

Seskéha/August 2021

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August is Summer Sun Safety Month

Skin cancer is the most common of all cancer types. More than 5 million skin cancers are diagnosed each year in the United States. That's more than all other cancers combined. Skin cancer rates have been on the rise over the past few decades. The good news is that you can do a lot to protect yourself and your family from skin cancer.

UV rays from the sun cause DNA damage, leading to skin cancer and aging:

- Dark patches
- Wrinkles
- Loose skin
- Premature aging
- Sunburns
- Eye problems

Use sunscreen - What to look for:

- Broad Spectrum – Protects against both UVA and UVB rays
- SPF 30...at least! SPF 30 blocks 97% of UVB rays
- Expiration Date – Sunscreen lasts two to three years, so check the date
- Lip balm with an SPF of at least 30

How to apply it

- Be generous! One ounce (about a palmful) should be used to cover the arms, legs, neck and face
- Don't forget your ears, hands, feet and under sides of your arms

Kids burn more easily. Babies younger than 6 months old should be kept out of direct sunlight.

We will be closed

Monday August 2nd

For Kahwá:tsire

Raonenhnísera

(Family Day)



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In 2019, the Let's Get Healthy Program had the pleasure of participating in an important Research Study with the University of Pittsburgh, the University of Colorado's Centers for American Indian and Alaska Native Health, and numerous Native Health partners. We were proud to be the first site to reach our target goal of 30 Mother/Daughter dyads recruited to participate in the project.

Niawen:kówa to our incredible participants, staff who worked on the project and our awesome partners! Check out the first newsletter below designed by the team of researchers.

Stopping Gestational Diabetes Mellitus (GDM) Newsletter



WHY IT MATTERS

- Gestational diabetes (diabetes during pregnancy) is the most common complication of pregnancy.
- Having gestational diabetes or GDM increases the mother's chances for getting diabetes after she has the baby.
- Having GDM also increases the chances for her baby to get diabetes later in life.
- American Indian women are more than twice as likely to get GDM than non-Native American white females.
- American Indian women are also more than twice as likely to get diabetes after having GDM than non-Native American white females.
- Lowering the chances for getting GDM in young Native girls can lower their risk for diabetes and for future generations.

Welcome to our first newsletter! We want to send a special thanks to all who participated in our study.

We would also like to thank our Community Partners:

Indian Health Care Resource Center of Tulsa, Tulsa, OK
Northern Navajo Medical Center, Shiprock, NM
Portland State University, Portland, OR
Saint Regis Mohawk Diabetes Center for Excellence,
Akwasasne, NY
University of Oklahoma Harold Hamm Diabetes Center,
Tulsa, OK

Facts about our Stopping GDM study

- The goal of our study was to help young American Indian and Alaska Native teen girls learn how to keep from getting diabetes that occurs during pregnancy. This type of diabetes is also called gestational diabetes (GDM).
- By Stopping GDM, girls can lower their own risk of

Stopping Gestational Diabetes Research Study



Helpful hints

Talking to your doctors and nurses before getting pregnant about how to plan a healthy pregnancy can help teen girls have a healthy pregnancy in the future. Talk with them about:

- Importance of having a healthy weight before getting pregnant
- Facts about GDM and pregnancy
- Risks of complications from GDM for you and your baby
- Facts about healthy lifestyle and decreasing your chances for getting GDM
- Developing a healthy lifestyle plan by eating healthy, sitting less, and being more active
- Importance of how to plan a pregnancy
- How to prevent an unplanned pregnancy
- Family planning advice
- Finding family members and friends who can give you support

diabetes in the future. They can also decrease the risk of their baby getting diabetes.

- **Stopping GDM is an education program on women's health and how to plan healthy pregnancies to prevent GDM.** Stopping GDM includes a video and an online book. These materials include information about gestational diabetes, its risk factors, and how it can be prevented.
- **The best way to prevent GDM is by having a healthy weight before getting pregnant.** A healthy weight lowers a woman's chances for getting GDM.
- Stopping GDM also includes a mother and daughter communication booklet. This booklet can help mothers talk to their daughters about sensitive topics. This includes topics like dating, starting to have periods, sex, and a healthy body weight.
- Stopping GDM teaches that healthy choices about eating and cutting back on sugary drinks can lower the risk for getting GDM.
- Stopping GDM teaches that being physically active and sitting less are also healthy choices.

We hope you will continue to make these changes for yourself and your family. We hope you will encourage everyone in your family and community to help make these changes.

If you see problems in your community that keep you from eating healthy, like no fresh fruits or vegetables in your local stores, then speak up! Get involved. Go to a community meeting and let other community members know this is not acceptable. Talk about what you and your community can do to change this.

