

# \* News \*

## Heart Attack Warning Signs

Heart disease is the #1 killer of women in the U.S.  
It's important to learn the warning signs of a heart attack.  
Commonly, women brush off the symptoms as heart burn, the flu or normal aging.

### Symptoms:

- ♥ Uncomfortable pain, pressure, fullness in the chest that lasts for more than a few minutes or that comes and goes
- ♥ Pain or discomfort in one or both arms, the jaw, back, neck or stomach
- ♥ Shortness of breath, with or without chest discomfort
- ♥ Breaking out in a cold sweat, nausea, or lightheadedness

For more information check out: [www.heart.org](http://www.heart.org)  
American Heart Association

### Cancellations:

Wednesday February 5th– Move for Health class  
8:00 am - 12:00 pm & 3:00 - 4:00 pm  
Thursday February 6th– Move for Health class  
8:00 am - 12:00 pm (we will hold 3:00 pm class this day)

Guided Meditation is cancelled until further notice  
We appreciate your understanding

**OFFICE CLOSED**  
**February 17, 2019**  
**President's Day**  
Please pick up your  
testing supplies early!

**Sorry WE'RE**  
**CLOSED**

### American Heart Month Celebration

**Wear Red Day**  
**February 7th, 2020**  
**Diabetes Center for Excellence**



For a full list of events check out the  
flyer on the front page!

### Did You Know.....

Each day the average heart beats 100,000 times and pumps over 2,000 gallons of blood.  
Take care of your heart: eat healthy and exercise often

### Move for Health (MFH):

Nurse supervised exercise  
classes  
Must be enrolled in LGHP

**Monday-Thursday**  
8-9am, 9-10am, 10-11am,  
11am-12pm & 3-4 pm

**Community Classes:**  
No registration required

**Public Fitness**  
**Monday - Friday**  
5:00-8:00 am &  
12:00-1:00 pm  
**Friday**  
8:00 am-10:00 am

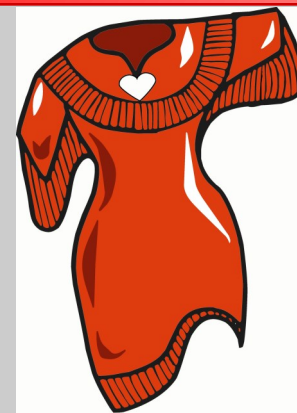
**Boot Camp**  
**Monday & Wednesday**  
4:30-5:15 pm

**Yoga \*NEW\***  
**Friday**  
10:00 am - 10:45 am

All exercises classes  
offered by the  
Let's Get Healthy Program  
are free to ages 18 and older

Please wear comfortable clothes,  
bring clean/dry sneakers and a  
water bottle

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



**Enniska/February**   
**2020**

**Tsitewatakari:tat/The Let's Get Healthy Program**  
**Diabetes Center For Excellence**  
**66 Margaret Terrance Memorial Way**  
**518-358-9667**

## American Heart Month Celebration

**Wear RED Day**  
**Friday February 7, 2020**

**Public Fitness: 5:00 am – 1:00 pm**

If you've never tried this community fitness class, but have been  
curious, now is your chance to check it out!

Attend anytime for your chance to win a prize!  
Wear Red to receive an additional ballot!

Heart healthy snacks will be served  
Learn about heart health and how to prevent cardiovascular disease

Also, stop in and see our Nurses at the following locations for our  
community screenings:

**Heart to Heart Fitness Center: 8:00 am – 10:00 am**

**Twinleaf Diner Akwesasne 11:00 am – 1:00 pm**

Have your blood pressure and blood sugar measured  
for a chance to win a prize!

### Did you know.....



Cigarette smoking is the #1 preventable cause of  
death in the U.S.?  
It is estimated that as many as 70,000 non-smokers die each  
year from heart disease, because they were exposed to  
secondhand smoke

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# Signs and Symptoms of a Heart Attack

Sweating. Pressure. Nausea. Jaw pain. Believe it or not, these are all symptoms of a heart attack in women. They are also symptoms that women often brush off as the flu, stress or simply feeling under the weather—which could put their lives in jeopardy.

