

Enníska/February 2024

Tsitewatakari:tat—Let's Get Healthy Program
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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 deaths for most groups, 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 2nd

National Wear Red Day® is the icon day of American Heart Month. On Feb. 2, join us as we wear red and help raise awareness of the No. 1 killer of women – cardiovascular disease.

Akwesasne Winter Carnival 2024 The Let's Get Healthy Program Activities

Friday February 16th:

Elder Fitness Class: 9:00 - 9:30 am

Increase strength, improve cardiovascular health, improve balance
At the Diabetes Center for Excellence

Family FUN Snow Games: 3:00 - 5:00 pm

Tic Tac Toe, Snowball Toss, Ice Bowling, Snow Darts
At Generations Park Pavilion



We are closed

**Monday
February 19th**

**in Observance of
Indigenous Peoples
Resiliency
Recognition Day**



Inside this Issue

CVD	2
Heart Disease Prevention	3,4
Fitness	5
Recipes	6,7
Announcements	8

Cardiovascular Disease

What is Cardiovascular Disease?

Cardiovascular disease is a group of diseases affecting your heart and blood vessels. These diseases can affect one or many parts of your heart and/or blood vessels. A person may be symptomatic (physically experiencing the disease) or asymptomatic (not feeling anything at all).

Cardiovascular disease includes heart or blood vessel issues, including:

- Narrowing of the blood vessels in your heart, other organs or throughout your body
- Heart and blood vessel problems present at birth
- Heart valves that aren't working right
- Irregular heart rhythms



Cardiovascular disease can refer to a number of conditions:

Heart Disease: Heart and blood vessel disease, also called heart disease, includes numerous problems, many of which are related to atherosclerosis.

Atherosclerosis is a condition that develops when a substance called plaque builds up in the walls of the arteries. This buildup narrows the arteries, making it harder for blood to flow through. If a blood clot forms, it can block the blood flow. This can cause a heart attack or stroke

Heart Attack: A heart attack occurs when the blood flow to a part of the heart is blocked by a blood clot. If this clot cuts off the blood flow completely, the part of the heart muscle supplied by that artery begins to die.

Stroke: An ischemic stroke, which is the most common type of stroke, occurs when a blood vessel that feeds the brain gets blocked, usually from a blood clot. When the blood supply to a part of the brain is cut off, some brain cells will begin to die. This can result in the loss of functions controlled by that part of the brain, such as walking or talking.

A hemorrhagic stroke occurs when a blood vessel within the brain bursts. This is most often caused by uncontrolled high blood pressure.

Heart Failure: Heart failure, sometimes called congestive heart failure, means the heart isn't pumping blood as well as it should. Heart failure does not mean that the heart stops beating — that's a common misconception. Instead, the heart keeps working, but the body's need for blood and oxygen isn't being met.

Arrhythmia: Arrhythmia refers to an abnormal heart rhythm. There are various types of arrhythmias. The heart can beat too slow, too fast or irregularly.

Bradycardia, or a heart rate that's too slow, is when the heart rate is less than 60 beats per minute. Tachycardia, or a heart rate that's too fast, refers to a heart rate of more than 100 beats per minute.

An arrhythmia can affect how well your heart works. With an irregular heartbeat, your heart may not be able to pump enough blood to meet your body's needs.

Heart Valve Problems: When heart valves don't open enough to allow the blood to flow through as it should, a condition called stenosis results. When the heart valves don't close properly and thus allow blood to leak through, it's called regurgitation. If the valve leaflets bulge or prolapse back into the upper chamber, it's a condition called prolapse.

Heart Disease Prevention

Heart disease is a leading cause of death in the United States for both men and women. Two of the major risk factors for heart disease are high blood pressure and high blood cholesterol. You can help prevent heart disease by following a heart-healthy lifestyle. You can't change some risk factors for it, such as family history, sex at birth or age. But you can take plenty of other steps to lower your risk of heart disease. Here are some strategies to get started:

Don't smoke or use tobacco

One of the best things you can do for your heart is to stop smoking or using smokeless tobacco. Even if you're not a smoker, be sure to stay away from secondhand smoke. The risk of heart disease starts to drop in as little as a day after quitting. After a year without cigarettes, the risk of heart disease drops to about half that of a smoker. No matter how long or how much you smoked, you'll start reaping rewards as soon as you quit.

Get moving: Aim for at least 30 to 60 minutes of activity daily

Regular, daily physical activity can lower the risk of heart disease. Physical activity helps control your weight. It also lowers the chances of getting other conditions that may put a strain on the heart. These include high blood pressure, high cholesterol and type 2 diabetes.

