

# Kenténha /October 2022

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



## October is National Breast Cancer Awareness Month

Indigenous Pink Day is a national breast cancer awareness campaign for Native people. On October 20, 2022, The American Indian Cancer Foundation invites Indigenous people to join by wearing pink and sharing photos on social media using the hashtag #IndigenousPink to raise awareness of breast cancer in Indian Country. Breast cancer is the most common cancer among Native women, and is the second leading cause of cancer death. However, all bodies have breast tissue and are at risk for developing breast cancer. Indigenous Pink Day aims to educate Native communities about the importance of early detection, and remind women, men, non-binary, and genderfluid relatives to talk to their doctors about breast cancer screening.

***Breast Exam Clinic with Stephanie Leffler at the Diabetes Center***

***Wednesday October 26th***

***8:30 am—3:30 pm***

***Please call (518) 358-9667 to make an appointment. Walk-ins welcome.***

## October 10 is World Mental Health Day

Mental health affects so many aspects of daily life—how you think and feel, handle stress, relate to others, and make choices. Thoughts, feelings, beliefs, and attitudes can affect how healthy your body is. Mental health care is an important part of diabetes management. The rate of depression in people with diabetes is much higher than in the general population. Knowing how to ease your mind and body in anxious moments can contribute to a sense of security. It's a sign of strength to ask for help. Ask your diabetes educator for resources or call the Saint Regis Mohawk Tribe's Mental Health - Kanikonri:ihne (Good Mind Counseling) at (518) 358-3141.



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# Breast Cancer

## What Is Breast Cancer?

Cancer is a broad term for a class of diseases characterized by abnormal cells that grow and invade healthy cells in the body. Breast cancer starts in the cells of the breast as a group of cancer cells that can then invade surrounding tissues or spread (metastasize) to other areas of the body.

## Causes Of Breast Cancer: How Did This Happen?

When you're told that you have breast cancer, it's natural to wonder what may have caused the disease. But no one knows the exact causes of breast cancer. Doctors seldom know why one woman develops breast cancer and another doesn't, and most women who have breast cancer will never be able to pinpoint an exact cause. What we do know is that breast cancer is always caused by damage to a cell's DNA.

## Known Risk Factors

People with certain risk factors are more likely than others to develop breast cancer. Some risk factors (such as drinking alcohol) can be avoided. But most risk factors (such as having a family history of breast cancer) can't be avoided. Having a risk factor does not mean that a person will get breast cancer.

## Risk Factors that cannot be changed

- Gender - Breast cancer occurs nearly 100 times more often in women than in men
- Age - Two out of three women with invasive cancer are diagnosed after age 55
- Race - Breast cancer is diagnosed more often in Caucasian women than women of other races. Breast cancer is the most common cancer among Native women, and is the second leading cause of cancer death.
- Obesity - Obesity is a risk factor for both men and women
- Family History and Genetic Factors - If your mother, sister, father or child has been diagnosed with breast or ovarian cancer, you have a higher risk of being diagnosed with breast cancer in the future. Your risk increases if your relative was diagnosed before the age of 50
- Personal Health History - If you have been diagnosed with breast cancer in one breast, you have an increased risk of being diagnosed with breast cancer in the other breast in the future. Also, your risk increases if abnormal breast cells have been detected before
- Menstrual and Reproductive History - Early menstruation (before age 12), late menopause (after 55), having your first child at an older age, or never having given birth can also increase your risk for breast cancer
- Certain Genome Changes - Mutations in certain genes, such as BRCA1 and BRCA2, can increase your risk for breast cancer. This is determined through a genetic test, which you may consider taking if you have a family history of breast cancer. Individuals with these gene mutations can pass the gene mutation onto their children
- Dense Breast Tissue - Having dense breast tissue can increase your risk for breast cancer and make lumps harder to detect. Several states have passed laws requiring physicians to disclose to women if their mammogram indicates that they have dense breasts so that they are aware of this risk.

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# Breast Cancer

## Environmental And Lifestyle Risk Factors

- Lack of Physical Activity - A sedentary lifestyle with little physical activity can increase your risk for breast cancer
- Poor Diet - A diet high in saturated fat and lacking fruits and vegetables can increase your risk for breast cancer.
- Being Overweight or Obese - Being overweight or obese can increase your risk for breast cancer. Your risk is increased if you have already gone through menopause
- Drinking Alcohol - Frequent consumption of alcohol can increase your risk for breast cancer. The more alcohol you consume, the greater the risk
- Radiation to the Chest - Having radiation therapy to the chest before the age of 30 can increase your risk for breast cancer.
- Combined Hormone Replacement Therapy (HRT) -Taking combined hormone replacement therapy, as prescribed for menopause, can increase your risk for breast cancer and increases the risk that the cancer will be detected at a more advanced stage.

## Early Detection

According to the American Cancer Society, when breast cancer is detected early, and is in the localized stage, the 5-year relative survival rate is 99%. Early detection includes doing monthly breast self-exams, scheduling regular clinical breast exams and mammograms.

