

Kentenhkó:wa /November 2023

Tsitewatakari:tat—Let's Get Healthy Program
Diabetes Center for Excellence
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Akwesasne, NY 13655



November is National Diabetes Month

November is National Diabetes Month, a time when communities across the country seek to bring attention to diabetes. This year's theme is **Take Charge of Tomorrow: Preventing Diabetes Health Problems**. American Indians and Alaska Natives have the highest diabetes prevalence rates of all racial and ethnic groups in the United States. The Centers for Disease Control and Prevention (CDC) predict that one in two American Indian/Alaska Native children born in 2000 will have type 2 diabetes in their lifetime unless the current trend is halted.

Tuesday November 14th is World Diabetes Day

World Diabetes Day (WDD) was created in 1991 by the International Diabetes Foundation and the World Health Organization in response to growing concerns about the escalating health threat posed by diabetes. The campaign is represented by a blue circle logo that was adopted in 2007 after the passage of the UN Resolution on diabetes. The blue circle is the global symbol for diabetes awareness. It signifies the unity of the global diabetes community in response to the diabetes epidemic.

***One in six American Indian and Alaska Native adults
have been diagnosed with diabetes —
more than double the prevalence rate for the general U.S. population***

We are closed

Friday Nov. 11th,

Thursday Nov. 23rd &

Friday Nov. 24th



**Sorry WE'RE
CLOSED**

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Diabetes Complications

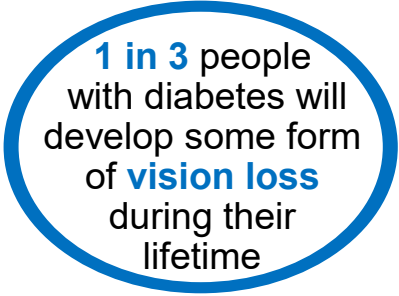
People with diabetes are living longer, healthier lives with fewer complications. What's the driving force? Greater awareness and better management of risk factors. We've come a long way in reducing the impact of diabetes on people's lives. In the last 20 years, rates of several major complications have decreased among US adults with diabetes. The greatest declines were for two leading causes of death: heart attack and stroke. (People with diabetes are at higher risk for heart disease, and they may get it more severely and at a younger age than people who don't have diabetes.) This is real progress.

Diabetes Complications Are Related

Diabetes complications often share the same risk factors, and one complication can make other complications worse. For example, many people with diabetes also have high blood pressure, which in turn worsens eye and kidney diseases. Diabetes tends to lower HDL ("good") cholesterol and raise triglycerides (a kind of blood fat) and LDL ("bad") cholesterol. These changes can increase the risk for heart disease and stroke. Smoking doubles the risk of heart disease in people with diabetes.

Take a closer look at these major diabetes complications:

- **Heart disease and stroke:** People with diabetes are two times more likely to have heart disease or a stroke as people without diabetes.
- **Blindness and other eye problems:**
 1. Damage to blood vessels in the retina (diabetic retinopathy)
 2. Clouding of the lens (cataract)
 3. Increase in fluid pressure in the eye (glaucoma)
- **Kidney disease:** High blood sugar levels can damage the kidneys and cause chronic kidney disease (CKD). If not treated, CKD can lead to kidney failure. A person with kidney failure needs regular dialysis (a treatment that filters the blood) or a kidney transplant to survive. About 1 in 3 adults with diabetes has CKD. You won't know if you have CKD unless your doctor tests you for it.
- **Nerve damage (neuropathy):** One of the most common diabetes complications, nerve damage can cause numbness and pain. Nerve damage most often affects the feet and legs but can also affect your digestion, blood vessels, and heart.
- **Amputations:** Diabetes-related damage to blood vessels and nerves, especially in the feet, can lead to serious, hard-to-treat infections. Amputation can be necessary to stop the spread of infection.
- **And more:**
 1. Gum disease can lead to tooth loss and increased blood sugar, making diabetes harder to manage. Gum disease can also increase the risk of type 2 diabetes.
 2. Diabetes increases the risk of depression, and that risk grows as more diabetes-related health problems develop.
 3. Gestational diabetes, diagnosed during pregnancy, can cause serious complications for mothers or their babies, such as preeclampsia (high blood pressure caused by pregnancy), injury from giving birth, and birth defects.



