

# Onerahtohkó:wa/May 2023

**Tsitewatakari:tat—Let's Get Healthy Program**  
**Diabetes Center for Excellence**  
**66 Margaret Terrance Memorial Way**  
**Akwesasne, NY 13655**



## High Blood Pressure Education Month

High blood pressure affects 1 in 3 Americans and it's the 3rd leading cause of death in the U.S. High blood pressure increases your risk for heart disease and stroke. The good news is that there are steps you can take every day to keep your blood pressure in a healthy range.

## Stroke Awareness

National Stroke Awareness Month aims to increase the public awareness about the warning signs of stroke, symptoms of a stroke, stroke prevention, and the impact of stroke on survivors, families and caregivers.

Women are at higher risk - 1 in 5 women will have a stroke.  
About 55,000 more women than men have a stroke each year.

## Mental Health Month

Since 1949, Mental Health America and others have observed May as Mental Health Month by reaching out to millions of people to spread the word that mental health is something everyone should care about. Nearly 1 in 5 American adults will have a diagnosable mental health condition in any given year. Forty six percent of Americans will meet the criteria for a diagnosable mental health condition sometime in their life, and half of those people will develop conditions by the age of 14.

**We are closed Monday May 29th**  
**In observance of Memorial Day**



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# High Blood Pressure

## What is High Blood Pressure (also known as hypertension)?

Half of all Americans have high blood pressure, also known as hypertension, and many don't even know they have it. High blood pressure develops when blood flows through your arteries at higher-than-normal pressures. Your blood pressure is made up of two numbers: systolic and diastolic. Systolic pressure is the pressure when the ventricles pump blood out of the heart. Diastolic pressure is the pressure between heartbeats when the heart is filling with blood.

Your blood pressure changes throughout the day based on your activities. For most adults, a normal blood pressure is less than 120 over 80 millimeters of mercury (mm Hg), which is written as your systolic pressure reading over your diastolic pressure reading — 120/80 mm Hg. Your blood pressure is considered high when you have consistent systolic readings of 130 mm Hg or higher or diastolic readings of 80 mm Hg or higher.

Normal	Elevated	High Blood Pressure
Systolic: less than 120 mm Hg Diastolic: less than 80 mm Hg	Systolic: 120–129 mm Hg Diastolic: less than 80 mm Hg	Systolic: 130 mm Hg or higher Diastolic: 80 mm Hg or higher

You usually don't have symptoms from high blood pressure until it has caused serious health problems. About 1 in 3 U.S. adults with high blood pressure aren't even aware they have it and are not being treated to control their blood pressure. That is why it is important to have your blood pressure checked regularly.

To control or lower high blood pressure, your provider may recommend that you adopt a heart-healthy lifestyle. This includes choosing heart-healthy foods such as those in the DASH eating plan. You may also need to take medicines. Controlling or lowering blood pressure can help prevent or delay serious health problems such as chronic kidney disease, heart attack, heart failure, stroke, and possibly vascular dementia.

## Can High Blood Pressure be prevented?

A heart-healthy lifestyle can help prevent high blood pressure from developing. To live a healthy lifestyle:

- Choose heart-healthy foods that are lower in sodium (salt) and are rich in potassium. Research has shown that DASH (Dietary Approaches to Stop Hypertension) combined with a low-salt eating plan can be as effective as medicines in lowering high blood pressure. Fruits and vegetables are rich in potassium.
- Avoid or limit alcohol
- Get regular physical activity. Even modest amounts can make a difference
- Aim for a healthy weight - If you are an adult who is living with overweight or obesity, losing 5% to 10% of your initial weight over 6 months can improve your health. Even losing just 3% to 5% of your weight can improve blood pressure.
- Quit smoking
- Manage stress - Learning how to manage stress and cope with problems can improve your mental and physical health. Learning relaxation techniques, talking to a counselor, and finding a support group can all help
- Get enough good-quality sleep - The recommended amount for adults is 7 to 9 hours of sleep per day. Develop healthy sleep habits by going to sleep and getting up at regular times, following a calming bedtime routine, and keeping your bedroom cool and dark.

# Stroke Awareness

## Living with High Blood Pressure

It is important to have regular blood pressure readings taken and to know your numbers, because high blood pressure usually does not cause symptoms until it has caused serious problems.

