

Onerahtohkó:wa/ May 2022

Tsitewatakari:tat—Let's Get Healthy Program
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May is 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 Month

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. One in 5 women will have a stroke.

About 55,000 more women than men have a stroke each year.

Skin Cancer Prevention and Awareness Month

With over 5 million cases diagnosed in the United States each year, skin cancer is America's most common cancer. Fortunately, skin cancer is also one of the most preventable cancers. By sharing facts about the dangers of unprotected sun exposure and encouraging people to check their skin for warning signs, we can and will save lives.

We are closed
Monday May 30th
in observance of
Memorial Day



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High Blood Pressure

Every time your heart beats, it pumps blood through vessels, called arteries, to the rest of your body. Your blood pressure is how hard your blood pushes against the walls of the arteries. If your blood flows at higher than normal pressures, you may have high blood pressure, also known as hypertension. High blood pressure is a major risk factor for heart disease, which is the leading cause of death in the United States. Millions of Americans have high blood pressure, but many people who have it don't know it. That's why it is important to have your blood pressure checked at least once a year.

High blood pressure is a "silent killer." It doesn't usually cause symptoms, but it can damage your body over time.

If your blood pressure stays higher than 130/80 mm Hg for a period of time, it can cause serious health problems such as: **Heart disease, Stroke, Kidney disease, and Dementia**

The only way to know whether you have high blood pressure is to have your blood pressure measured

If you find out you have high blood pressure, a health care professional can tell you how to prevent serious complications, including disability and premature death.

What steps can you take to lower your blood pressure?

- Set targets: work with your doctor to set blood pressure numbers that are healthy for you.
- Take control: Make lifestyle changes such as eating healthy, staying active, and watching your weight. If you smoke, quitting can help prevent heart disease and other complications of high blood pressure.
- Work together: Studies show that if you engage in heart healthy activities with people at home, at work, in your community, or online, you have a better chance of staying motivated.

Making lifestyle changes now can help keep your blood pressure in a healthy range— whether you have high blood pressure or you're trying to prevent it. You don't have to make big changes all at once. Small steps can get you where you want to go. Here are some ideas to start. If you have elevated blood pressure and your doctor prescribes medications, make sure to take them as directed.

Eat Healthy Foods: A diet low in sodium and saturated fat—like the DASH eating plan—can lower your blood pressure as effectively as medicines.

Add one fruit or vegetable to every meal.
If you get fast food, ask for a salad instead of fries.
Give Meatless Monday a try.
Commit to one salt-free day a week. Use herbs for flavor instead.

Move More: Get at least 2½ hours of physical activity a week to help lower and control blood pressure. That's just 30 minutes a day, 5 days a week.

Invite a friend for regular walks or an exercise class.
Take the stairs.
Take a break to play outside with your kids.
March in place during commercial breaks while watching television with your family.

Manage Stress: Stress can contribute to high blood pressure and other heart risks. If it goes on for a long time, it can make your body store more fat.

Practice mindful meditation for 10 minutes a day.
Try deep breathing techniques.
Read a book.
Take a relaxing bath.

Stroke Awareness

Stroke is the No. 5 cause of death and a leading cause of disability. A stroke occurs when something blocks blood supply to part of the brain or when a blood vessel in the brain bursts. In either case, parts of the brain become damaged or die. A stroke can cause lasting brain damage, long-term disability, or even death. Stroke can happen to anyone, any age at any time and everyone needs to know the warning signs.

Stroke: If you think someone may be having a stroke, act F.A.S.T. and perform the following simple test:

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.

Stroke is an EMERGENCY. Call 911 immediately. Early treatment leads to higher survival rates and lower disability rates. Calling 911 lets first responders start treatment on someone experiencing stroke symptoms before arriving at the hospital.

Other Stroke Symptoms - Watch for Sudden:

- **NUMBNESS** or weakness of face, arm, or leg, especially on one side of the body
- **CONFUSION**, trouble speaking or understanding speech
- **TROUBLE SEEING** in one or both eyes
- **TROUBLE WALKING**, dizziness, loss of balance or coordination
- **SEVERE HEADACHE** with no known cause

Diabetes and Stroke Prevention: 80% of strokes are caused by lifestyle; therefore, strokes can be prevented.

People who have diabetes are 2 times as likely to have a stroke compared to people who do not have diabetes. People with diabetes also tend to develop heart disease or have a stroke at an earlier age than people without diabetes. Every 2 minutes an American adult with diabetes is hospitalized for stroke.

People with diabetes can live long, healthy lives, free from heart disease, stroke, and other health problems. Recognizing the connection between diabetes and stroke is the first step towards lowering stroke risk.

Take these steps to prevent stroke:

- Maintain a heart-healthy diet: Eat at least 14 grams of fiber daily for every 1,000 calories consumed.
- Maintain a healthy weight: Having a measurement of 35 inches or more for women or 40 inches or more for men raises the risk of diabetes.
- Exercise every day: Even a brisk walk, swim, or yard work can improve your health and may reduce your stroke risk. Be sure to talk to your doctor before starting any exercise program.
- Don't smoke or vape: Smoking puts individuals at higher risk for heart disease and stroke
- Limit alcohol: No more than one drink a day for women, and no more than two drinks a day for men.
- Learn to manage stress: Find activities you enjoy to wind down each day, even if for 5-10 minutes.
- Talk to your doctor: Keep your doctor informed about your current health and ask about preventive measures.

