

# Enníska /February 2022

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 4th

National Wear Red Day® is the icon day of American Heart Month. On Feb. 4, join us as we wear red and help raise awareness of women's No. 1 killer – cardiovascular disease.



## How to Observe American Heart Month

Take up a heart-healthy habit: Staying active, eating healthy, and watching our weight are all important parts of maintaining a healthy cardiovascular system. Pick a new heart-healthy habit like jogging or substituting sodas with water and try to stick to it for a whole month.

Educate yourself: Learn about the risk factors for heart disease, the ways you can prevent them, and the lifestyle choices that can help you stay healthy.

Get your cholesterol tested: If you're worried you might be at risk for heart disease, ask your doctor to perform a simple cholesterol test to let you know if you're at risk and should make adjustments to your diet.

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# Signs & 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 Heintz. “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

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. It could also feel like heartburn or indigestion
- Pain or discomfort in one or both arms, the back, shoulders, neck, jaw or stomach.
- Shortness of breath, with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea, lightheadedness or feeling really tired.

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 think you might be having a heart attack:

- Call 9-1-1 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.
- Do not 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

## 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.

# Heart - Healthy Living

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 and others that are not. Risk factors are conditions or habits that make a person more likely to develop a disease.

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

*The more risks you have, the higher your overall risk.*

## 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. Many factors affect your cholesterol levels, including, age, sex, eating patterns, and physical activity level. A blood test can show whether your cholesterol levels are healthy. Your cholesterol numbers will include total cholesterol, “bad” LDL cholesterol and “good” HDL cholesterol, and triglycerides.

## Choose Heart-Healthy Foods

Heart-healthy eating involves choosing certain foods, such as fruits and vegetables, while limiting others, such as saturated and trans fats and added sugars.

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 “bad” LDL cholesterol in the blood.

The following foods are the foundation of a heart-healthy eating plan:

- Vegetables such as leafy greens (spinach, collard greens, kale, cabbage), broccoli, and carrots
- Fruits such as apples, bananas, oranges, pears, grapes, and prunes
- Whole grains such as plain oatmeal, brown rice, and whole-grain bread or tortillas
- Fat-free or low-fat dairy foods such as milk, cheese, or yogurt
- Protein-rich foods: *Fish high in omega-3 fatty acids (salmon, tuna, and trout), lean meats such as 95% lean ground beef or pork tenderloin or skinless chicken or turkey, eggs, nuts, seeds, and soy products (tofu), legumes such as kidney beans, lentils, chickpeas, black-eyed peas, and lima beans.*

*Cont. on pg.4*

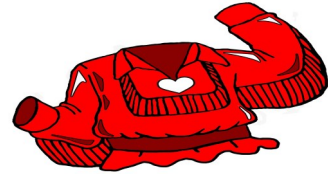
# Fitness

- Oils and foods high in monounsaturated and polyunsaturated fats: *Canola, corn, olive, safflower, sesame, sunflower, and soybean oils (not coconut or palm oil), nuts such as walnuts, almonds, and pine nuts, nut and seed butters, salmon and trout, seeds (sesame, sunflower, pumpkin, or flax), avocados, tofu.*

## Manage Stress

Learning how to manage stress and cope with problems can improve your mental and physical health. Consider healthy stress-reducing activities such as:

- Talking to a professional counselor
- Participating in a stress management program
- Practicing meditation
- Being physically active
- Trying relaxation techniques - progressive relaxation, guided imagery, breathing exercises
- Talking with friends, family, and community or religious support systems



## Get Regular Physical Activity

Talk with your doctor before you start a new exercise plan. Discuss how much and what types of physical activity are safe for you. Aerobic exercise benefits your lungs the most. This is any exercise in which your heart beats faster and you use more oxygen than usual, such as brisk walking, running, biking, and swimming.

The more active you are, the more you will benefit. 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

## Quit Smoking

If you smoke, quit. Smoking can raise your risk of heart disease and heart attack and worsen other heart disease risk factors. Talk with your doctor about programs and products that can help you quit smoking.

## Get Enough Good– Quality Sleep

Sleep plays a vital role in good health and well-being throughout your life. During sleep, your body is working to support healthy brain function and maintain your physical health. Not getting enough sleep or good-quality sleep over time can raise your risk for chronic health problems.

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, support healthy growth and development and support a healthy immune system. Over time, not getting enough quality sleep, called sleep deficiency, can raise your risk of heart disease, obesity, high blood pressure, diabetes, and stroke.

You can take steps to improve your sleep habits. First, make sure that you allow yourself enough time to sleep. It also may help to:

- Spend time outside every day, if possible, and be physically active.
- Avoid nicotine and caffeine.
- Avoid heavy or large meals within a couple hours of bedtime. Also, avoid alcoholic drinks before bed.
- Go to bed and wake up at the same time every day.
- Use the hour before bed for quiet time. Avoid exercise and bright light.
- Take a hot bath or use relaxation techniques before bed.
- Keep your bedroom quiet, cool, and dark

## Winter Safety



Falls are the leading cause of injury and injury death in people over 65, according to the Centers for Disease Control and Prevention (CDC)

The cold winter weather brings with it snow and ice—and the possibility of slip and fall accidents. Whether it's ice on the sidewalk, a slick step or a light layer of ice on top of the snow, icy patches lurk everywhere during the cold months. And while a slip and fall might not seem like that big of a deal, you could end up with more than just a bruise.