“I really couldn’t believe this happened to me,” says survivor Amy Heinl. “I thought of myself as a healthy person, and was exercising when [my heart attack] happened.”

Whether it’s disbelief, lack of awareness or misdiagnosis, dismissing the symptoms of a heart attack can delay critical, life-saving actions. Being able to recognize the warning signs and act quickly, however, can save a life.

## Causes of a heart attack in women

Heart attacks occur when the flow of blood to the heart is blocked by a buildup of plaque in coronary arteries. While the initial causation can often be pinned on the usual suspects—heavy smokers, people with high-stress lifestyles, or those who are excessively overweight—the not-so-usual suspects can also be at high risk for heart attack.

Heart disease is the No. 1 killer of women, which is why it is imperative that women learn the warning signs and symptoms, see a doctor regularly, and learn their family history.

## Symptoms of a heart attack:

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath, with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

As with men, the most common heart attack symptom in women is chest pain or discomfort. But it’s important to note that women are more likely to experience the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

## What to do during a heart attack

If you experience any of these signs or symptoms:

- Do not wait to call for help. Dial 9-1-1, make sure to follow the operator’s instructions and get to a hospital right away.
- Do not drive yourself or have someone drive you to the hospital unless you have no other choice.

**Try to stay as calm as possible and take deep, slow breaths while you wait for the emergency responders.**

## Why it’s important to know the symptoms of a heart attack

Women who consider themselves healthy often misdiagnose the symptoms of a heart attack because they don’t think it could happen to them. That is why it’s crucial to learn about heart disease and stroke, know your numbers, live a heart-healthy lifestyle and be aware of the risk factors of heart disease

## Prevention of Heart Disease

Do you take care of your family? Goes without saying. Do you take care of your home? Of course. Do you take care of your heart? Probably not.

It may not be at the top of most women’s to-do lists, but caring for your heart through a healthy diet and regular physical activity is the secret weapon to preventing heart disease. While many may assume that popping a few pills that your healthcare provider prescribed is enough to quell symptoms or prevent a heart attack, the real preventative power lies with real changes to your lifestyle – which can reduce the risk for heart disease by as much as 80 percent. Read on to find out how.

## Good Nutrition Defense Against Heart Disease:

Heart disease claims the lives of more than 400,000 women each year – about one per minute. That’s about the same as the next three most common causes of death combined. The good news is that you have the power to dramatically reduce your risk, and a diet rich in a variety of vegetables and fruits, lean proteins, healthy fats and whole grains is your first defense against the onset of high cholesterol, high blood pressure and heart disease.

As you begin setting nutritional goals for yourself and your family, remember that starting with small but consistent changes can make a big difference in the long run. An adult consuming 2,000 calories daily should aim for:

- Fruits and vegetables: At least 4.5 cups a day
- Fish (preferably oily fish, like salmon): At least two 3.5-ounce servings a week
- Fiber-rich whole grains: At least three 1-ounce servings a day
- Nuts, legumes and seeds: At least 4 servings a week, opting for unsalted varieties whenever possible

Other dietary measures:

- Sodium: Less than 1,500 mg a day
- Sugar-sweetened beverages: Aim to consume no more than 450 calories a week
- Processed meats: No more than two servings a week
- Saturated fat: Should comprise no more than 7 percent of your total calorie intake

You may want to keep a food journal of everything you consume, including beverages and snacks. Seeing it written down is an easy way to identify high-sugar, high-fat calorie sources that you should reduce or cut out completely. Also, if you haven’t before, take the time to familiarize yourself with standard food nutrition labels. You may be surprised by hidden sodium, sugars and fats in the foods you considered healthy.