Diabetes and Your Eyes

Having diabetes increases your risk for eye diseases that can cause vision loss and blindness — including diabetic retinopathy. The good news? Getting regular eye exams and taking steps to manage your diabetes can protect your vision.

Get a dilated eye exam at least once a year. It's the best way to catch vision problems early, when they're easier to treat.

You can also take these steps to manage your diabetes and keep your eyes healthy:

- Take medicines that your doctor prescribes— even when you're feeling well
- Eat a variety of healthy foods— including foods that are low in saturated fats, added sugars, and salt
- Get active. Start slow by taking 5 minute walks and build up from there
- If you smoke, talk to your doctor about ways to quit
- Ask your doctor what your A1C, blood pressure, and cholesterol numbers are — and what you can do to manage them

Learn more at nei.nih.gov/Diabetes

Sun Protection

The sun sustains life and feels good, but it can be your skin's worst enemy. While every sunburn can increase your risk of skin cancer, it's not just those big days at the beach that cause trouble. Each time you go outdoors without sun protection also adds to the damage that can lead to skin cancer (as well as leathery skin, dark spots and wrinkles).

Know Your Sunscreen: Sunscreens come in many formulations and delivery methods, and it can take trial and error to find the one you like best. Whether it's a sport spray, an easy-to-use stick or a rich moisturizer with antiaging ingredients, the best sunscreen is the one you will use every day.

SPF stands for sun protection factor. The number tells you how long the sun's UVB rays would take to redden your skin when using a particular sunscreen compared with the amount of time without sunscreen. So if you use an SPF 15 product exactly as directed (applied generously and evenly, and reapplied after two hours or after sweating or swimming), it would take you 15 times longer to burn than if you weren't using sunscreen.

Broad spectrum. The words "broad spectrum" on a label indicate that the sunscreen contains ingredients that effectively protect against UVA rays as well as UVB.

Water resistance. While sunscreens can't claim to be waterproof, they can be labeled water resistant for either 40 or 80 minutes. Yes, you can burn even when you're in the water, so reapplying is key!

No single method of sun defense can protect you perfectly, though. You should also cover up with clothing, including sunglasses to protect your eyes, stay in the shade, be aware of windows when traveling in your car, and avoid tanning beds

The best path to beautiful, healthy skin is to adopt as many of these steps as possible into your lifestyle, and make them daily habits everywhere you go, all year long.

Fitness

Staying Safe When Exercising Outdoors for Older Adults in Rural Areas

You've made a plan to be more active, and you're ready to get outside and get started. But before you do, make sure that you can exercise safely in your neighborhood. Here are a few tips that can help you stay safe as you get moving.

Think Ahead About Safety:

- Carry your ID with emergency contact information and bring a small amount of cash and a cell phone with you, especially if walking alone. Stay alert by not talking on the phone as you walk and keeping the volume low on your headphones.
- Let others know where you're going and when you plan to be back.
- Stick to well-lit places with other people around.
- Be seen to be safe. **Wear light or brightly colored clothing** during the day. Wear reflective material on your clothing and carry a flashlight at night. Put lights on the front and back of your bike.
- Wear sturdy, appropriate shoes for your activity that give you proper footing.

Walk Safely in Rural Areas:

- If possible, walk during daylight hours.
- Choose routes that are well-used, well-lit, and safe. Choose routes with places to sit in case you want to stop and rest.
- Stay alert at all times. If you're listening to music as you walk, turn down the volume so you can still hear bike bells and warnings from other walkers and runners coming up behind you.
- Always walk facing oncoming traffic.
- Walk on a sidewalk or a path whenever possible. Watch out for uneven sidewalks
- Look for a smooth, stable surface alongside the road.



Source: National Institute of Aging: <https://www.nia.nih.gov/health/exercising-outdoors#safe>

WALKING FACTS

A 180 pound person burns approximately 100 calories per mile walked.

If you track your steps, each mile walked is approximately 2,000 steps.

The average walking speed is 3 miles per hour

It takes 7 hours of walking to burn the calories of a Big Mac, large fries and a large soda.

BENEFITS OF WALKING 30 MINS A DAY

Reduction in stress level

Improves blood circulation

Reduces cholesterol

Strengthen muscles

Strengthens bones

Lowers blood pressure

Lowers triglyceride levels

Weight management

Diabetes prevention

Improves cardiovascular function

Diabetes Superfoods

What superstar foods are good for diabetes?

“Superfood” is a term used by many food and beverage companies as a way to promote a food thought to have health benefits; however, there is no official definition of the word by the Food and Drug Administration (FDA). The FDA regulates the health claims allowed on food labels to ensure there is scientific research to support the claims. The list of foods below are rich in vitamins, minerals, antioxidants and fiber that are good for overall health and may also help prevent disease.

