



June 2009

American Central Transport

LIVE WELL, WORK WELL

Stay Healthy, Men!

National Men's Health Week is June 9-15! It is celebrated each year the week leading up to Father's Day as a reminder to stay informed about preventable health problems and to encourage early detection and treatment of disease among males.

Men need the following exams every year:

- Prostate screening
- Testicular exam
- Skin cancer check
- Eye exam
- Dental exam (twice a year)
- Colorectal exam (if there is a family history of cancer)

Men should ask their doctor for the following tests at a minimum of every two years:

- Body measurement
- Blood pressure
- Fasting blood sugar (age 45 or older)

In addition, a cholesterol screening should be performed at least every 5 years – more frequently if the doctor recommends it – and a hearing test should be given at a minimum of every 10 years.

For more information on men's health issues and ideas for promoting Men's Health Week, visit www.menshealthnetwork.org. ◇



Never respond to unsolicited e-mails asking for your personal information.

FYI from the FBI

According to the Federal Bureau of Investigation (FBI), e-scams are in full swing and you should be mindful of any unsolicited e-mail asking for *any* of your personal information.

Here are the latest scams the FBI is warning about:

- An e-mail claiming to be from former CBP Assistant Commissioner Thomas S. Winkowski states that the CBP (U.S. Customs and Border Protection) has stopped someone carrying a shipment to be delivered to your residence. The package supposedly contains millions of dollars that you are receiving as an inheritance. The e-mail then asks for your personal information in order to deliver the shipment. Delete the e-mail and do not respond. The CBP will *never* send you an unsolicited e-mail.
- An e-mail claiming to be from *The Oprah Winfrey Show* notifies you of your nomination for the "Oprah Millionaire Contest." To participate, you are asked to submit your



personal information. You are then asked to purchase airfare and a ticket to attend *The Oprah Winfrey Show*, and are then promised another seat for the show on a future date. Delete the e-mail and do not respond. If you have any questions regarding e-mails from or about the show, you can visit www.oprah.com/article/oprahdotcom/scams to verify legitimacy.

As word of these scams spreads, be aware that the details within the e-mails may change slightly. The bottom line is to never give out your personal information, including date of birth, Social Security number, bank account information, passwords, and/or your mother's maiden name. If you have received either of the above e-mails or any other suspicious e-mails asking for your information, the FBI encourages you to file a complaint at www.ic3.gov.

For up-to-date information on the latest scams, visit www.fbi.gov. ◇

The Benefits of Chocolate: Who Says It's All Bad?

Think chocolate is the evil monster lurking in the night ready to tempt you after a fulfilling dinner? Well, this delicious treat is not so bad after all; it's actually good for your health! In a recent study, six weeks after participants ate a daily dose of cocoa, their skin was smoother, more hydrated and less prone to sun damage.

Cocoa also benefits the heart! The Kuna Indians of Panama drink cocoa made from lightly processed beans on a regular basis, and blood pressure rarely rears its ugly head. The flavonoids in the cocoa bean widen and relax the blood vessels in the heart. They may also activate an enzyme in the body that assists in lowering blood pressure. Cocoa is also found to



improve blood flow, fight bad cholesterol (LDL) and improve cardiovascular health.

But which type do you choose? Opt for dark unadulterated cacao containing 70 percent or more cacao. This will give you the healthy dose of antioxidants that you need to have beautiful skin and a healthy heart. Remember, though, if you choose to get your chocolate fix in candy form, do so in moderation.



Hot Allergy Tips!

Got allergies? Try adjusting your washing machine's heat setting, according to the American Thoracic Society. By washing laundry in water 140°F or hotter, you can kill *all* dust mites lingering in your clothing and bedsheets. Researchers found that the "warm" setting, or 104°F, only killed 6.5% of dust mites. The hotter water temperatures are more effective in eliminating dog dander and pollen, as well.

If you are looking to achieve these results but do not want to raise your utility bill, another efficient option is to wash items at a lower temperature (between 86°F and 104°F) and then rinse them twice with cold water at three minutes each, according to Yonsei University in Seoul, Korea. Also remember you will want to dry all laundry in the dryer as opposed to outdoors, where it can collect more pollen and other irritants.



Cool Beans!

Now that the weather's warmed up, how about a refreshing and healthy salad to serve with dinner?

4-Bean Salad

- 1 can garbanzo beans
- 1 can kidney beans
- 1 can green beans
- 1 can wax or yellow beans
- 1 medium onion, sliced thin
- 2 scallions, chopped thin
- 1 cup cider vinegar
- 1 cup honey

Drain and then rinse all beans. Mix in scallions and onions. Blend vinegar and honey together and pour over vegetables. Refrigerate for 4 hours. Perfect with grilled chicken and corn-on-the-cob! Feel free to use other beans for variety, such as white or red. You can also try adding canned corn or chopped tomatoes for another twist!