If you haven't been active for a while, you may need to slowly work your way up to these goals. But in general, you should aim for at least:

- 150 minutes a week of moderate aerobic exercise, such as walking at a brisk pace
- 75 minutes a week of vigorous aerobic activity, such as running
- Two or more strength training sessions a week

Even shorter bouts of activity offer heart benefits. If you can't meet those guidelines, don't give up. Just five minutes of moving can help. Activities such as gardening, housekeeping, taking the stairs and walking the dog all count toward your total. You don't have to exercise hard to benefit.

Eat a heart-healthy diet

A healthy diet can help protect the heart, improve blood pressure and cholesterol, and lower the risk of type 2 diabetes. A heart-healthy eating plan includes:

Vegetables & Fruits	Beans or other legumes	Lean meats and fish
Low-fat or fat-free dairy	Whole grains	Healthy fats - olive oil, avocado

Take in less of the following:

- Salt or high-sodium meals
- Sugar or sweetened beverages
- Highly refined carbohydrates
- Alcohol
- Highly processed food, such as processed meats
- Saturated fat, which is found in red meat, full-fat dairy products, palm oil and coconut oil
- Trans fat, which is found in some fried fast food, chips and baked goods



Two examples of heart-healthy food plans include the Dietary Approaches to Stop Hypertension (DASH) eating plan and the Mediterranean diet.

Continued on page 4

Heart Disease Prevention cont.

Get regular health screening tests

Ask your Medical Provider to check your blood pressure, cholesterol and to screen for type 2 Diabetes. High blood pressure and high cholesterol can damage the heart and blood vessels. But if you don't get checked for these conditions, you likely won't know whether you have them. Regular screening tests can tell you what your numbers are and whether you need to take action.

Maintain a healthy weight

Being overweight (especially around the middle of the body) raises the risk of heart disease. Extra weight can lead to conditions that raise the chances of getting heart disease.

Waist circumference can be a useful tool to measure how much belly fat you have. The risk of heart disease is higher if the waist measurement is greater than 40 inches for men and 35 inches for women.

Reducing weight by just 3% to 5% can help lower certain fats in the blood called triglycerides. It can lower blood sugar, and reduce the risk of type 2 diabetes. Losing even more helps lower blood pressure and blood cholesterol levels.

Get quality sleep

People who don't get enough sleep have a higher risk of obesity, high blood pressure, heart attack, diabetes and depression. Most adults need at least seven hours of sleep each night. Children usually need more. Set a sleep schedule and stick to it. Go to bed and wake up at the same time each day. Keep your bedroom dark and quiet too, so it's easier to sleep.

Talk to a member of your health care team if you feel like you get enough sleep but you're still tired throughout the day. You may need to be evaluated for obstructive sleep apnea. It's a condition that can raise your risk of heart disease. Symptoms of obstructive sleep apnea include loud snoring, stopping breathing for short times during sleep and waking up gasping for air.

Manage Stress

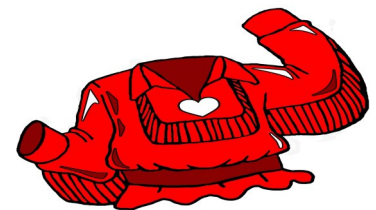
Ongoing stress can play a role in higher blood pressure and other risk factors for heart disease. You can boost your health by finding ways to manage stress. Healthy tactics include physical activity, relaxation exercises, mindfulness, yoga and meditation.

If stress becomes overwhelming, get a health care checkup. Ongoing stress may be linked with mental health conditions such as anxiety and depression. If you think you might have depression or anxiety, it's important to get treatment.

Take steps to prevent infections

Certain infections may lead to heart problems. For instance, gum disease may be a risk factor for heart and blood vessel diseases. Make sure to brush and floss daily and get regular dental checkups. Other illnesses caused by infections can make existing heart problems worse. Vaccines help protect against infectious diseases. Stay up to date on the following shots:

- Yearly flu vaccine
- COVID-19 vaccine, which lowers the chances of getting very sick
- Tdap vaccine, which protects against tetanus, diphtheria and pertussis
- Pneumococcal vaccine, which reduces the risk of certain illnesses caused by bacteria



Ask your health care professional if you need any other vaccines.

Fitness

National Wear Red Day® is Friday February 2nd

Join us in celebrating American Heart Month

Elder Fitness Class: 9:00 - 9:30 am

A low-impact class with a variety of exercises designed to increase muscular strength, range of movement, balance and activities for daily living

Informal Q&A with our Registered Dietitian, Camilla Henry: 11:30 am - 12:30 pm

Blood pressure & blood glucose screening: 7:00 am - 2:00 pm

Receive a prize ballot for participating in any of the events & Wear **RED** for an additional entry

February Heart Health Fitness Challenge

During the month of February we will track participant cardio with an overall goal of 800 miles

We had 120 entries for our Rollin' in the New Year Challenge!