Beans: Kidney, pinto, navy or black beans are packed with vitamins and minerals such as magnesium and potassium. They are very high in fiber too.

Beans do contain carbohydrates, but ½ cup also provides as much protein as an ounce of meat without the saturated fat. To save time you can use canned beans, but be sure to drain and rinse them to get rid of as much added salt as possible.

Dark green leafy vegetables: Spinach, collards and kale are dark green leafy vegetables packed with vitamins and minerals such as vitamins A, C, E and K, iron, calcium and potassium. These powerhouse foods are low in calories and carbohydrates too. Try adding dark leafy vegetables to salads, soups and stews.

Citrus fruit: Grapefruits, oranges, lemons and limes or pick your favorites to get part of your daily dose of fiber, vitamin C, folate and potassium.

Berries: Which are your favorites: blueberries, strawberries or another variety? Regardless, they are all packed with antioxidants, vitamins and fiber. Berries can be a great option to satisfy your sweet tooth and they provide an added benefit of vitamin C, vitamin K, manganese, potassium and fiber.

Tomatoes: The good news is that no matter how you like your tomatoes, pureed, raw, or in a sauce, you’re eating vital nutrients like vitamin C, vitamin E and potassium.

Fish high in omega-3 fatty acids: Omega-3 fats may help to reduce the risk of heart disease and inflammation. Fish high in these healthy fats are sometimes referred to as “fatty fish.” Salmon is well known in this group. Other fish high in omega-3 are herring, sardines, mackerel, trout and albacore tuna. Choose fish that is broiled, baked or grilled to avoid the carbohydrate and extra calories that would be in fish that is breaded and fried. The American Diabetes Association Standards of Medical Care in Diabetes recommends eating fish (mainly fatty fish) twice per week for people with diabetes.

Nuts: An ounce of nuts can go a long way in getting key healthy fats along with helping to manage hunger. In addition, they offer magnesium and fiber. Some nuts and seeds, such as walnuts and flax seeds, are a good source of omega-3 fatty acids.

Whole grains: It’s the whole grain you’re after. The first ingredient on the label should have the word “whole” in it. Whole grains are rich in vitamins and minerals like magnesium, B vitamins, chromium, iron and folate. They are a great source of fiber too. Some examples of whole grains are whole oats, quinoa, whole grain barley and farro.

Tips for eating on a budget: Some of the items above can be tough on the budget depending on the season and where you live. Look for lower cost options such as fruit and vegetables in season or frozen or canned fish. Foods that are easier on the budget year round are beans and whole grains that you cook from scratch.

[Diabetes Superstar Foods | ADA](#)

Recipes

Honey Soy-Glazed Salmon

Ingredients:

- 3/4 lbs. wild-caught salmon fillet
- 1 TBSP soy sauce (reduced-sodium)
- 1 TBSP honey
- Olive oil cooking spray
- Salt and freshly ground pepper



Directions:

- Rinse salmon and pat dry with a paper towel.
- Heat a nonstick skillet over medium-high heat, and spray with olive oil spray.
- Brown salmon 2 minutes; turn and brown 1 minute.
- Season the cooked sides with salt and pepper.
- Reduce heat to low, cover, and let cook 7-8 minutes.
- Remove from heat. Mix honey and soy sauce together.
- Pour over the salmon, cover, and let sit 1 minute. Serve.

Nutrition Facts

Calories: 303
Total Fat: 12g
Cholesterol: 95mg
Carbohydrates: 12g
Protein: 39g
Sodium: 370mg

Greek Quinoa Salad

Ingredients:

- 1 C quinoa
- 2 C low sodium chicken broth
- 1 large cucumber (peeled, seeded and diced)
- 10.5 oz. grape tomatoes (cut in half)
- 1/4 C red onion (finely diced)
- 1/4 C fresh parsley (chopped)
- 1/2 C feta cheese (reduced-fat, crumbled)
- 1/4 C red wine vinegar
- 2 TBSP olive oil
- 1/2 TBSP Dijon Mustard
- 1/2 packet Splenda



Nutrition Facts

Calories: 115
Total Fat: 5g
Cholesterol: 5mg
Carbohydrates: 14g
Protein: 5g
Sodium: 135mg

Directions:

- Cook quinoa according to package directions with chicken broth. Let cool completely.
- In a large salad bowl, combine cooled quinoa and remaining salad ingredients.
- In a small bowl, whisk together dressing ingredients. Pour over salad and mix to coat. Serve cold.

Announcements

If you are interested in utilizing the Medical Fitness Program
(formerly called Move for Health)
please call Heather Garrow at: (518) 358-9667

Public Fitness is back!

The class will be held Monday - Friday, 12:00 - 1:00 pm and is open to the community. The class will be an "open gym" format. 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, try to stay 6 feet apart, and if you don't feel well, please wait until your symptoms subside.

Only 15 participants are allowed during this time. Should we reach 15, the door will be locked. The lockers are open for use during this time, but showers are not.

Remember to bring clean, dry shoes.

Niá:wen for your patience



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