“Falling at any age brings the risk of twisting an ankle, breaking a foot or wrist, or more serious injuries like a concussion or breaking a hip - but that risk increases as we age,” said John Keeley, Clinical Education Specialist at Inspira Balance Center. “The fall may be a signal that something is throwing off your balance, and you could possibly be suffering from a vestibular disorder,” said Keeley. “Vestibular disorders and falls often lead to decreased mobility, due to fear of falling or an injury due to a fall. This can also accelerate other health complications and comorbidities.”

In addition to age, certain medications, lower body weakness, vision problems and foot pain can also put you at risk for falls.

### **To lower your risk of falls, there are several things you can do:**

- *Keep entranceways, sidewalks and driveways clear* - Shovel snow, salt the ground and keep walkways clear during bad weather to provide a safe place to walk. You may want to make arrangements with a neighbor, friend or loved one to help you clear paths.
- *Dress appropriately* - Wear shoes or boots with good traction—winter is not the time for dress shoes. Wear gloves and a coat if you are going outside for any amount of time.
- *Walk cautiously and allow yourself extra time to move* - Walk with your arms out to balance yourself, and avoid putting your hands in your pockets.
- *Always use handrails, if they're available* - Hold the rail firmly to steady yourself.
- *Test surfaces first before stepping* - Tap your foot over an area to test if it's icy before stepping onto it. This is especially important when using steps or getting out of your car.
- *If you have a cell phone, carry it with you at all times in case of a fall* - “If you do fall, stop and take a breath to calm yourself down. Then, determine if you are injured or not,” said Keeley. “If you are hurt, ask someone for help, or, if you're alone and have a cell phone, call 9-1-1.” Seek medical care immediately, even if you don't feel hurt. “Some injuries don't emerge for a day or two, so it's best to get a checkup—especially if you hit your head,” said Keeley.

Source: <https://www.inspirahealthnetwork.org/news/winter-warning-how-avoid-slips-and-falls-during-icy-weather>



## Recipes

### Sweet and Sour Chicken

#### Ingredients:

- 1 bag (12 oz) frozen vegetable stir-fry
- 1 TBSP peanut oil or vegetable oil
- 1 TBSP ginger, minced
- 1 TBSP garlic, minced (about 2–3 cloves)
- 1 TBSP scallions (green onions), rinsed and minced
- 2 TBSP rice vinegar
- 1 TBSP Asian hot chili sauce
- 2 TBSP brown sugar
- 1 TBSP cornstarch
- 1 C low-sodium chicken broth
- 12 oz. boneless, skinless chicken breast, cut into thin strips
- 1 TBSP lite soy sauce



#### Nutrition Facts

Calories: 221

Total Fat: 6g

Cholesterol: 51mg

Carbohydrates: 21g

Protein: 23g

Sodium: 287mg

Potassium: 460mg

#### Directions:

Thaw frozen vegetables in the microwave. Set aside until step 6. Heat oil in a large wok or sauté pan on medium heat. Add ginger, garlic, and scallions, and stir fry until cooked, but not brown, about 2–3 minutes. Add the rice vinegar, chili sauce, and brown sugar to the pan, and bring to a simmer. In a bowl, mix cornstarch with chicken broth, and add to the pan. Bring to a boil over high heat, stirring constantly. Lower temperature to a gentle simmer. Add chicken, and stir continually for 5–8 minutes. Add vegetables, and mix gently. Simmer with lid on to reheat, about 2 minutes. Add soy sauce, and mix gently. Divide into four even portions, sprinkle scallions on top, and serve. Serve with a side of steamed rice.

### 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

## Recipes

### Zesty Salmon

Salmon tops the list of fish with the most omega-3 fatty acids. This creamy sauce is full of flavor and low in fat. Baking is a healthy, grease-free cooking technique.

#### Ingredients:

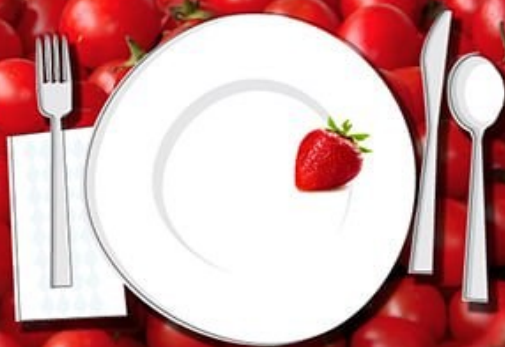
- 2 (3-ounce) salmon fillets
- cooking spray
- 2 TBSP chopped green onions
- 1 TBSP olive oil mayo
- 1 TBSP plain Greek yogurt
- 1 tsp no-salt lemon pepper seasoning (Mrs. Dash)
- 1/4 tsp dry mustard
- Chopped green onions (optional)
- Lemon wedges (optional)



#### Directions:

Preheat oven to 425°. Place fish, skin side down, in a baking dish coated with cooking spray. Bake at 425° for 18 minutes or until fish flakes easily when tested with a fork. Combine 2 tablespoons green onions and next 4 ingredients; spread evenly over fish. Bake 2 additional minutes or until sauce is bubbly. Serve immediately. If desired, sprinkle with additional chopped green onions, and garnish with lemon wedges.

Red foods are loaded with powerful antioxidants...



and are believed to help prevent everything from **heart disease** to **cancer** to **macular degeneration**

**Anthocyanins** - beneficial to your heart and kidneys

**Lycopene** - a potent anticarcinogenic. May help inhibit development of cancer



## Announcements

The Fitness Room has reopened!

If you are interested in utilizing the Medical Fitness Program  
(formerly called Move for Health)

please call Heather Garrow at: (518) 358-9667 to see if you are eligible.

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

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

**We will be closed**  
**Monday February 21st**  
**In observance of**  
**Presidents' Day**



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