

# Ohiarí:ha/June 2021

Tsitewatakari:tat—Let's Get Healthy Program  
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## June is Men's Health Month

A national observance to raise awareness about health care for men and focus on encouraging boys, men and their families to practice and implement healthy living behaviors, such as exercising and eating healthy. According to the Centers for Disease Control and Prevention, men in the United States, on average, die 5 years earlier than women and die at higher rates from the 3 leading causes; heart disease, cancer and unintentional injuries.

## June 21st is International Yoga Day

Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed June 21st as the International Day of Yoga.

The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga.

The resolution establishing the International Day of Yoga was proposed by India's Prime Minister Narendra Modi in his opening address of the General Assembly and was endorsed by a record 175 member states.



**We will be closed  
Monday June 21st  
For Staff  
Appreciation Day**



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# Men's Health

Do you know the greatest threats to men's health? The list is surprisingly short. The top causes of death among adult men in the U.S. are heart disease, cancer, unintentional injuries, chronic lower respiratory disease and stroke, according to the Centers for Disease Control and Prevention. The good news is that making a few lifestyle changes can significantly lower your risk of these common killers.

Take charge of your health by making better lifestyle choices. For example:

**Don't smoke:** If you smoke or use other tobacco products, ask your doctor to help you quit. Avoid exposure to secondhand smoke, air pollution and chemicals, such as those in the workplace.

**Eat a healthy diet:** Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, such as fish. Limit foods high in saturated fat and sodium.

**Maintain a healthy weight:** Losing excess pounds — and keeping them off — can lower your risk of heart disease as well as various types of cancer.

**Get moving:** Exercise can help you control your weight, lower your risk of heart disease and stroke and possibly lower your risk of certain types of cancer. Choose activities you enjoy, such as sports leagues, playing with your kids, or brisk walking. All physical activity benefits your health.

**Limit alcohol:** The risk of various types of cancer, such as liver cancer, appears to increase with the amount of alcohol you drink and the length of time you've been drinking regularly. Too much alcohol can also raise your blood pressure.

**Manage stress:** If you feel constantly on edge or under pressure, your lifestyle habits may suffer — and so might your immune system. Take steps to reduce stress — or learn to deal with stress in healthy ways.

**Call or see your healthcare provider when you're feeling sick.** Surveys find that men are less likely than women to see a healthcare provider when they're not feeling well. In one survey, 40% of men said that, if they were sick, they would delay seeking medical care for a few days. Prompt medical care can make a big difference - sometimes, the difference between life and death. Don't wait.

Don't wait to visit the doctor until something is seriously wrong. Your doctor can be your best ally for preventing health problems. Follow your doctor's treatment recommendations if you have health issues, such as diabetes, high cholesterol, or high blood pressure. Also, ask your doctor about when you should have cancer screenings, immunizations and other health evaluations. Understanding health risks is one thing. Taking action to reduce your risks is another. Start by making healthy lifestyle choices. The impact might be greater than you'll ever know.



# Men: Stay Healthy at Any Age

Get checked out! Screening, or checking, for early signs of certain health problems can help diagnose them early. The following screening approaches are generally recommended for older men; ask your healthcare provider if they're right for you.

**Bone health evaluation:** Periodically. Your healthcare provider should evaluate your risk of osteoporosis, or "thinning of the bones." (It's not just a woman's disease.) Your healthcare provider should evaluate your risk and possibly recommend further testing. Remember, exercise strengthens the bones at any age.

**Blood pressure check:** At least once a year.

**Cholesterol test for high blood cholesterol levels:** Cholesterol screening should be done after consulting with your healthcare provider. Screening frequency depends on your age and general health.

**Diabetes check:** At least once; if you have high blood pressure or high blood cholesterol levels, or diabetes runs in your family, get checked every three years.

**Screenings for prostate cancer and colorectal cancer:** Geriatrics experts now do not recommend screening for either colorectal or prostate cancer without first considering life expectancy. Studies have shown that the short-term risks may not be worth the benefits if life expectancy is under 10 years. You should talk to your healthcare provider if you have any concerns about these screenings.

**Hearing and vision screening:** Every year.

**Depression screening:** Every year. If you feel down, sad, or hopeless for two or more weeks, or have little interest in or get little pleasure from things you once enjoyed, you may be depressed. Don't try to "tough it out." Untreated depression is bad for your mental and physical health. Talk to your healthcare provider and get the treatment you need.

**Abdominal aortic aneurysm screening:** Once between the ages of 65 and 75 if you've ever smoked. An abdominal aortic aneurysm is an enlarged or swollen blood vessel in your abdomen that can be dangerous. If your healthcare provider finds you have an abdominal aortic aneurysm, it can be treated.

**Dental check-up:** As often as your dentist recommends, and at least once a year. Your dentist should clean your teeth and check for cavities. If you wear dentures, they should be checked to make sure they still fit properly. Your dentist should also check for signs of diseases of the mouth, including cancer.

**Sexually transmitted disease screening:** If you are sexually active but not in a monogamous relationship, these screenings are important at any age. Talk with your healthcare provider about this and how to practice safe sex.