### Medication

When healthy lifestyle changes alone do not control or lower high blood pressure, your healthcare provider may prescribe blood pressure medicines. They act in different ways to lower blood pressure. When prescribing medicines, your provider also considers their effect on other conditions you have, such as heart disease or kidney disease. These are the common high blood pressure medicines your provider may prescribe:

- **Angiotensin-converting enzyme (ACE)** inhibitors help keep your blood vessels from narrowing
- **Angiotensin II receptor blockers (ARBs)** keep blood vessels from narrowing
- **Calcium channel blockers** prevent calcium from entering the muscle cells of your heart and blood vessels. This allows blood vessels to relax
- **Diuretics** remove extra water and sodium from your body, reducing the amount of fluid in your blood. Diuretics are often used with other high blood pressure medicines, sometimes in one combined pill.
- **Beta blockers** help your heart beat slower and with less force. As a result, your heart pumps less blood through your blood vessels.

## When to call 9-1-1

### Know when to call for help

Readings above 180/120 mm HG are dangerously high and require immediate medical attention. Blood pressure this high can damage your organs. **Call 9-1-1 if you experience:**

- A sudden, severe headache
- Difficulty breathing
- Sudden, severe pain in your abdomen, chest, or back

High blood pressure can also lead to heart attack, stroke, or other dangerous symptoms and conditions. Call 9-1-1 if you suspect this is happening to you or someone else.

### HEART ATTACK

- Nausea, vomiting, light-headedness or fainting, or breaking out in a cold sweat are symptoms of a heart attack that are more common in women.
- Prolonged or severe chest pain or discomfort not relieved by rest or nitroglycerin may be another symptom of heart attack. Uncomfortable pressure, squeezing, fullness, or pain in the center or left side of the chest can be mild or strong. This pain or discomfort often lasts more than a few minutes or goes away and comes back.
- Shortness of breath may accompany chest discomfort or happen before it.
- Upper body discomfort can be felt in one or both arms, the back, neck, jaw, or upper part of the stomach.

### STROKE

If you think someone may be having a stroke, act F.A.S.T.

**F — Face:** Ask the person to smile. Does one side of the face droop?

**A — Arms:** Ask the person to raise both arms. Does one arm drift downward?

**S — Speech:** Ask the person to repeat a simple phrase. Is their speech slurred or strange?

**T — Time:** If you observe any of these signs, call for help immediately. Early treatment is essential.

# Mental Health

Diabetes can be tough on mental health—and for many of us, the stress of managing diabetes can take its toll. Knowing how to ease your mind and body in anxious moments can contribute to a sense of security. Follow these tips and tricks to ease stress from diabetes care

- 1. Meditate:** Now's the time to get into the habit! There are lots of apps you can download that make it easy. You don't have to meditate for hours to reap the benefits. Aim for at least five minutes a couple of times a day, or whenever you're feeling anxious or stressed.
- 2. Set recurring deliveries:** If you use specific diabetes supplies on a routine basis, sign up for auto-delivery so you won't forget to replenish when quantities get low.
- 3. Stay organized:** Put your medical information—including lab tests, office visit summaries and blood glucose reports—in a binder so that you'll have essential info ready to grab and go when you see your physician. Keep your supplies in one place. That can help you see how much you have of different items, so you know when to order more.
- 4. Navigate the grocery store:** Make a list of essential whole grains, fresh or frozen fruits and vegetables, lean protein and stick to the outer aisles of the grocery store.
- 5. Simplify mealtime:** “Delicious” and “easy” can travel as a pair, if you plan ahead. It's a good idea to keep kitchen staples on hand: old-fashioned oats, eggs, ground turkey, olive oil, vegetable broth, Greek yogurt, canned tomatoes and canned kidney beans. Using just these ingredients—and a few seasonings from your spice cabinet—you can make turkey meatballs, vegetarian chili, turkey burgers.
- 6. Create a recipe exchange:** Enlist other foodie friends with diabetes for a virtual recipe swap. Here's how it works: Everybody takes a turn submitting a diabetes-friendly recipe that is then prepared by the rest of the group and enjoyed during a virtual dinner party. Switch things up by focusing on a particular ingredient or specific cuisine. It's a great way to socialize, stay connected with the diabetes community and expand your collection of go-to recipes.
- 7. Plan ahead:** Most insurance companies now cover a 90-day supply of medication, which lets you make fewer trips to the pharmacy. Another tip: Ask your pharmacy to coordinate your meds so you can refill them all at once.
- 8. Move more:** Exercise is a great way to quickly boost your mood. Even 15 minutes of moderate exercise can prompt your brain to release feel-good hormones. Just walking for three minutes every half hour can help regulate blood glucose levels throughout the day.
- 9. Use glass containers or vacuum sealers:** Make fruits and veggies last longer in your fridge—which means fewer trips to the grocery store.
- 10. Walk in the morning:** One benefit of getting exercise in in the morning—there are usually very few people around, so it's easier to practice social distancing. There are other advantages, too: A study published in the British Journal of Sports Medicine found that older adults who started their days with a morning walk improved memory and cognition compared with those who didn't walk.
- 11. Take a warm bath before bed:** A review of 13 studies published in Sleep Medicine Reviews found that a warm 10-minute shower or bath taken an hour or two before bed helped people fall asleep faster.
- 12. Develop a bedtime routine:** If you have difficulty falling asleep try hiding your clock if the light is bright, keep your bedroom dark and cool, avoid your phone for 2 hours before, try a gentle 10 minute yoga routine, eat earlier in the evening to avoid digestion issues.