## Exercise to Prevent Heart Disease

Everywhere you turn, it seems like someone is preaching the importance of regular exercise. Your doctor, health-nut friend, and even first lady, Michelle Obama, all have good reason to.

In addition to the physical toll a lack of exercise takes on the body, a whopping 65 percent of all American adults today are obese or overweight, increasing their risk for heart disease. Meanwhile, the heart-healthy benefits of exercising for just 30 minutes a day are nearly endless. To name a few, exercise:

Improves blood circulation	Boosts energy levels
Keeps your weight under control	Helps manage stress
Helps you quit smoking	Helps you fall asleep faster and sleep more soundly
Improves cholesterol levels	Reduces coronary heart disease in women by 30-40 percent
Prevents and manages high blood pressure	Reduces risk of stroke by 20 percent in moderately active people
Prevents bone loss	Delays any chronic illness and disease associated with aging

While you may be eager to start a new exercise program or add a new activity to your existing routine, be sure to talk to your doctor first. Taking into account your medical history, age and other considerations, your doctor can help determine what activities are best for your current physical condition.

A walking program is the easiest way to begin exercising. It’s free, it has the lowest dropout rate of any type of exercise and studies show that for every hour of walking, life expectancy may increase by two hours. You could even grab a few girlfriends and start a walking club to help keep each other accountable and celebrate your health accomplishments together.

You could also join a free fitness class at the Diabetes Center for Excellence! See our fitness calendar for information.



### Did You Know.....

Every 45 seconds someone in the United States has a heart attack!  
If you notice something does not feel right CALL 9-1-1 immediately





# Common Myths About Heart Disease

“It’s a man’s disease.” “But I’m too young.” “Breast cancer is the real threat.” If you’ve heard or said any of this before, you’re not alone.

The real fact is, relying on these false assumptions can cost you your life. And for 19-year-old Regan Judd, it nearly did. “I kept thinking of my grandpa. But he was so much older than me that I just couldn’t grasp it.”



Who could blame her? The last thing a young, energetic college athlete has on her mind is contemplating open-heart surgery. But, a combination of family history and a heart murmur since birth meant a diagnosis of heart disease, despite her youth and active lifestyle.

It’s time to set the record straight and start thinking of this as a disease that doesn’t spare woman and children. Your health is non-negotiable; we need to separate fact from fiction so that together, we can stop this killer once and for all.

## Myth: Heart disease is for men, and cancer is the real threat for women

**Fact:** Heart disease is a killer that strikes more women than men, and is more deadly than all forms of cancer combined. While one in 31 American women dies from breast cancer each year, heart disease is the cause of 1 out of every 3 deaths. That’s roughly one death each minute.

## Myth: Heart disease is for old people

**Fact:** Heart disease affects women of all ages. For younger women, the combination of birth control pills and smoking boosts heart disease risks by 20 percent. And while the risks do increase with age, things like overeating and a sedentary lifestyle can cause plaque to accumulate and lead to clogged arteries later in life. But even if you lead a completely healthy lifestyle, being born with an underlying heart condition can be a risk factor.

## Myth: Heart disease doesn’t affect women who are fit

**Fact:** Even if you’re a yoga-loving, marathon-running workout fiend, your risk for heart disease isn’t completely eliminated. Factors like cholesterol, eating habits and smoking can counterbalance your other healthy habits. You can be thin and have high cholesterol. The American Heart Association recommends you start getting your cholesterol checked at age 20, or earlier, if your family has a history of heart disease. And while you’re at it, be sure to keep an eye on your blood pressure at your next check-up.

## Myth: I don’t have any symptoms

**Fact:** Sixty-four percent of women who die suddenly of coronary heart disease had no previous symptoms. Because these symptoms vary greatly between men and women, they’re often misunderstood. Media has conditioned us to believe that the telltale sign of a heart attack is extreme chest pain. But in reality, women are somewhat more likely to experience shortness of breath, nausea/vomiting and back or jaw pain. Other symptoms women should look out for are dizziness, feeling lightheaded or fainting, pain in the lower chest or upper abdomen and extreme fatigue.

