



WEEK 4 – Mars vs Venus

No matter what gender or age group you belong to, taking care of your health should be a top priority. Because men and women are unique, they each have higher risks to certain health conditions. Read below to learn about some of the health conditions that are more common in each gender and some tips on how to prevent them

Health Risks for Women

Osteoporosis

68% more females than males develop osteoporosis. Follow the tips below to reduce your risk:

- Consume an adequate amount of calcium
 - 1,000 mg a day for women 50 and younger
 - 1,200 mg for women over 50
- Drink milk regularly
 - If you cannot have dairy products, make sure you're getting calcium from other sources, such as dark green leafy vegetables
- Engage in physical activity daily, especially weightbearing activities

Breast Cancer

In the United States, it is estimated that there will be over 266,120 new cases of breast cancer diagnosed this year. Take the following measures to decrease your risk:

- Be physically active
- Maintain a healthy weight
- Quit smoking
- Limit alcohol consumption
- Get a mammogram if you are over the age of 40. If you have a family history of breast cancer, talk with your physician about getting a mammogram sooner

Health Risks for Men

Unintentional Injuries

Unintentional injuries are more common in males than females. The most common causes of these injuries are motor vehicle crashes, poisonings, and falls. Here are some tips to avoid those injuries:

- Always wear seatbelts
- Keep firearms in lock
- Read and understand the labels on medicine and food
- Install safety devices at home, such as fire alarms and carbon monoxide detectors

Prostate Cancer

Around 200,000 men will develop prostate cancer this year in the United States (WebMD). Follow these tips to reduce your risk:

- Adopt a healthy life style by having a balanced diet and being physically active
- Consume a diet low in fat and try to consume more fat from plants than animals
- Add fish to your diet, which is a great source of omega-3s
- Limit the number of dairy products in your diet

Health Risks for both Men and Women

Heart disease is the leading cause of death in both women and men. About 610,000 people die of heart disease in the United States each year (CDC). Below are some tips for better heart health:

- Eat a variety of fruits and vegetables- eat the rainbow!
- If currently smoking, seek appropriate help to quit
- Aim for at least 30 minutes of exercise daily
- Keep cholesterol and blood pressure levels in check and be sure to monitor both regularly



Well-Being Walkabout Week 4

NEPAL

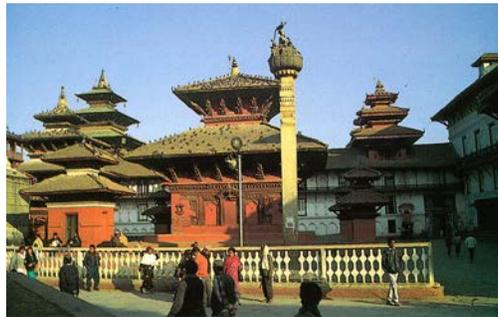
Swayambhunath

Is an ancient religious architecture atop a hill in the Kathmandu Valley, west of Kathmandu city. The Tibetan name for the site means 'Sublime Trees' for the many varieties of trees found on the hill. Swayambhunath occupies a central position, it is probably the most sacred among Buddhist pilgrimage sites. For Tibetans and followers of Tibetan Buddhism, it is second only to Boudha. The complex consists of a stupa, a variety of shrines and temples, some dating back to the Licchavi period. A Tibetan monastery, museum and library are more recent additions. The stupa has Buddha's eyes and eyebrows painted on wisely looking out over the peaceful valley. Between them, the number one (in Devanagari script) is painted in the fashion of a nose.



Hanuman Dhoka

Hanuman Dhoka is a complex of structures with the Royal Palace of the Malla kings and also of the Shah dynasty in the Durbar Square of central Kathmandu, Nepal. It is spread over five acres. The Hanuman Dhoka Palace (Hanuman Dhoka Darbar in Nepali) gets its name from the stone image of Hanuman, the Hindu deity, that sits near the main entryway. 'Dhoka' means door or gate in Nepali



Dharahara Tower

was the tallest building in Nepal and the second such tower built by Bhimsen Thapa. Dharahara is said to be built for Queen Lalit Tripura Sundari, who was the niece of Bhimsen Thapa. On January 15, 1934, an earthquake destroyed the tower, and only two of the 9 stories of the tower remained. The then Prime Minister of Nepal, Juddha Shumsher, subsequently carried out renovation work of the Dharahara tower to fully restore it. Dharahara was constructed for military use as a watchtower. When incidents of national importance occurred, bugles were blown from the top floor of the tower. This was the signal for soldiers to assemble. This tradition of bugle trumpeting continued until the collapse of the tower. On April 25, 2015, another earthquake, with an estimated magnitude of 7.8 (Mw), hit the region, leading to the collapse of the tower. In February 2016, the government decided to rebuild the tower, and Prime Minister Khadga Prasad Sharma Oli and his cabinet ministers contributed one month's salary to the rebuilding.