1 in 3 people
with diabetes will
develop some form
of **vision loss**
during their
lifetime

Complications usually develop over a long time without any symptoms. That's why it's so important to make and keep doctor and dentist appointments even if you feel fine. Early treatment can help prevent or delay diabetes-related health conditions and improve your overall health.

Take Charge of your Health

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer. But there's also good news: Taking charge of your health may help you prevent diabetes health problems.

Tips to get started - Manage your blood glucose, blood pressure, and cholesterol levels. Research shows that managing your diabetes as soon as possible after diagnosis may help prevent diabetes health problems. You can start by managing your diabetes ABCs:

- **A** is for the A1C test that health care professionals use to measure your average blood glucose levels. People with diabetes can also use devices to track their blood glucose throughout the day and night
- **B** is for blood pressure
- **C** is for cholesterol

Ask your health care team what your ABCs goals should be.

Take small steps toward healthy habits - Lifestyle habits such as planning healthy meals, being physically active, getting enough sleep, and not smoking may help you manage your diabetes ABCs. You don't have to do it all at once. Start slow and build healthier habits from there.

Take your medications on time - Remember to take your medicines even if you feel healthy. Talk with your doctor or pharmacist if you have trouble taking your medicines on time or at the correct dose.

Reach or maintain a healthy weight - If you have overweight or obesity, ask your primary care provider if healthy eating, physical activity, or other weight-loss treatments may help you manage your weight.

Take care of your mental health - Managing diabetes can be hard. If you feel down, sad, or overwhelmed, learn about healthy ways to cope with stress. Consider talking to a mental health counselor or joining a support group.

Work with your health care team - Managing diabetes takes a team. Your health care team may include a primary care provider, diabetes specialist, registered dietitian, or certified diabetes educator. Ask your primary care provider if you should talk with other health care professionals about your diabetes.

Your Diabetes Healthcare Team

You: You are the most important member of your health care team. After all, you are the one who is affected by diabetes and cares for it every day. Only you know how you feel and what you're willing and able to do. **You** do the exercise. **You** make and eat the foods on your meal plan. **You** take the medicine or inject the insulin. **You** check your blood sugar (glucose) levels and keep track of the results. **You** are the first to notice any problems.

Your health care team depends on you to talk to them honestly and tell them how you feel.

- | | |
|-----------------------------|----------------------------------|
| •Your Primary Care Provider | • Ophthalmologist or Optometrist |
| •Nurse Case Manager | • Psychologist/Counselor |
| •Registered Dietitian | • Pharmacist |
| •Fitness Specialist | • Podiatrist/Foot Care Nurse |
| •Endocrinologist | • Dentist/Dental Hygienist |

World Diabetes Day

KNOW YOUR RISK, KNOW YOUR RESPONSE

The theme for World Diabetes Day 2021 - 2023 is access to diabetes care.

In 2023, the campaign focuses on the importance of knowing your risk of type 2 diabetes to help delay or prevent the condition and highlighting the impact of diabetes-related complications and the importance of having access to the right information and care to ensure timely treatment and management.

1 in 10 adults worldwide have diabetes. Over 90% have type 2 diabetes. Close to half are not yet diagnosed.

In many cases, type 2 diabetes and its complications can be delayed or prevented by adopting and maintaining healthy habits. When not detected and treated early, diabetes can lead to serious and potentially life-threatening complications.

- For people at risk of type 2 diabetes, knowing your risk and what to do is important to support prevention, early diagnosis and timely treatment.
- For people living with diabetes, awareness and access to the correct information and best available medicines and tools to support self-care is vital to delay or prevent complications.

Tuesday November 14th is World Diabetes Day!

Join us for a Blood Pressure and Blood Sugar Screening
at the Ionkwakiohkwaróron Administration Building
11:00 am - 1:00 pm

Show off your **BLUE** and take the diabetes risk test for a chance to win a PRIZE!

Wear **BLUE** for diabetes awareness. Email your picture to mbushey@srmt-nsn.gov
for a chance to win a PRIZE!



Join us at the Diabetes Center Fitness Room for a special challenge and grab a lunch to go!