For more information or to see the Stopping GDM video or eBook, please visit us at www.stoppinggdm.com



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Diabetes, Your Heart & Kidneys

With type 2 diabetes, your risks for developing heart disease and chronic kidney disease (CKD) are also elevated. Diabetes is linked to both and recent studies have shown that medications for diabetes can also improve outcomes for heart and kidney health.

The Connection Between Diabetes, Kidney Disease and Your Heart

You may not think of your kidneys and heart as a connected system, but they are. How? Well, your kidneys are powerful filters that remove toxins from your blood, which is moved through your body through blood vessels—a complex network of arteries, veins and capillaries—which is part of your cardiovascular system.

Type 2 diabetes can put a lot of stress on both your heart and your kidneys. To stay healthy, it's vital for you and your doctor to keep tabs on your risk for problems in both your heart and kidneys and to take care of problems you may have.

But this is good news—with the right care plan, you can manage diabetes, heart disease and kidney disease all at once. What's good for your heart is also good for your kidneys.

What are my Risks of Developing Kidney Disease?

When you manage your diabetes, you also manage your risk of heart disease and kidney disease. Remember, diabetes and cardiovascular and kidney risks are all connected to each other. Talk to your doctor about reducing your risk. Research shows that:

- Approximately one-third of people with diabetes may develop kidney disease, and diabetes is the leading cause of kidney failure
- Diabetes can damage blood vessels in your kidneys, which can eventually lead to CKD and, over time, kidney failure
- High blood pressure can worsen kidney damage and raise your risk for heart attack and stroke

The Right Plan, The Best Support

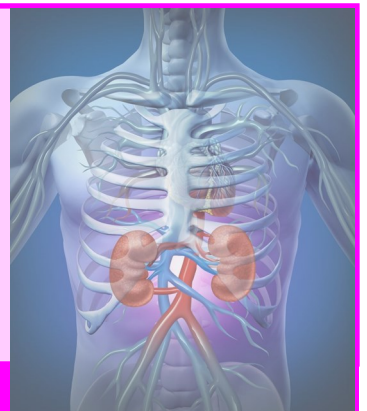
If you have diabetes, it's normal to feel overwhelmed at times. But when it comes to your health, remember that you're in the driver's seat. You're very capable of building a healthier life—and you can make changes today that can have a positive impact on your body and your future.

Kidneys

Each kidney contains many tiny filtering units (called nephrons).

Over time, diabetes can damage these filtering units.

Protein spills into the urine and the kidneys over time cannot filter blood the way they normally should. These events together can lead to kidney disease.



Try one of these to get started:

- At your next appointment, ask your doctor if your diabetes is affecting your kidney function
- Keep your blood sugar, cholesterol and blood pressure in target ranges
- Have a healthy, balanced eating plan
- Move more with daily exercise. The goal is 150 active minutes per week. This can be split up into 30 minutes of activity every day and doesn't need to be all at once. If 30 minutes is too much, try taking 10-minute walks three times a day to reach your goal
- Take your medications as prescribed. Talk to your doctor if you have side effects that impact you
- Get your specialists, (like the cardiologist and endocrinologist) on the same page
- Stay positive! Scientists are making exciting new discoveries every day that will help lead to a brighter future for those who have diabetes and/or heart disease

One of the most important things to keep in mind is that everyone's health journey is different. You may have some days where it feels like it's more difficult to manage or some days where it's easier. But your efforts do make a difference! Ultimately, what matters is making progress toward your goals.

Type 2 Diabetes, Your Kidneys and Heart: A Triangle of Risk (knowdiabetesbyheart.org)

Adults with diabetes are 2X more likely to have a heart attack or stroke than people without diabetes. If you have type 2 diabetes, learning about your risk is one of the best ways you can take care of yourself

Millions of people with diabetes are leading healthy lives. And you can too.

4 Questions to ask your Doctor about Diabetes and Your Heart



What changes can I make to take care of my heart?



What can I do before my next appointment?



How will I know if the changes I've made are making a difference?



What resources can help me learn more?



Zucchini Burrito Boats

Ingredients:

- 4 medium zucchini, cut in half lengthwise
- 1-15 ounce can black beans, drained and rinsed
- 1 C cooked brown rice or quinoa
- 1 C low sodium salsa
- 1 red bell pepper, seeds removed and diced
- 1/2 C red onion, diced
- 1/2 C organic frozen yellow corn, thawed
- 1 jalapeno pepper, seeds removed minced
- 1 C reduced fat cheddar cheese, shredded
- 1 TBSP olive oil
- 2 tsp cumin
- 1 tsp chili powder
- 1/2 C fresh cilantro, washed, patted dry and minced



Try This:

Use this filling to make stuffed bell peppers!

