cherry tomatoes in half.
- 3 Thread a mini mozzarella cheese ball, basil leaf and 2 cherry tomato halves onto a toothpick.
- 4 Repeat with remaining ingredients.
- 5 Sprinkle with salt & pepper, then drizzle cooled balsamic reduction on top.

EXERCISE is Medicine

As the habits of our society have changed, we have become increasingly less active. Consequently, the percentage of diagnosed chronic diseases have increased.

Chronic (long lasting) diseases usually develop because of a combination of genetic, physiological, environmental, and behavioural factors. The most common chronic diseases are heart disease, stroke, cancers, chronic respiratory diseases (eg. asthma), and diabetes. It is common that once an individual is diagnosed with one chronic disease, other health issues are also present. According to the Public Health Agency of Canada (PHAC), 36.5% of Canadian adults with type 2 diabetes also have two or more other serious chronic health conditions.

Traditionally, medication has been used to treat most chronic diseases, however; research suggests that exercise can be used in conjunction with pharmaceuticals as a form of treatment. An exercise program may make it possible to decrease or discontinue the use of medication for certain chronic conditions.

Weight loss, improved mental health and sleep are some of the benefits that are associated with exercise, however; the benefits of exercise have also been shown to be an effective treatment for certain established conditions such as diabetes, cardiovascular disease, stroke rehabilitation, and depression.

These findings suggest that

EXERCISE SHOULD BE CONSIDERED AS EFFECTIVE AS CERTAIN MEDICATIONS

and can be incorporated into treatment plans for specific chronic diseases.

prescribe exercise for patients. The EIMC program helps patients to meet health and physical activity goals, assisting with chronic disease prevention, management and treatment.

Exercise as a form of medicine has shown to be an effective form of treatment. The limited side effects and other added health benefits make it a great form of treatment that can be used in place or along with traditional pharmaceutical treatments. Always consult with a doctor before starting an exercise program.

According to the World Health Organization (WHO), chronic diseases are the leading cause of death in the world; accounting for

60% OF ALL DEATHS, AND 44% OF PREMATURE DEATHS.

The Canadian Society for Exercise Physiology (CSEP) has recognized the importance of exercise for disease prevention and treatment. Exercise is Medicine Canada (EIMC) is a program created by the CSEP and is being used to promote the idea that exercise can be prescribed, much like traditional pharmaceutical medication. Exercise is Medicine Canada works to bring together health care professionals and exercise professionals. Many health care professionals such as Kinesiologists are becoming certified through the CSEP. Becoming certified through the CSEP allows health care professionals the ability to

FOR MORE INFORMATION ON THE EXERCISE IS MEDICINE PROGRAM, VISIT:
exercisemedicine.org



Did you know:
PHYSICAL INACTIVITY

Did you know that individuals who meet the recommended guidelines of 150 minutes of physical activity a week can still be at risk of developing poor health if most of their waking hours are spent being inactive?

Think about how many hours a day you spend being inactive: commuting, sitting at your desk, computer use, watching TV, playing video games, etc. Living an active lifestyle means more than going to the gym for 20 minutes every day.

Here are some tips to increase the amount of time you spend being active:

- Walk or bike to do errands instead of driving
- Go for a walk or take your kids to the park instead of watching TV
- Take the stairs instead of the elevator
- Get up from your desk or work station every 30 minutes to go to the bathroom or fill up your water bottle
- Park farther away in parking lots so you can get more steps in

Did you know:
DIABETES

Did you know that in most cases, type 2 diabetes can be delayed or even prevented?

Follow these tips to help delay and/or prevent the onset of type 2 diabetes. If you have been diagnosed with type 2 diabetes, you can also follow these tips to help manage and/or improve your symptoms.

DIET:

Cut out highly processed foods, such as white bread, deli meat, sugary foods, and drinks. Focus on eating more vegetables, plant-based proteins, fish, and healthy fats, such as nuts and seeds.

EXERCISE:

Even a little activity every day goes a long way. Start small by adding 10 minutes or more of activity a day with the aim to work up to achieving the **RECOMMENDED 150 MINUTES OF EXERCISE A WEEK.**

FOR MORE articles, employee stories, quizzes, and recipes, please visit magnawellness.ca

WE WOULD LOVE TO HEAR FROM YOU!

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