Number of people with
diabetes worldwide:

1 in 12



People with diabetes who
do not know they have it:

1 in 2



DIABETES: A GLOBAL VIEW

FACTS & STATS

Lives lost globally
from diabetes:

one every
7 seconds

OR

almost
5 million
annually

Where 77% of people with diabetes live:

77%

**Low &
middle-income
countries**

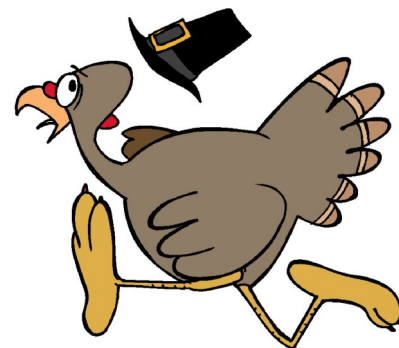
Fitness

November Fitness Challenge at the Diabetes Center ***Huffin' and Puffin' for the Stuffin' Turkey Trot Challenge***

Let's see how far Mr. Turkey will run before Thanksgiving! For every mile a participant completes on a cardio machine, we will add a turkey footprint.

Once participants achieve at least one mile,
they will enter their name for a prize drawing.

Entries are limited to one per day.



Exercise Tips for Diabetes Care

The American Diabetes Association (ADA) recommends at least 150 minutes per week of moderate-intensity aerobic activity (a brisk walk or cycling, for instance). That's the number researchers associate with improved blood glucose levels, as well as a reduced risk of cardiovascular disease, stronger bones and improved mental health.

If you're just starting out, begin with 10 to 15 minutes per day of what feels like moderate exercise — that means that while exercising you should be able to complete full sentences, but it should be difficult to sing — and increase that by three to five minutes every week.

Something else to keep in mind: You can exercise in increments (20 minutes at lunch, 15 minutes after dinner) and reap the same health benefits. It's important to schedule your workouts as you would any other must-do activity.

Research suggests the best time to be physically active if you're trying to keep blood glucose in check is one to three hours after eating, when your blood sugar level is likely to be higher. That's because exercise acts like insulin in the body — it directly reduces blood glucose levels.

Researchers found that people with type 2 diabetes who took brisk 15-minute walks 15 minutes after meals had lower blood glucose than those who took a single 45-minute daily walk before breakfast.

If your daily routine doesn't lend itself to being physically active after eating, don't let that stop you. Most experts agree: The best time to exercise (whether you have diabetes or not) is any time you can squeeze it in.

It's easy to equate exercise with aerobic activity. But strength training (such as lifting weights or using a resistance band) plays an equally important role in lowering A1c.

Aim for two or three strength-training sessions per week, on nonconsecutive days. And, if possible, combine those with aerobic exercise. Research shows that doing both types of exercise in a single workout results in even greater improvements to blood glucose levels.

Physical activity can lower your blood sugar for 24 hours or more after your workout by making your body more sensitive to insulin.



1 in 5

37.3 million Americans
have diabetes, and 1 in 5
don't know it.

People with
diabetes
are up to **3 times**
more likely to develop
cardiovascular
disease



Recipes

Tips to Avoid Overeating on Thanksgiving Day

Try healthier versions of your favorite foods:

Mashed potatoes → Mashed cauliflower
Candied yams → Roasted sweet potatoes
Green bean casserole → Sautéed beans
Dark meat turkey → Turkey breast

Skip the high carb/high calorie extras:

Cranberry sauce
Dinner rolls or crackers
Whipped topping or ice cream
Alcoholic beverages
Gravy or butter

Chicken and Vegetable Stir Fry

Makes: 4 servings

1 SERVING: 1/2 C cooked quinoa and 1 C vegetable mixture

Ingredients:

2 chicken breast, boneless, skinless-sliced into bite size strips
2 TBSP olive oil
1 red bell pepper, sliced into thin strips
1 C fresh broccoli, cut into florets
1/2 C fresh mushrooms, sliced
1 TBSP fresh ginger, peeled and grated
1/2 C low sodium chicken broth
2 TBSP low sodium soy sauce
1 TBSP cornstarch

Nutrition Facts 4 servings

Calories: 540
Total Fat: 13 g
Carbs: 68 g
Protein: 35 g
Sodium: 405 mg
Fiber: 5 g



Directions:

In a large skillet heat oil over medium high heat. Add chicken breast, cook and stir 3-4 minutes. Remove the chicken from the pan and set aside. Add the vegetables and stir fry for 2 minutes. Add the ginger and stir fry for another 2 minutes. In a small bowl combine chicken broth, soy sauce and cornstarch. Add the chicken and the broth mixture to the skillet with the vegetables and cook for an additional 3 minutes or until chicken is cooked through. Serve over cooked quinoa or wild rice. Add black pepper as desired.