Directions:

Preheat oven to 350. Using a metal teaspoon, hollow out the center of each zucchini. Lightly brush the tops with olive oil then place them skin side down in a 9x13 casserole dish. Bake until zucchini turns bright green and is just beginning to soften, about 10 minutes.

Warm a tablespoon of olive oil in a large skillet over medium heat. Add the onion and the peppers and cook for 2-3 minutes. Add the rice/quinoa, corn, and beans along with the salsa, chili powder and cumin. Stir everything together and continue to cook for about 5 minutes then remove the skillet from the heat and set aside.

Stir in 1/4 cup of the cilantro to the filling. Spoon the filling inside each zucchini until they are all full. Sprinkle each one with cheese and arrange them in the dish. Bake in the oven for 15 minutes, until the cheese is bubbly and golden brown. Allow to cool for 5-10 minutes then top with fresh cilantro and serve. Store leftovers in an airtight container for up to 3 days.

Zucchini

Zucchini is incredibly versatile and can be eaten raw or cooked

Here are some other ways to incorporate it into your meals:

Add it raw to salads

Boil, then blend into soup

Try it breaded and cooked in an air fryer

Bake into bread, muffins, or cakes

Stuff with rice, lentils, or other veggies, then bake it

For a mild stir-fry, add olive oil and sauté it

Grill or saute with garlic and oil and serve as a side

Spiralize into spaghetti and use it to replace pasta

Avocado Alfredo with Zucchini Noodles

Ingredients:

2 avocados
4 C zucchini noodles
1/4 C grated Parmesan cheese
2TBSP minced garlic
2 TBSP fresh parsley
1 TBSP avocado oil
1/2 TBSP lemon juice
1/4 tsp black pepper & salt

Nutrition Facts

Calories: 180
Total Fat: 15g
Cholesterol: 0mg
Carbohydrates: 11g
Protein: 4g
Sodium: 190mg
Potassium: 640mg



Directions:

In a blender or food processor, puree the avocado flesh with 2 TBSP of the parmesan cheese, lemon juice, salt and pepper. Heat the oil in a large skillet or wok over medium heat. Add the garlic and sauté until fragrant, about 30 seconds. Add the zucchini noodles and sauté, stirring frequently, until crisp-tender, about 3 minutes. Remove the skillet from the heat, then add the avocado puree. Mix with tongs to coat the zucchini noodles and warm the avocado sauce. Serve immediately. Top each serving with the remaining cheese and parsley.

Traditional alfredo sauce is a decadent dish made with lots of cream and butter. This lighter version gets its creaminess from avocado, which is full of heart-healthy monounsaturated fatty acids (instead of saturated fat found in cream and butter). It also adds lots of fiber to a dish that typically has none. For a low carb meal, we toss the sauce with zucchini noodles instead of regular pasta. Try adding your favorite veggies!

Black Bean and Corn Salad

Ingredients:

2 (14.5 oz cans) Black beans, rinsed and drained
2 C frozen corn, thawed
1 red bell pepper, finely diced
1/2 C red onion, finely diced
1/2 C fresh cilantro, chopped
2 small limes, juiced
3 TBSP olive oil
1/2 tsp cumin
1/4 tsp garlic powder
1/4 tsp black pepper
1/4 tsp cayenne pepper (optional)

Nutrition Facts

Calories: 110
Total Fat: 4g
Cholesterol: 0mg
Carbohydrates: 16g
Protein: 4g
Sodium: 50mg
Potassium: 230mg



Directions:

In a medium bowl, combine beans, corn, red pepper, red onion and cilantro. In a small bowl, whisk together remaining ingredients and pour over bean salad. Toss to coat.

Announcements

The Fitness Room has reopened!

Due to COVID-19 safety measures, we have reduced participant capacity. We have also reduced the number of fitness classes. At this time, we cannot offer community classes

For the immediate future, priority is given to our program patients with diabetes

We have implemented additional protocols for utilizing the fitness room, including COVID-19 screenings

If we find our staff and participants are safe and the number of community COVID-19 cases decline, we can eventually add more time slots and/or increase the fitness room capacity and we hope to do that soon.

Niá:wen for your patience

Congratulations!!

To one of our previous interns, Clair Russell, who recently passed her Registered Dietitian Exam and began work as a Clinical Pediatric Dietitian with the University of Vermont!!

Best of luck Clair!

We know you'll do a great job!



**Working
Together Today
to Build a
Better Tomorrow**