# Fitness

## YOGA



HLF AKWESASNE

We've partnered with the Holistic Life Foundation to offer Yoga classes!

**Monday & Wednesday 12:15 - 12:45 pm**

Basic stretching, breathing and relaxation practices for all fitness levels

### *MAY the Force Be With You*

We are challenging everyone to participate in our Jedi Training during the month of May. Participants will select 2 exercises to complete each time they attend the fitness center.

Once they have completed all 16 exercises, they earn the title of **JEDI MASTER**



# Dietary Approaches to Stop Hypertension

















The DASH Eating Plan is a flexible and balanced eating plan that helps create a heart-healthy eating style for life. The DASH eating plan requires no special foods and instead provides daily and weekly nutritional goals. This plan recommends:

Eating vegetables, fruits, and whole grains. Including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils

Limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils. Limiting sugar-sweetened beverages and sweets.

## DASH Eating Plan

**The Benefits:** Lowers blood pressure & LDL “bad” cholesterol.

 <b>Eat This</b>	 <b>Limit This</b>
 Vegetables	 Fatty meats
 Fruits	
 Whole grains	 Full-fat dairy
 Fat-free or low-fat dairy	
 Fish	 Sugar sweetened beverages
 Poultry	
 Beans	 Sweets
 Nuts & seeds	
 Vegetable oils	 Sodium intake

[www.nhlbi.nih.gov/DASH](http://www.nhlbi.nih.gov/DASH)



National Heart, Lung, and Blood Institute



## Recipes

### Chicken Kabobs

#### Ingredients:

- 8 boneless, skinless chicken breasts, cut into 32 cubes
- Ground black pepper, to taste
- 8 mushrooms
- 8 (1 inch chunk) onion, parboiled
- 8 slices of zucchini
- 8 canned pineapple chunks
- 8 cherry tomatoes
- 1 C dry white wine
- 2 TBSP low-sodium soy sauce
- Dash ground ginger
- 2 TBSP vinegar
- 1/4 C vegetable oil
- 1 can (6 oz) frozen apple juice concentrate, thawed
- 8 wooden or metal skewers

#### Nutrition Facts

Calories: 359  
Total Fat: 11 g  
Sodium: 226 mg  
Cholesterol: 66 mg



#### Directions:

Sprinkle chicken cubes with pepper. Thread 8 skewers alternating the chicken and vegetables. Place kabobs in a shallow pan. Combine the remaining ingredients; spoon over kabobs, keeping a small amount separate for brushing during cooking. Marinate in refrigerator for at least 1 hour. Drain. Broil or grill kabobs 6 inches from heat, 15 minutes on each side, brushing with extra marinade every 5 minutes.

### Confetti Quinoa Salad

#### Ingredients:

- 1 1/2 C uncooked quinoa
- 3 C water
- 1/2 tsp kosher salt
- 1 red bell pepper, chopped
- 1 orange bell pepper, chopped
- 1 green bell pepper, chopped
- 1 C sweet corn kernels
- 1 small red onion, diced
- 1 can black beans drained and rinsed
- 1/2 C chopped cilantro
- 2 limes cut into wedges



#### Cumin Lime Dressing:

2 TBSP fresh lime juice	3 TBSP olive oil
1/2 TBSP honey	2 garlic cloves, finely minced
1 tsp cumin	1/2 tsp chili powder
Fine sea salt and pepper to taste	

#### Directions:

Cook quinoa according to instructions, allow to cool. Chop the veggies and cilantro. In a large bowl, add the chopped veggies and cilantro. Toss to combine. When the quinoa has cooled, add to the bowl and mix well. Mix the ingredients for the dressing in a small measuring cup. Stir with a fork to combine, adjusting flavor as needed. Pour over the quinoa mixture and fold together until the dressing is evenly distributed. Serve immediately, or store in the refrigerator for 3 to 5 days. May be served warm or chilled.

# 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. 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](mailto:Aaron.jock@srmt-nsn.gov)

## **Classes: All fitness levels welcome**

**YOGA:** Monday and Wednesday, 12:15 - 12:45 pm.

Basic stretching, breathing and relaxation practices

**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.

**LUNCH CRUNCH:** Tuesday and Thursday, 12:15 - 12:45 p.m.

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



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