

Enníska /February 2023

Tsitewatakari:tat—Let's Get Healthy Program
Diabetes Center for Excellence
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February is American Heart Month

American Heart Month is observed to raise awareness on the importance of a healthy heart and to encourage healthy habits that help reduce the risk of heart disease. Every year more than 600,000 Americans die from heart disease. The number one cause of death, heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use.

National Wear Red Day is Friday February 3rd

National Wear Red Day® is the icon day of American Heart Month. On Feb. 3, join us as we wear red and help raise awareness of women's No. 1 killer – cardiovascular disease.

We are closed
Monday Feb. 20th
In observance of
Presidents' Day



Inside this Issue

Heart Attack	2
Heart Health	3
Heart Disease Facts	4
Fitness	5
Food Storage Tips	6
Recipes	7
Announcements	8

Heart Attack

Causes of a Heart Attack

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

Heart attack symptoms can differ for men and women, but the most common symptom for both is chest pain. Women might also have non-chest pain symptoms and less obvious warning signs. Women who think they're healthy often misread the symptoms of a heart attack because they don't think it could happen to them. It's crucial to learn about the symptoms of a heart attack, know your numbers, and live heart-healthy.

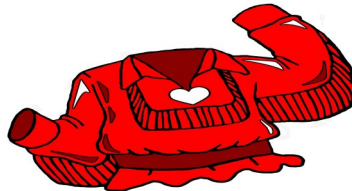
Symptoms in Women

- Chest pain, but not always
- Pain or pressure in the lower chest or upper abdomen
- Jaw, neck or upper back pain
- Nausea or vomiting
- Shortness of breath
- Fainting
- Indigestion
- Extreme fatigue



Symptoms in Men

- Squeezing chest pressure or pain
- Jaw, neck or back pain
- Nausea or vomiting
- Shortness of breath



Can a Heart Attack Feel Like the Flu?

Even though heart disease is the No. 1 killer of women in the United States, women often chalk up the symptoms to less life-threatening conditions like acid reflux, the flu or normal aging. Many women are shocked that they could be having a heart attack

What To Do During a Heart Attack? If you experience any of these signs or symptoms:

- Dial 911 immediately, don't ignore your pain or discomfort. Every minute matters when it comes to getting treatment for heart attacks
- Never delay calling 9-1-1 to take aspirin or do anything else you think might help
- Don't drive yourself to the hospital. The ambulance is the best and safest way to get there. Emergency medical services workers will start lifesaving treatments right away

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

Heart Health

Heart disease is a leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy. Heart-healthy living involves understanding your risk, making choices, and taking steps to reduce your chances of getting heart disease.

Understand your Risk - The first step toward heart health is understanding your risk of heart disease and what you can do to lower them. Your risk depends on many factors, some of which are changeable.

Your risk of heart disease is higher if you:

- *Have high blood pressure
- *Are overweight or obese
- *Do not get regular physical activity
- *Are age 55 or older for women or age 45 or older for men
- *Have a family history of early heart disease (your father or brother was diagnosed before age 55, or your mother or sister was diagnosed before age 65)
- *Have a history of preeclampsia (a sudden rise in blood pressure and too much protein in the urine during pregnancy)
- *Have high blood cholesterol
- *Have prediabetes or diabetes
- *Have unhealthy eating behaviors
- *Smoke

Get your Blood Pressure and Cholesterol Checked - Two of the major risk factors for heart disease are high blood pressure and high blood cholesterol. If either of these numbers is high, work with your doctor to get it to a healthy range.

Blood pressure is the force of blood pushing against the walls of your arteries as your heart pumps blood. If this pressure rises and stays high over time, it can damage your heart and your blood vessels and lead to plaque buildup. Your blood pressure is considered high when you have consistent systolic readings of 140 mm Hg or higher or diastolic readings of 90 mm Hg or higher.

High blood cholesterol is a condition in which your blood has unhealthy levels of cholesterol—a waxy, fat-like substance. A blood test can determine your cholesterol numbers, including total cholesterol, LDL “bad” cholesterol and HDL “good” cholesterol, and triglycerides.