## Myth: Heart disease runs in my family, so there’s nothing I can do about it

**Fact:** Although women with a family history of heart disease are at higher risk, there’s plenty you can do to dramatically reduce it. Simply create an action plan to keep your heart healthy.

Because of healthy choices and knowing the signs, more than 670,000 of women have been saved from heart disease, and 300 fewer are dying per day. What’s stopping you from taking action?

## 4 Ways to Take Control of Your Heart Health

February is American Heart Health month. You’re in the driver’s seat when it comes to your heart. Learn how to be heart healthy at any age.

**Don’t Smoke** - Smoking is the leading cause of preventable death in the United States. If you don’t smoke, don’t start. If you do smoke, find a way to learn how to quit.

**Manage conditions** - Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed.

**Make heart-healthy eating changes** - Eat food low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options.

**Stay active** - Get moving for at least 150 minutes per week. You can even break up 30 minutes into 10 minute blocks.

## Benefits of Exercise

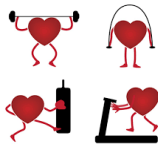
Understanding just how physical activity benefits your heart can be strong motivation to get moving. Here are some benefits:

- ♥ **Exercise lowers blood pressure**
- ♥ **Weight loss is key to weight control**
- ♥ **Exercise strengthens muscles**
- ♥ **Exercise can help you quit smoking**
- ♥ **Exercise can stop or slow the development of diabetes**

Being overweight puts stress on the heart and is a risk factor for heart disease and stroke. Being physically active is an essential component for losing weight and even more important for keeping it off.

- ♥ **Exercise lowers stress**
- ♥ **Exercise reduces inflammation**

Regular exercise reduces chronic inflammation. This is an important factor for reducing the adverse effects of many diseases.



## Exercise and Heart Health

**National Wear Red Day is when many people wear red to show their support for the awareness of heart disease**

**What is a regular exercise program?** Thirty minutes of aerobic exercise on most days of the week and at least 2 days of resistance (strength) training

**Aerobic exercise:** Movement of all major muscle groups simultaneously. This brings oxygen to muscle cells.

**Resistance Training:** Repeated movement of a muscle using weights or another form of resistance.

Benefits of exercising regularly include reduced blood pressure levels, better control of cholesterol and better control of blood sugar levels, which is helpful in avoiding or managing diabetes. This is especially true of aerobic exercise. In addition, people who exercise usually experience a decrease in body weight and body fat. All these add up to a reduced risk of heart attack and death.

**Note:** The frequency and intensity at which you should exercise will vary with your age and general health. *Anyone planning to start a regular exercise program should see a doctor first.*



# Heart Healthy Recipes



## Turkey Sliders with Avocado, Mushrooms and Swiss Cheese

### Ingredients

- 8 Whole grain slider buns (lowest sodium available)
- 1 1/4 lbs. ground, skinless turkey breast
- 1 cup sliced mushrooms
- 4 slices of low fat Swiss cheese (cut in half)
- Small avocado (mashed with fork)
- 1 medium tomato, cut into 8 slices



### Instructions

Preheat oven to 450. Place bottom of buns, cut side up on baking sheet. Heat a large nonstick skillet over med-high heat. Using a spoon, shape the turkey into 8 patties, each about 3 inch in diameter. Cook patties for 2-3 minutes. Turn over patties. Cook for 2-3 minutes, or until patties are no longer pink in the center and register 165 degrees on meat thermometer. Transfer patties to the bottoms of buns on baking sheet.

In the same skillet, cook mushrooms over medium heat until soft. Stirring frequently. Spoon mushrooms onto each patty. Top with Swiss cheese

Place the baking sheet on the middle rack of the oven. Bake the sliders for 1-2 minutes, or until Swiss cheese is melted. Remove from oven. Spread avocado over the top of Swiss cheese. Top with the tomato slices and place the tops of the buns on top of sliders. Serve immediately.

