

## Men's Health Month Prostate Cancer & What it is...

Did you know that about 1 out of 7 men will be diagnosed with prostate cancer during his lifetime? According to The American Cancer Society, about 220,800 cases of prostate cancer have been found in 2015. This disease is the second leading cause of cancer deaths among men.

How can I tell if I have prostate cancer?  
Most men with early prostate cancer don't experience any symptoms. During the early stages, the cancer may be found during a screening test such as a digital rectal exam. More advanced prostate cancer however, often lead men to experience the following symptoms:

- Problems urinating or holding in urine
- Trouble having or keeping an erection (erectile dysfunction)
- Blood in the urine
- Pain in the spine, hips, ribs, or other bones
- Weakness or numbness in the legs or feet and
- Loss of bladder or bowel control

Can I prevent prostate cancer?

Because the causes of prostate cancer are unclear, here are a few tips that may help you lower your risk of getting prostate cancer:

- Eat at least 2 ½ cups of a variety of fruits and vegetables daily
- Stay physically active and
- Keep a healthy weight



Featured Rewards  
Partner:



Don't forget to check out  
Applebee's Grill & Bar located at:

353 Chalan San Antonio  
Tamuning, Guam 96913

to receive 10% off Applebee's all  
you can eat salad bar. Just present  
your NetCare Health Insurance  
Membership Card.



**Happy Birthday**

To All Our NetCare Members  
born in June!  
From: Your NetCare Family

## HAPPY FATHER'S DAY!

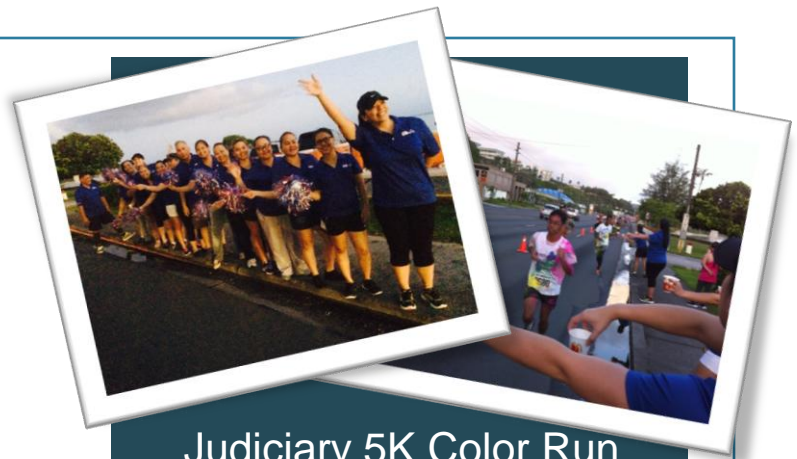
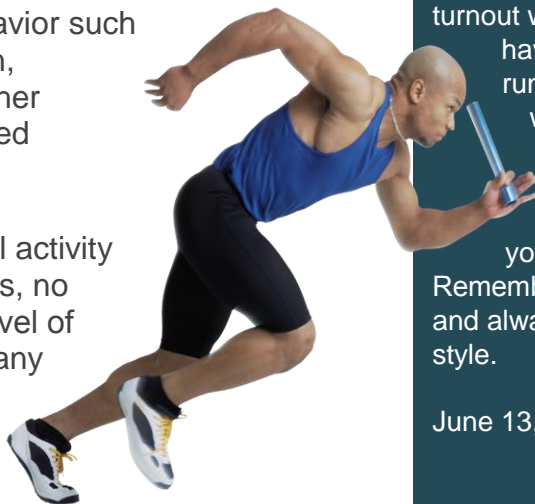
### National Food Days

June 3- Egg Day  
June 4- Cheese Day  
June 7- Chocolate Ice Cream Day  
June 10- Herbs & Spices Day  
June 17- Eat All Your Vegetables Day

# Be Physically Active

- **Adults:** Get at least 150 minutes of moderate intensity or minutes of vigorous intensity activity each week (or a combination of these), preferably spread throughout the week.
- **Children and teens:** Get at least 1 hour of moderate or vigorous intensity activity each day, with vigorous activity on at least 3 days each week.
- Limit sedentary behavior such as sitting, lying down, watching TV, and other forms of screen-based entertainment.
- Doing some physical activity above usual activities, no matter what one's level of activity, can have many health benefits.

<http://www.cancer.org>



## Judiciary 5K Color Run May 9, 2015

It was an early morning event, but you can bet that NetCare had their team ready to support everyone who joined the Judiciary Color Run. There were staff lined up and ready to pass out water at the only water station for the event. There was also a mini health fair at the race headquarters. The turnout was incredible. Not only did you have people who trained for these runs, you also had little children who were so excited to be joining their parents. So if you need a fun and healthy way to spend some quality time with your children... 5Ks are a good start. Remember to make "The Smart Choice" and always work towards a healthy life style.

June 13, 2015 [Nissan 7.5k Run](#)

## Skinny Alfredo Sauce

### Ingredients

1 tablespoon olive oil	3 cloves garlic, minced
3 cups chicken or vegetable stock	3 cups cauliflower florets
1/2 cup Parmesan cheese	Salt and pepper, to taste

### Directions

Heat the olive oil in a skillet over medium heat. Add the garlic and sauté for a minute or two, being careful not to let it burn. Bring the stock to a boil and add the cauliflower. Cover and cook for 5-6 minutes until the cauliflower is tender. Transfer the cauliflower, including liquid, to a blender and blend until smooth. Add the cheese and continue blending. You can add more stock or milk to thin the sauce to your liking. Season with salt and pepper before serving.

Yields: 6 servings | Serving Size: 1/2 cup | Calories: 97 | Previous Points: 2 | Points Plus: 3 | Total Fat: 6 g | Saturated Fat: 2 g | Trans Fat: 0 g | Cholesterol: 7 mg | Sodium: 355 mg | Carbohydrates: 4 g | Dietary Fiber: 1 g | Sugars: 1 g | Protein: 7 g

<http://skinnyms.com/clean-eating-alfredo-sauce>