Ways to Reduce your Risk of Heart Disease

Choose Heart-Healthy Foods - Your doctor may recommend the heart-healthy Dietary Approaches to Stop Hypertension (DASH) eating plan because it has been proven to lower high blood pressure and LDL cholesterol in the blood.

Manage Stress - Learning how to manage stress and cope with problems can improve your mental and physical health. Practice daily stress reducing activity.

Get Regular Physical Activity - Talk with your doctor before you start a new exercise plan. The U.S. Department of Health and Human Services’ Physical Activity Guidelines for Americans recommends that each week, adults get at least:

- 2 hours & 30 minutes of moderate-intensity aerobic activity (for example, 30 minutes 5 days a week), or
- 1 hour & 15 minutes of vigorous-intensity aerobic activity (for example, 25 minutes 3 days a week), or
- A combination of both moderate and vigorous intensity activity

Quit Smoking - If you smoke, quit. Smoking can raise your risk of heart disease and heart attack and worsen other heart disease risk factors.

Get Enough Good - Quality Sleep - Sleep plays a vital role in good health and well-being. During sleep, your body is working to support healthy brain function and maintain your physical health. Sleep helps heal and repair your heart and blood vessels. It also helps maintain a healthy balance of the hormones that make you feel hungry or full, and support a healthy immune system.

Facts—Women & Heart Disease

Fact: Cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year. It's a third of our mothers, sisters, friends, neighbors, and coworkers

Fact: Cardiovascular disease impacts some women at higher rates than others, but the simple truth is that most cardiovascular diseases can still be prevented with education and healthy lifestyle changes.

Fact: Heart disease and stroke can affect a woman at any age, making it vital for all women to understand their personal risk factors and family history. Women can also experience unique life events that can impact their risk, including pregnancy and menopause. Furthermore, research shows that stress may impact health, making it important for women to understand the mind-body connection and how to focus on improving both their physical health and mental well-being.

Fact: Losing even one woman to cardiovascular disease is too many.

Here are 10 other facts you need to know about women and cardiovascular disease:

- Cardiovascular disease kills more women than all forms of cancer combined and yet only 44% of women recognize that cardiovascular disease is their greatest health threat
- Among females 20 years and older, nearly 45% are living with some form of cardiovascular disease and less than 50% of women entering pregnancy in the United States have good heart health
- Cardiovascular disease is the No. 1 killer of new moms and accounts for over one-third of maternal deaths.
- Overall, 10% to 20% of women will have a health issue during pregnancy. High blood pressure, preeclampsia and gestational diabetes during pregnancy greatly increase a woman's risk for developing cardiovascular disease later in life
- Going through menopause does not cause cardiovascular disease, but the approach of menopause marks a point in midlife when women's cardiovascular risk factors can accelerate, making increased focus on health during this pivotal life stage crucial
- Most cardiac and stroke events can be prevented through education and lifestyle changes, such as moving more, eating smart and managing blood pressure
- 51.9% of high blood pressure deaths, otherwise known as hypertension or the "silent killer," are in women
- While there are an estimated 4.1 million female stroke survivors living today, approximately 57.5% of total stroke deaths are in women
- Women are often less likely to receive bystander CPR because rescuers often fear accusations of inappropriate touching, sexual assault or injuring the victim
- Women continue to be underrepresented in Science, Technology, Engineering and Math (STEM) fields, as well as in research. In fact, women occupy nearly half of all U.S. jobs (48%), but only 27% of jobs in STEM fields. Furthermore, only 38% of participants in clinical cardiovascular trials are women

[Www.goredforwomen.org](http://www.goredforwomen.org)



Fitness

National Wear Red Day is Friday February 3, 2023

Wear RED to raise awareness about cardiovascular disease and help save lives

Join us for a blood pressure & blood glucose screening at Ionkwakiohkwaróron

11:00 am to 1:00 pm. Wear RED for a chance to win a prize

Attend the fitness room anytime from 7:00 am to 1:00 pm, try the featured heart cardio workout of the day or wear RED for your chance to win a prize!