**Discussion about sexual concerns:** Erectile dysfunction (ED), or difficulty getting or maintaining an erection, is relatively common among older men. You should let your healthcare provider know if you have ED both because it can be treated and because it can be an early warning sign of heart and artery disease.

**Other screening tests:** As recommended by your healthcare provider.

# Diabetes Plate Method

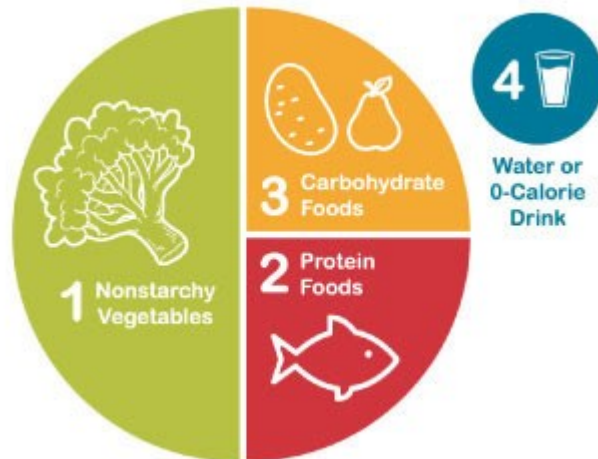
The Diabetes Plate Method is the easiest way to create healthy meals that can help manage blood sugar. Using this method, you can create perfectly portioned meals with a healthy balance of vegetables, protein, and carbohydrates—without any counting, calculating, weighing, or measuring. All you need is a plate.

To start out, you need a plate that is not too big. The size of our plate usually determines the size of our portions, so you want to start with a reasonably sized plate—we recommend about 9 inches across.

If your dinner plates are larger than this, try using a smaller salad or dessert plate for your meals. Or, if your dinner plates have a lip or artwork inside the edge, use that as a border for filling your plate.

*Now that you have the right plate, it's time to fill it!*

*Imagine two lines drawn on your plate breaking it up into three sections.*



## 1. Fill half your plate with nonstarchy vegetables

Nonstarchy vegetables are lower in carbohydrate, so they do not raise blood sugar very much. They are also high in vitamins, minerals, and fiber, making them an important part of a healthy diet. Filling half your plate with nonstarchy vegetables means you will get plenty of servings of these superfoods.

### Examples of nonstarchy vegetables:

Asparagus	Leafy greens such as kale, collards, Swiss chard
Broccoli or Cauliflower	Mushrooms
Brussels Sprouts	Okra
Cabbage (green, red, bok choy)	Green beans, snow peas, sugar snap peas
Carrots	Peppers such as bell and hot
Celery	Salad greens such as lettuce, spinach, arugula, endive and others
Cucumber	Squash like zucchini, yellow and spaghetti squash
Eggplant	Tomatoes

## 2. Fill one quarter of your plate with lean protein foods

Foods high in protein such as fish, chicken, lean beef, soy products, and cheese are all considered “protein foods”.

Protein foods (especially those from animal sources) usually contain saturated fat, which may increase your risk of heart disease. Lean proteins are lower in fat and saturated fat, making them a healthier choice.

Keep in mind that some plant-based protein foods (like beans and legumes) are also high in carbohydrates.

#### Examples of lean protein foods:

Chicken, turkey, and eggs  
Fish like salmon, cod, tuna, tilapia  
Shellfish like shrimp, scallops, clams, mussels, lobster  
Lean beef cuts such as chuck, round, sirloin, flank or tenderloin  
Lean pork cuts such as center loin chop or tenderloin  
Cheese and cottage cheese

#### Plant-based sources of protein:

Beans, lentils, hummus, and falafel  
Nuts and nut butters  
Edamame  
Tofu and tempeh  
Plant-based meat substitutes

### **3. Fill one quarter of your plate with carbohydrate foods**

Foods that are higher in carbohydrate include grains, starchy vegetables, beans and legumes, fruit, yogurt, and milk. These foods have the greatest effect on blood sugar.

Limiting your portion of carbohydrate foods to one quarter of your plate can help keep blood sugars from rising too high after meals.

#### Examples of Carbohydrate foods:

Whole grains such as brown rice, bulgur, oats/oatmeal, polenta, quinoa, and whole grain products (bread, pasta, tortillas)  
Starchy vegetables such as acorn squash, butternut squash, green peas, parsnips, plantain, potato, pumpkin, and sweet potato/yam  
Beans and legumes such as black, kidney, pinto, and garbanzo beans  
Fruit and dried fruit  
Dairy products like milk, yogurt and milk substitutes (i.e. soy milk)

### **4. Choose water or a low-calorie drink**

Water is the best choice because it contains no calories or carbohydrates and has no effect on blood sugar.

#### Other zero- or low-calorie drink options include:

Unsweetened tea (hot or iced)  
Unsweetened coffee (hot or iced)  
Sparkling water/club soda  
Flavored water or sparkling water without added sugar

#### **What about combination foods?**

Our meals don't always fit neatly into the sections of the plate. Many dishes combine the different food types together, like soups, casseroles, sandwiches, pizza, pasta, etc.

