ASK THE EXPERT

What are the recommended screenings for Breast Cancer?
by Jackie Geib, BA, Certified Wellness Coach

Early detection of breast cancer is extremely important. The best thing you can do for yourself is to do your monthly self-breast exam and annual breast screenings. A monthly self-exam is one way to detect any changes in your breasts. You want to look for any lumps, bumps, redness, rash, swelling, discharge or changes in form in or around your breasts. If you notice any of these, you should contact your provider immediately. The other very important screening is a mammogram. Mammograms are probably the most important tool to help screen, diagnose and evaluate breast cancer. Women should get a mammogram annually starting at age 40. Some doctors recommend getting them earlier if there is a family history or other problems. Screening mammograms can give doctors a good overview of your breast tissue. If there is something abnormal or unusual on your mammogram, the radiologist will often recommend further tests and diagnostics to better understand their original findings.

Important to note, 1 in every 100 breast cancers diagnosed are in men. Males should also be aware of any changes in their breast region, especially after age 50.

What’s one of your favorite health/wellness podcasts?
by Freddie Holmgren, MS, ACE Personal Trainer, Intrinsic Coach

Sounds True is a multimedia publishing company founded by Tami Simon. Tami hosts the Sounds True: Insights at the Edge podcast where she guides lively and fascinating discussions with spiritual teachers, visionary writers, and living luminaries. The Sounds True mission is to wake up the world, and the podcast successfully delivers. Each podcast is about 60 minutes long providing transformational teachings on a vast number of topics including spiritual, emotional, financial, mental, nature, and parenting among many others. If you’re looking for inspiration and great conversation, give Insights at the Edge a try.

Insights at the Edge is available wherever you get your podcasts.
People often associate martial arts with Bruce Lee action films. Today a wide variety of martial arts schools and training centers have brought out a new interest in conditioning, self-defense, and sport training.

Punching, kicking, balance, and grappling all call for higher physical functioning, and regular training ultimately leads to positive changes in health and fitness: greater aerobic endurance, muscular strength, and tone; greater coordination, increased calorie burn and weight loss, and improved flexibility. In addition, stress relief, reduced depression and anxiety, and lower blood pressure are also benefits. Some of the more popular forms of martial arts include:

**Karate** The most popular martial arts that involves kicking, punching, grappling, and self-defense techniques.

**Tae kwon do** A sport-oriented form that focuses more on the legs and kicking, and less on the hands and upper body. Aerobic endurance improves through sparring and sport competition.

**Judo & Jiu-jitsu** Quickness, power, and strength are required to move and control opponents by holding and throwing. Jiu-jitsu adds additional elements of grappling, submission, and striking.

**Kung fu** A high-intensity form that provides an intensive aerobic and cardiovascular workout. Kung fu involves primarily kicking, punching, and quickness to evade an opponent.

**Tai chi** This Chinese martial art involves slow-motion postures that improve balance, memory, blood pressure, and sleep.

Search online for local martial arts schools in your area.

- Ask to attend a sample class and meet with the instructor to assess if the school is right for you.
- Some schools offer kids only or family classes.
- Other schools offer more aggressive training for competition and self-defense, such as mixed martial arts (MMA), Muay Thai, Jiu Jitsu, and Krav Maga.
- Prices can range from $50 to $100+ per month.
- Consider practicing 2-3 days per week for 45-60 minutes to gain practical skills and add to your fitness level.
What is an air fryer, anyway? It’s basically a countertop convection oven with a heated coil, a mesh basket, and a fan that circulates the heat around the food at a high rate. This cooking method creates an efficient, intense environment of heat that cooks foods faster and more evenly. This results in crisp, browned exteriors and juicy, tender interiors. It’s healthier and cleaner than deep frying foods. You can also roast vegetables and meats, bake muffins and quiche, reheat leftovers, and heat up frozen foods. It does the work of an oven, deep fryer, and microwave—all in one.

Here are a few tips for success:

• Use an olive or avocado oil spray. A little goes a long way—spray both sides of your food with a light spray of oil before putting in the basket.
• Don’t forget to flip. Since the heating element is usually at the top, flipping your food halfway is essential for evenly cooked and browned food on both sides.
• Don’t overcrowd the basket. Always cook food in a single layer. Overcrowding prevents the air from circulating around the food and keeps it from browning and turning crisp.

So, let’s answer the obvious question—is the air fryer “healthy”? When compared to deep frying, the air fryer is a healthier option. It’s important to remember though that the main benefit of air-frying is the lack of oil, so if you begin adding significant amounts of oil to air-fried foods, the benefits may not be quite as drastic. An air fryer is an excellent way to reduce fat and calories without sacrificing taste.

Check out https://www.skinnytaste.com/recipes/air-fryer/ for recipe inspiration with your air fryer.
Depression is a mood disorder that is largely thought to be suffered by women, but in fact, the rates of depression in men are rising and are much closer to that of women. Depression is still somewhat of a taboo subject for males to talk about in our society, therefore the discussion is never initiated, evaluated and/or diagnosed.

Not surprisingly men are less likely to bring up the way they are feeling, and friends and family members may not even notice the warning signs. Depression tends to present itself differently in men than it does in women. The “common” signs of depression (sadness, fatigue, loss of pleasure in activities, difficulty sleeping, sleeping too much) may not be seen at all in men. Symptoms such as anger, irritability, overeating, engaging in high-risk activities, and/or abuse of drugs and alcohol, could be red flags.

If you believe that you or someone that you know may be suffering from depression, making an appointment with a primary care physician and/or a mental health professional would be the first step to take. One of the easiest things you can do is to simply keep the lines of communication open. Isolation is a classic symptom of depression that can easily exacerbate other negative expressions of depression. Making sure that you are communicating to friends, family, or yourself that there are people that care and want to help goes a long way.

The amount of resources that are available for all forms of mental illness grows each year, so it is very important to spread the word to all the help is there.