Congrats to the 67 participants who completed January's Health & Wellness Challenge!


Remember to keep up those healthy habits!

February Heart Health Fitness Challenge

***During the month of February we will track participant cardio with
an overall goal of 500 miles***

**LET'S GET HEALTHY PROGRAM
FITNESS CLASS SCHEDULE**

Day	Class	Time
MONDAY	SCULPT AND BURN	4:15-5:00pm
TUESDAY	LUNCH CRUNCH	12:15-12:45pm
WEDNESDAY	SCULPT AND BURN	4:15-5:00pm
THURSDAY	LUNCH CRUNCH	12:15-12:45pm

 All fitness levels welcome **FREE** to attend
Located at the Diabetes Center for Excellence
(518) 358-9667

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Produce Storage

Keep Fruits & Vegetables Fresher Longer

It happens to all of us – you buy fresh produce and stick it in the refrigerator only to find it a few weeks later looking shriveled and rotten. To avoid throwing it out, it’s important to know where to store fruits and vegetables and also which foods to keep separate from each other. Some fruits give off ethylene gas, which can make other produce ripen and rot faster. These storage tips will help keep your fruit and vegetable purchases fresher longer so you get your money’s worth. Refrigerate all produce that is purchased pre-cut or peeled.

FRUIT *Prunella domestica* L. (Rosaceae) **FRUIT** *Prunella domestica* L. (Rosaceae)

- **Apples** - Apples are ethylene gas producers so store away from other produce. They can be stored on the counter for up to a week or in the fridge for more than a week
- **Avocados** – Ripen on the counter then store in the refrigerator
- **Bananas** – Let them ripen on the counter or a banana hanger
- **Berries** – Blueberries, blackberries, strawberries and raspberries are delicate and should not be washed until ready to eat. Keep in refrigerator in dry, covered containers
- **Cherries & Grapes** – Store in refrigerator, unwashed, in their packaged plastic containers or plastic bags until ready to wash and eat
- **Citrus fruit** – Extend the shelf life of clementines, grapefruit, lemons, limes and oranges by storing them in the crisper drawer or in a mesh bag in the refrigerator
- **Melons** - Store cantaloupe and honeydew loose in the refrigerator, even before they're cut. Watermelon can be kept in a dark, dry place away from other produce. Keep cut melon in the fridge
- **Stone fruit** – Keep nectarines, peaches and plums in a paper bag on the counter until they are ripe then move to the refrigerator where they'll last a few more days
- **Tomatoes** – Always store at room temperature as the refrigerator will make them rot quickly. Keep loose in a bowl away from sun or heat (like the stove)

- **Broccoli & Cauliflower** – Broccoli and cauliflower are best kept in separate refrigerator drawers away from other produce
 - **Celery & Green Beans** – Store in the refrigerator
 - **Corn** – Store in the refrigerator inside their husks
 - **Cucumbers, Eggplants & Peppers** – Store at room temperature. Can be kept in the refrigerator for 1 to 3 days if they are used soon after removal from the refrigerator
 - **Leafy green vegetables** – Greens like lettuce, collards, chard, kale, and spinach should be stored in the refrigerator
 - **Onion family** – Store garlic and onions in a cool, dark and dry space but separate from other foods because of their strong odors
 - **Mushrooms** – Keep unwashed in the refrigerator. Moisture makes them slimy
 - **Root vegetables** – Store carrots, beets, and radishes in the refrigerator
Store potatoes, sweet potatoes and winter squashes in a cool, dark and dry place like a pantry or cellar
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- A top-down photograph of various fresh vegetables arranged on a white wooden surface. The assortment includes several red tomatoes (some whole, some sliced), a bunch of red grapes, a red bell pepper, a yellow bell pepper, a purple onion (sliced), a red onion, several red and yellow cherry tomatoes, a bunch of small red berries, three russet potatoes, a few small green beans, and some scattered nuts or seeds. The vegetables are vibrant and appear to be in peak freshness.