## Zippy Southwest Chicken Fajita Salad

### Ingredients

#### Pico de Gallo

- 2 tomatoes, chopped
- 1/2 small onion, chopped
- 1 chopped jalapeno
- 1/4 cup chopped cilantro
- 2 tsp lime juice

### Salad

- 2 1/2 cups chopped cooked chicken
- 16 oz packaged, frozen bell pepper and onion stir fry (thawed)
- 15.5 oz canned, no salt added, (or low sodium) black beans, drained and rinsed
- 3/4 tsp salt free chili powder
- 1 chopped head of lettuce (romaine, green leaf, or red leaf)
- 2 whole wheat tortillas (halved)



### Instructions

#### Pico de Gallo

In a small bowl, add tomatoes, onion, jalapeno, cilantro and lime juice and combine.

### Salad

In a heatproof bowl, add chicken, vegetables, beans and chili powder. Stir and heat in microwave until warm. Pile lettuce onto plates. Top with chicken mixture and Pico de Gallo. Serve with tortilla halves, if desired.

Cut back on salt not flavor!

Use fresh or dried herbs to add flavor to your meals

## Spaghetti Squash Spaghetti

### Ingredients

- 1 Spaghetti Squash
- 1 tsp extra virgin olive oil
- 1 clove fresh garlic, minced
- 1 small onion, chopped
- 1 cup tomatoes, diced
- 16 oz can, no-salt added tomato sauce
- 8 oz can, no-salt added, diced tomatoes
- 1/2 cup fresh mozzarella, cut into bite size pieces
- 1/4 cup coarsely chopped fresh basil
- 1/4 tsp dried Italian herb
- 1/8 tsp crushed red pepper flakes
- 1 tsp dried basil



### Instructions

Preheat oven to 350. Cut spaghetti squash in half. On a baking sheet coated with cooking spray, place halves face down and bake for 1 hour or until tender. Heat oil in medium sauce pan over medium heat. Add garlic and onion, cook until soft, about 5-7 minutes. Add diced tomatoes, Italian herbs and red pepper flakes. Cook until liquid is evaporated, about 2-3 minutes. Add tomato sauce and reduce heat to low– medium and simmer for 10 minutes.

Let squash sit at room temperature until just cool enough to handle. Take a fork and scrape flesh from outside working in, creating “spaghetti noodles”. Add squash noodles to sauce and remove from heat. Toss with mozzarella pieces and fresh basil, and serve.

### Where is it?

Salt is often found hiding in our food:

- Dip mixes
- Gravy mixes
- Frozen meals
- Prepackaged Sides:
- Mac and Cheese
- Rice sides
- Pasta sides
- Processed Meats:
- Pepperoni
- Ham
- Bologna
- Hot dogs
- Spam
- Sauces:
- Spaghetti sauce
- Soy sauce

### I know that too much sodium hurts my health. What can I do to cut back?

At the store/while shopping for food:

- Choose packaged and prepared foods carefully.** Compare labels and choose the product with the lowest amount of sodium (per serving) you can find in your store. You might be surprised that different brands of the same food can have different sodium levels.
- Pick fresh and frozen poultry that hasn’t been injected with a sodium solution.** Check the fine print on the packaging for terms like “broth,” “saline” or “sodium solution.” Sodium levels in unseasoned fresh meats are around 100 milligrams (mg) or less per 4-ounce serving.
- Select condiments with care.** For example, soy sauce, bottled salad dressings, dips, ketchup, jarred salsas, capers, mustard, pickles, olives and relish can be sky-high in sodium. Look for a reduced or lower-sodium version.
- Opt for canned vegetables labeled “no salt added” and frozen vegetables without salty sauces.** When they’re added to a casserole, soup or other mixed dish, there are so many other ingredients involved that you won’t miss the salt.
- Look for products with** the American Heart Association’s Heart-Check mark to find foods that can be part of an overall healthy dietary pattern