You can still use the plate method when preparing and portioning combination foods. Just identify the different foods in the dish and think about where they would fit in the plate.

For example, in a slice of pizza, the crust would be the carbohydrate food, the cheese and any meats on top would be the protein foods, and the tomato sauce and any vegetables on top would be the nonstarchy vegetables.

Try to prepare combination dishes with the same proportions as the plate. So, to build a pizza using the plate method, choose thin crust to reduce the portion of carbohydrates and top it with lots of vegetables instead of meat (or choose a lean meat). Stick to just 1 or 2 slices and serve with a side salad so that half your meal is nonstarchy vegetables.

# International Yoga Day

## What is Yoga?

It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation. Yoga does more than burn calories and tone muscles. There are different types of yoga. Some are fast paced and intense and some are gentle and relaxing.

Yoga is low impact, it can be done inside or outside. You don't need to go to a class to practice yoga, you can also follow along with videos at home.

**Benefits of Yoga:** There are many benefits of a regular practice.

- \*Mind Body approach to health that is relaxing and energizing.
- \*Flexibility for all ages and abilities, good for those with arthritis.
- \*Strengthens muscles, protects against injury.
- \*Improves posture.
- \*Reduces pain level.
- \*Supports a healthy immune system.
- \*Good for bone health, reduces risk for osteoporosis as it is considered a weight bearing activity.
- \*Increases your blood flow. Increased oxygen to your hands and your feet.
- \*Helps lower blood pressure.
- \*Reduces depression and increases feelings of happiness and overall wellbeing.
- \*Lowers blood glucose.
- \*Can help with memory and focus

"Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being. "

— Narendra Modi

## ***Summertime Yoga Class***

*Yoga in the Park*  
*Mondays beginning June 21st*  
*Location and time TBD*

*Open to Akwesasne Community Members*  
*Sponsored by the*  
*Holistic Life Foundation Akwesasne*  
*Follow them on Facebook!*





# Recipes

## Hawaiian Turkey Burgers

### Ingredients:

- 4 slices of fresh pineapple (save 1/4 cup pineapple juice)
- 1/2 C plain bread crumbs
- 1/2 C fresh scallions or sweet onion, finely chopped
- 1/2 C red bell pepper, finely chopped
- 1 lb. lean ground turkey
- 1/4 C lower sodium teriyaki sauce Try recipe found below!
- Reduced fat cheddar cheese slices
- 4 whole wheat/whole grain burger buns

### Directions:

Preheat the grill to medium high heat. Combine bread crumbs, scallions, bell pepper, 1 TBSP teriyaki sauce and 1/4 cup pineapple juice. Thoroughly mix ingredients. Add ground turkey and mix again. Make burger patties by dividing the mix into 4-6 equal portions.

Cook your burgers on the grill for 3 minutes on each side. Brush occasionally with additional teriyaki sauce. Grill for an additional 4-6 minutes on each side or until a meat thermometer reads an internal temperature of 160-165 degrees. Add pineapple slices to the grill and grill a few minutes on each side.

Once the burgers have reached their internal temperature of 160-165 degrees, they are cooked. If desired add cheese slices and grill your burger buns. Top with your favorite toppings and ENJOY!

## Lower Salt Teriyaki Sauce

### Ingredients:

- 1/2 cup olive or canola oil
- 1/2 cup brown sugar or Splenda sugar substitute equivalent
- 1/2 cup lower sodium soy sauce
- 3 cloves garlic, pressed
- 1 cup 100% pineapple juice
- 1/2 tsp fresh ginger, grated (or 1/4 tsp powder ginger)

### Directions:

Mix all ingredients in an airtight container and store in the refrigerator until ready to use. Up to one week.

## Quinoa Salad

### Ingredients:

- 1 C uncooked quinoa + 2 cups water
- 1 can chickpeas, rinsed and drained
- 1 C grape tomatoes, cut in half
- 1 colored bell pepper, seeded and chopped
- 1/2 cucumber, washed and chopped
- 1/4 C chopped red onion
- 1/4 C chopped fresh flat leaf parsley
- 1/2 C crumbled reduced fat feta cheese
- 1/2 C Greek Dressing more or less to taste



### Directions:

In a saucepan, heat quinoa, water and bring to a boil; reduce heat.

Cover and simmer 10 minutes or until quinoa is tender. Cool at least 30 minutes. In a large serving bowl toss quinoa, vegetables and parsley until mixed. Top with feta cheese and salad dressing when ready to serve.

Save leftovers in an airtight container for up to 3 days in the refrigerator.

## Greek Vinaigrette Dressing

### Ingredients:

- 1/2 C olive oil
- 1 tsp of each: garlic powder, dried oregano, dried basil, black pepper, onion powder, Dijon mustard
- 2/3 C red wine vinegar

### Directions:

In a container, mix together the olive oil, herbs, and mustard. Pour in the vinegar and mix until well blended. Store tightly covered in the refrigerator for up to 2 weeks

## 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



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