TIPS:

For extra protein add lima beans, chickpeas or firm tofu when cooking the vegetables.
You can add more vegetables or change the vegetables depending on what you have available.
For crunch: add unsalted cashews
For flavor: add a drizzle of sesame oil

How Many Carbs on your Plate?

1/2 C mashed potatoes = 15 grams
1 C winter squash = 15 grams
1 small dinner roll = 15 grams
1/6 slice of apple pie = 45 grams

1 C winter squash = 15 grams
1/3 C wild rice = 15 grams
1/2 C yellow corn = 15 grams
1/4 C cranberry sauce = 25 grams

Recipes

Quinoa Waldorf Salad

Makes 8 Servings

Ingredients:

- 1 C uncooked quinoa
- 1 C seedless grapes (red or green), quartered
- 2 stalk celery, chopped (1/3 C)
- 2 small apple, chopped
- 1/2 C toasted walnuts
- 1/2 C plain or vanilla Greek yogurt
- 1/4 C 100% orange juice
- 3 tsp honey
- 2 C canned, in own juice mandarin oranges, drained



Directions:

Prepare quinoa according to package directions. Place in a large bowl to cool. When quinoa is cooled, mix in grapes, celery, apples and walnuts. In separate bowl, whisk yogurt, orange juice, honey. Pour into quinoa and mix well. Add orange sections, fold gently into quinoa, reserving some for garnish.

Low Carb Snack List:

Boiled eggs | Almonds | Walnuts | Sunflower seeds | Albacore tuna | Cottage cheese & veggies | Plain Greek yogurt | String cheese | Hummus & veggies | Cucumbers | Bell peppers | Cherry tomatoes | Avocado | Celery & peanut butter | Carrots & almond butter | Guacamole & veggies | Chicken breast mixed with hot sauce & celery | Southwest dip (plain Greek yogurt and salsa) with pepper slices | Cucumber, red onion and tomato salad with vinaigrette dressing

Harvest Apple Salad with Homemade Maple Vinaigrette Dressing

Ingredients:

- 1/2 C olive oil
- 1/4 C balsamic vinegar
- 1/4 C 100% pure maple syrup
- 2 tsp Dijon mustard
- 8 oz baby spring lettuce mix
- 4 oz crumbled goat cheese
- 6 oz dried cranberries
- 6 oz candied walnuts
- 2 honey crisp apples, diced

Nutrition Facts

4 servings
Calories: 840
Total Fat: 62 g
Carbs: 71 g
Protein: 13 g
Sodium: 170 mg
Sugar: 53 g



Directions:

Combine the dressing ingredients - olive oil, balsamic vinegar, maple syrup, and Dijon mustard. Divide the lettuce between 4 plates or containers, evenly divide the goat cheese, cranberries, walnuts, and diced apples. Serve with the maple vinaigrette dressing.

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

Classes: All fitness levels welcome

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

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

SCULPT & BURN: Monday & Wednesday, 4:15 - 5:00 pm

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.

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

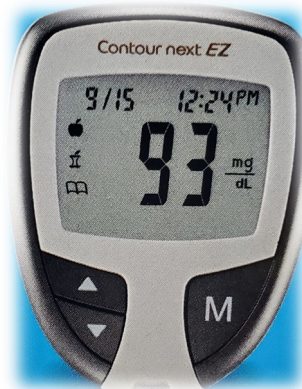
A low-impact class with a variety of exercises designed to increase muscular strength, range of movement, balance and activities for daily living.

YOUTH FITNESS: Tuesday & Thursday, 4:15 - 5:00 pm

The goal is to teach healthy lifestyles and provide a positive learning experience. Class will improve cardiorespiratory fitness and build strong bones and muscles. Please call to pre-register.

CHANGE YOUR CLOCKS!

**“Fall Back”
November 5th:
Remember to adjust your
glucometer for
Daylight Savings Time**



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