How Does Cardio Exercise Affect your Heart Health?

Cardiovascular (heart) disease is the nation's number one killer of both men and women. Exercising can improve your heart health, reverse some of the risk factors of heart disease and help you maintain a healthy lifestyle.

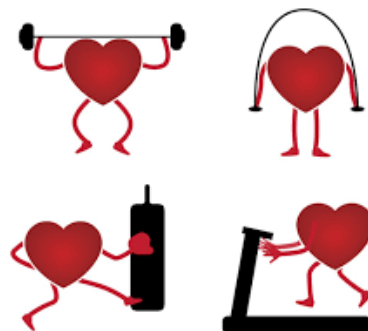
When performing cardio exercises your blood flow is directed toward the working muscles and away from areas that are not doing much (such as your arms during running, or the digestive tract). There is increased blood flow, and blood volume returning to the heart. As the heart registers a larger blood volume, over time the left ventricle adapts and enlarges. This cavity can hold more blood, and ejects more blood per beat, even at rest. Over time, with ongoing training, our heart rate drops because each beat delivers a bigger burst of blood, and fewer beats are needed. This takes work off your heart and is why cardio exercise is recommended for heart health.

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-intensity and vigorous-intensity activity

Additional Benefits of Physical Activity:

- Lowers blood pressure and improves cholesterol levels
- Weight loss and weight control
- Strengthens muscles and bones
- Helps control or slow the development of diabetes
- Lowers stress and boosts energy levels
- Reduces inflammation and can improve blood circulation
- Helps you fall asleep faster and sleep more soundly
- Reduces the risk of chronic illness and disease



Nutrient Dense Foods

What Does Nutrient Dense Mean? How Can I Eat More Nutrient-Dense Foods?

Nutrient-dense foods are rich in vitamins, minerals and other nutrients important to our health. They also don't have too much saturated fat, added sugars and/or sodium. Nutrient density is the amount of nutrients you get for the calories consumed. Research suggests that the standard American diet is energy-rich and nutrient-poor. When we say energy, we mean calories. And "empty calories" are in foods that provide a lot of calories without much nutritional value.

For a nutrient-dense and heart-healthy dietary pattern, eat a variety of fruit and vegetables, choose whole grains, nuts, and legumes. Include healthy sources of protein, mostly from plant sources (legumes and nuts), fish and seafood, fat-free or low-fat dairy, lean cuts of unprocessed meat and skinless poultry. Limit red and processed meats, sodium, added sugars and alcohol.

You can read and compare Nutrition Facts labels and choose the best option. For example: Let's say you're looking at the Nutrition Facts labels of two packages of bread to decide which one is the healthier choice. The white bread has about 80 calories per slice, but few vitamins and minerals. The whole-grain version has about the same number of calories, but more protein, three times the magnesium, and more than double the fiber, potassium, vitamin B6 and zinc. The nutrition information shows that the whole-grain option is the more nutrient-dense choice.

How to Add Nutrient-Dense Foods to your Healthy Eating Plan

Sometimes it only takes a small shift to make a more nutrient-dense choice. Here's how you can get started:

- Switch from white bread, rice and pasta to whole-grain pasta, whole-wheat bread and brown rice
- Instead of full-fat sour cream on your chili or baked potato, try fat-free or low-fat plain Greek yogurt
- When adding toppings to pizza, stuffing tacos or piling up sandwiches, add an additional veggie instead of extra meat or cheese

What about Snacks?

Most of us, including kids and adolescents, get a significant portion of our daily energy (calories) from snacks. Traditional snack foods, such as chips, cookies and crackers, and drinks, such as sodas and sports drinks, can be high in calories, saturated fat, sodium and/or added sugars but low in nutrient density.

When snacking, choose mostly nutrient-dense foods, such as fat-free or low-fat dairy products as well as a variety of fruits and vegetables and nuts. Snack on crunchy vegetables with a fat-free or low-fat yogurt-based dip. Eat a handful of unsalted nuts instead of chips. Satisfy a sweet tooth with naturally sweet fruit on its own or in a smoothie instead of candy and cookies. Replace sugary drinks with water infused with fruit and/or herbs, or unsweetened tea or coffee.