Recipes

Quinoa Stuffed Bell Peppers

Ingredients:

- 3 C cooked quinoa
- 1 (14 oz.) can green chiles
- 1 C corn kernels
- 1/2 C canned black beans, drained and rinsed
- 1/2 C petite diced tomatoes
- 1/2 C shredded pepper jack cheese
- 1/4 C crumbled feta cheese
- 3 TBSP chopped fresh cilantro leaves
- 1 tsp cumin
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp chili powder, or more to taste
- Kosher salt and freshly ground black pepper, to taste
- 6 bell peppers, tops cut, stemmed and seeded



Nutrition Facts

Calories: 253
Total Fat: 6 g
Carbohydrates: 40 g
Protein: 9 g
Sodium: 389 mg

Directions:

Preheat oven to 350 degrees F. Line a 9×13 baking dish with parchment paper. In a large bowl, combine quinoa, green chiles, corn, beans, tomatoes, cheeses, cilantro, cumin, garlic, onion and chili powder, salt and pepper. Spoon the filling into each bell pepper cavity. Place on prepared baking dish, cavity side up, and bake until the peppers are tender and the filling is heated through, about 25-30 minutes. Serve immediately.

Crock Pot Veggie Soup

Ingredients:

- 2 cans no salt added diced tomatoes (14 oz. w/juice)
- 6 C low sodium vegetable broth
- 1 large red bell pepper, seeded and diced
- 1 large sweet potato, peeled & diced
- 1 medium parsnip, diced
- 2 large carrots, diced
- 2 stalks celery, diced
- 1 large onion, diced
- 3 C cabbage, chopped
- 4 cloves garlic, minced
- 1/4 tsp black pepper
- Optional: 1/2 tsp salt



Nutrition Facts

Calories: 135
Total Fat: 0.5 g
Carbohydrates: 30 g
Protein: 4 g
Sodium: 250 mg

Directions:

Stir together all the ingredients in a crock pot. Set the crock pot on high setting for 4-6 hours. Stir well before serving and lightly mash the parsnips and sweet potatoes to thicken the soup slightly.

Fitness Room

The fitness room is open

Monday - Thursday: 7:00 am to 5:00 pm

& Friday: 7:00 am to 1:00 pm

You do not need any prior appointments or clearance, you will complete a questionnaire and be assessed at your first visit. This is an “open gym” concept. Use any cardio or strength machines, and fitness equipment at your own pace. Our Health Promotion Specialists are available to assist and for any questions.

- Please use the parking lot and entrance to the fitness room located at the back of the Diabetes Center
- COVID-19 safety guidelines are in place; please wear your mask at all times, stay 6 feet apart, and if you don't feel well, please wait until your symptoms subside
- Remember to bring clean, dry shoes and a refillable water bottle
- ***Our showers are now open***

Specialized Fitness Classes:

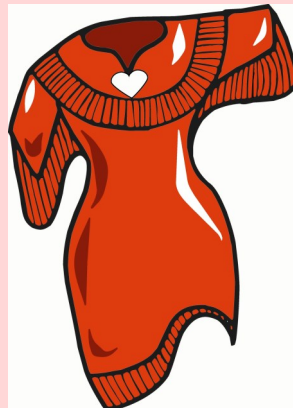
SCULPT & BURN: Monday and Wednesday, 4:15 - 5:00 p.m. Sweat your way through an aerobic workout that gets your heart pumping and body moving to increase your cardiovascular fitness and burn calories and body fat. All fitness levels welcome.

LUNCH CRUNCH: Tuesday and Thursday, 12:15 - 12:45 p.m. A half hour session to burn fat and increase strength. Each class will vary and you will leave feeling energized and refreshed. All fitness levels welcome.

Should you have any questions, or if you would like to schedule your 1st visit, you may call Megan Bushey at (518) 358-9667 or email Aaron Jock, Health Promotion Specialist: Aaron.jock@srmt-nsn.gov

***Cardiovascular disease is the
No. 1 killer of women
causing 1 in 3 deaths each year***

***Most cardiovascular diseases can
be prevented with education
and healthy lifestyle changes***



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