

PURSUIT

JUNE 2023

Florida Blue 
BetterYou 

A monthly wellness newsletter from Better You



Men's health: stay focused on your heart

A national survey done last year by the Cleveland Clinic states most men are worried about cancer and sexual health concerns. However, the top health issue for men continues to be heart health. And a staggering 55% of men surveyed don't get regular screenings that could help detect and prevent serious health conditions. Make it a priority to see your doctor and know what you can do to lower your risks for heart disease.

Check your blood pressure on a regular basis. Often called the silent killer if not detected or treated, high blood pressure is a health risk that's easily managed under a doctor's care. If you have high blood pressure, talk with your doctor about lifestyle changes, and take your medication as prescribed.

Have your blood sugar checked.

Resources: [CDC.gov](https://www.cdc.gov); [Niddk.nih.gov](https://www.niddk.nih.gov); [ClevelandClinic.org](https://www.clevelandclinic.org)

If you have diabetes, keep it under control. High blood sugar from diabetes can damage your blood vessels, and the nerves that help control your heart and blood vessels. This damage increases your risk of heart disease.

Know your cholesterol numbers. And you will know how much cholesterol is circulating in your blood. Low density lipoproteins (LDL) often called the bad cholesterol, can build up and block the blood vessels. High density lipoproteins (HDL) can help lower the risk of heart disease and stroke. To improve your numbers, limit saturated fats, eat vegetables, and exercise daily.

Quit smoking. Smoking raises triglycerides (fat in the blood) and lowers HDL cholesterol. It makes blood more sticky and likely to clot, which can then block blood flow to the heart and/or the brain.

It also causes thickening and narrowing of blood vessels. If you do smoke and would like help to quit, check out these resources available from the [Centers of Disease for Disease Control and Prevention](https://www.cdc.gov/od/oc/disease).

Watch your weight. Being overweight makes it harder to control your blood sugar, and it puts extra stress on the heart and blood vessels. This combination increases your risk of a heart attack. Need to lose a few pounds? Set a small goal to start. Losing 10 pounds, for example, has been shown to improve blood pressure readings and reduce your health risks.

To learn more about men's health, [join us](#) for a live webinar on June 13, 2023 at 1:00 p.m. ET.

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The gift of donating blood

Did you know? One person donating their blood can save up to three people's lives. Every day there is someone who needs blood due to surgery, blood transfusions, trauma, car accidents, cancer treatments, and more. Being a blood donor is a gift you can give to other people and help save lives.

Ready to give a gift of blood?

You must be age seventeen or older, weigh more than 110 pounds, have an adequate hemoglobin level, and be symptom free of illness. You

can increase your hemoglobin level by eating iron-rich food prior to your donation, such as iron-fortified breakfast cereals, beef, white beans, and spinach. It helps to eat vitamin C-rich foods, like strawberries, oranges, canned tomatoes, peppers, or broccoli. Remember to drink water before your appointment.

Donating blood takes about 45 minutes. Usually, the donation centers have Wi-Fi, and/or TV to enhance your visit. Or you might choose to turn your



phone off and enjoy distraction-free time for yourself. You can donate blood every 56 days, or six times per year. In other words, eighteen lives saved by one person! This truly is a gift that keeps on giving.

Resources: Webmd.com; RedCrossBlood.org; MayoClinic.com

Sheet-pan Shrimp & Asparagus (Serves 4)

Ingredients:

- 2 tablespoons unsalted butter, melted
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon crushed red pepper, plus more for garnish
- 3 tablespoons lime juice, divided
- 1 pound fresh asparagus, trimmed
- 1 pound large raw shrimp, peeled and deveined
- 2 teaspoons toasted sesame oil
- Chopped fresh cilantro for garnish

Directions:

Preheat oven to 400°F. Line a large, rimmed baking sheet with foil and coat with cooking spray. Whisk butter, olive oil, salt, crushed red pepper and 2 tablespoons lime juice together in a small bowl. Arrange asparagus and shrimp in an even layer on the prepared baking sheet. Drizzle with the butter mixture and toss to coat. Bake until the asparagus is tender-crisp and the shrimp are cooked through, 10 to 12 minutes. Drizzle the asparagus and



shrimp evenly with sesame oil and the remaining 1 tablespoon lime juice. Garnish with crushed red pepper and/or cilantro, if desired.

Recipe courtesy of Eatingwell.com; for nutritional information click [here](#).

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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