Recipes

Roasted Sun-Dried Tomato Beef with Peppers & Sweet Potatoes

Ingredients:

- 1 Beef Tri-tip Roast (1.5 to 2 lbs.)
- 1/2 C reduced-fat Italian salad dressing
- 1/4 C drained sun-dried tomatoes (oil-packed)
- 1/4 C water
- 1.5 lbs. sweet potatoes, cut into 2-inch pieces
- 2 red bell peppers, cut into 2-inch pieces
- 1 tsp salt
- 2 TBSP grated parmesan cheese
- Fresh, chopped parsley, optional

Nutrition Facts

4 servings

Calories: 265

Total Fat: 9 g

Carbs: 21 g

Protein: 25 g

Sodium: 551 mg

Fiber: 3 g



Preheat oven to 425°F. Place dressing, tomatoes and water in blender or food processor container. Cover & process until smooth. Divide mixture into thirds. Combine sweet potatoes, peppers and 1/3 tomato mixture in large bowl; toss to coat. Place vegetables on parchment-lined shallow-rimmed baking pan. Set aside. Spread 1/3 tomato mixture onto all surfaces of beef roast. Place roast on vegetables. Do not add water or cover. Roast in 425°F oven 30 to 40 minutes for medium rare; 40 - 50 minutes for medium doneness. Remove roast when instant-read thermometer registers 135° for medium rare; 150° for medium. Transfer roast to carving board; cover loosely with aluminum foil. Let stand 20 - 25 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium) Meanwhile, increase oven temperature to 475°F. Stir vegetables and return to oven for 15 - 20 minutes or until desired doneness. Carve roast across the grain into slices. Serve with vegetables. Coat all with remaining sauce. Sprinkle with parmesan. Sprinkle with parsley, if desired.

Lentil Soup *281 Calories, 6g Fat, 43g Carbs, 15g protein, 426mg sodium, 8g Fiber*

Ingredients:

- | | |
|------------------------------|--|
| 1 medium yellow onion | 2 TBSP smoked paprika |
| 1 medium carrot | 1/4 tsp red pepper flakes |
| 1 medium celery stalk | 1 tsp apple cider vinegar |
| 3 cloves garlic | 1 3/4 tsp kosher salt, or as needed |
| 1 small bunch flat-leaf kale | 1 (32-ounce) carton low-sodium vegetable broth |
| 2 TBSP olive oil | 2 C dried green lentils |



Dice the onion, carrot and celery. Mince the garlic. Remove and discard the center ribs from 1 small bunch kale; coarsely chop the leaves. Heat the olive oil in a large pot over medium heat. Add the onions, carrot and celery. Cook, stirring occasionally until softened, about 5 minutes. Add the garlic, paprika, kosher salt, and red pepper flakes. Stir to combine and cook until fragrant, about 30 seconds. Add the lentils and vegetable broth, stir to combine. Bring to a boil, then reduce heat to maintain a simmer. With the lid partially covered, simmer for 45 minutes until the lentils are tender, stirring occasionally. *Tip: if it foams (lentils tend to do that) skim the foam off with a spoon.* Ladle about half of the soup into a blender. Blend, on low speed until smooth, 30 seconds to 1 minute. Return to the pot. Add the kale and cook until tender and vibrant green, 3 to 5 minutes. Remove from the heat. Add the apple cider vinegar and stir to combine. Taste and season with more kosher salt as desired. Serves 6 - 8.

Fitness Room

The fitness room is open

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

& Friday: 7:00 am to 2:00 pm *New Extended Hour*

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.

Remember to bring clean, dry shoes and a refillable water bottle

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

Classes: All fitness levels welcome

ELDER FITNESS: Monday, Wednesday & Friday, 9:00 - 9:30 am

A low-impact class with a variety of exercises designed to increase muscular strength, range of movement, balance and activities for daily living.

LUNCH CRUNCH: Monday - Thursday, 12:15 - 12:45 pm

A 30 minute session to burn fat and increase strength. Each class will vary and will leave you feeling energized and refreshed.

FULL BODY SCULPT: Monday, 4:15 - 5:00 pm

In this class we will use dumbbells to tone muscles and body definition, shed fat, improve balance and coordination, and burn calories—all in one workout.

HEARTBEATZ: Tuesday, 4:15 - 5:00 pm

A cardio class that will burn calories, reduce blood pressure, strengthen your heart and lungs, and reduce weight.

FAB ABS: Wednesday, 4:15 - 4:45 pm

A 30-minute class designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles.

CLUB CIRCUIT: Thursday, 4:15 - 5:00 pm

Participants will rotate through a circuit that targets different muscle groups by incorporating strength training and cardiovascular exercises.



American Heart Association.



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