- Adult women of all ages are encouraged to perform breast self-exams at least once a month. If you find a lump, schedule an appointment with your doctor, but don't panic — 8 out of 10 lumps are not cancerous. For additional peace of mind, call your doctor whenever you have concerns.
- A clinical breast exam is performed by a healthcare professional who is trained to recognize many different types of abnormalities and warning signs. This in-office exam will most likely be completed by your family physician or gynecologist at your annual exam.
- A mammogram is an x-ray that allows a qualified specialist to examine the breast tissue for any suspicious areas. The breast is exposed to a small dose of ionizing radiation that produces an image of the breast tissue. Mammography can detect tumors before they can be felt, so screening is key for early detection. But when combined with regular medical care and appropriate guideline-recommended mammography, breast self-exams can help women know what is normal for them so they can report any changes to their healthcare provider.

## Recommendations for all women

Women 40 and older should have mammograms every 1 or 2 years.

Women who are younger than 40 and have risk factors for breast cancer should ask their healthcare professional whether mammograms are advisable and how often to have them.

Even women who have no symptoms and no known risks for breast cancer should have regularly scheduled mammograms to help detect potential breast cancer at the earliest possible time.



# Mental Health & Diabetes

Untreated mental health issues can make diabetes worse, and problems with diabetes can make mental health issues worse. But fortunately if one gets better, the other tends to get better, too. You can see how having a mental health problem could make it harder to stick to your diabetes care plan.

## Depression: More Than Just a Bad Mood

Depression is a medical illness that causes feelings of sadness and often a loss of interest in activities you used to enjoy. It can get in the way of how well you function at work and home, including taking care of your diabetes. When you aren't able to manage your diabetes well, your risk goes up for diabetes complications like heart disease and nerve damage.

People with diabetes are 2 to 3 times more likely to have depression than people without diabetes. Only 25% to 50% of people with diabetes who have depression get diagnosed and treated. But treatment—therapy, medicine, or both—is usually very effective. And without treatment, depression often gets worse, not better.

**Symptoms of depression can be mild to severe, and include:**

Feeling sad or empty	Losing interest in favorite activities
Overeating or not wanting to eat at all	Not being able to sleep or sleeping too much
Having trouble concentrating or making decisions	Feeling hopeless, irritable, anxious, or guilty
Having thoughts of suicide or death	Feeling very tired
Having aches or pains, headaches, cramps, or digestive problems	

If you think you might have depression, get in touch with your doctor right away for help getting treatment. The earlier depression is treated, the better for you, your quality of life, and your diabetes.

## Stress and Anxiety

Stress is part of life, from traffic jams to family demands to everyday diabetes care. You can feel stress as an emotion, such as fear or anger, as a physical reaction like sweating or a racing heart, or both.

If you're stressed, you may not take as good care of yourself as usual. Your blood sugar levels can be affected too—stress hormones make blood sugar rise or fall unpredictably, and stress from being sick or injured can make your blood sugar go up. Being stressed for a long time can lead to other health problems or make them worse.

Anxiety—feelings of worry, fear, or being on edge—is how your mind and body react to stress. People with diabetes are 20% more likely than those without diabetes to have anxiety at some point in their life. Managing a long-term condition like diabetes is a major source of anxiety for some.

Studies show that therapy for anxiety usually works better than medicine, but sometimes both together works best. You can also help lower your stress and anxiety by:

- Getting active: even a quick walk can be calming, and the effect can last for hours.
- Doing some relaxation exercises, like meditation or yoga.
- Calling or texting a friend who understands you (not someone who is causing you stress!).
- Grabbing some “you” time. Take a break from whatever you're doing. Go outside, read something fun—whatever helps you recharge.
- Limiting alcohol and caffeine, eating healthy food, and getting enough sleep.

Anxiety can feel like low blood sugar and vice versa. It may be hard for you to recognize which it is and treat it effectively. If you're feeling anxious, try checking your blood sugar and treat it if it's low. There will always be some stress in life. But if you feel overwhelmed, talking to a mental health counselor can help.

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# Mental Health & Diabetes

## Diabetes Distress

You may sometimes feel discouraged, worried, frustrated, or tired of dealing with daily diabetes care, like diabetes is controlling you instead of the other way around. Maybe you've been trying hard but not seeing results. Or you've developed a health problem related to diabetes in spite of your best efforts.

Those overwhelming feelings, known as diabetes distress, may cause you to slip into unhealthy habits, stop checking your blood sugar, even skip doctor's appointments. It happens to many—if not most—people with diabetes, often after years of good management. In any 18-month period, 33% to 50% of people with diabetes have diabetes distress.

Diabetes distress can look like depression or anxiety, but it can't be treated effectively with medicine. Instead, these approaches have been shown to help:

- Make sure you're seeing an endocrinologist as part of your diabetes care team. He or she is likely to have a deeper understanding of diabetes challenges.
- Ask your doctor to refer you to a mental health counselor who specializes in chronic health conditions.
- Get some one-on-one time with a diabetes educator so you can problem-solve together.
- Focus on one or two small diabetes management goals instead of thinking you have to work on everything all at once.
- Join a diabetes support group so you can share your thoughts and feelings with people who have the same concerns (and learn from them too).

Diabetes and Mental Health | CDC

## The Mental Health Benefits of Exercise

Aside from regular exercise being good for your body, it is also one of the most effective ways to improve your mental health. Exercise has a positive impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts overall mood.

### Other Mental and Emotional Benefits of Exercise

- **Sharper memory and thinking:** The same endorphins that make you feel better also help you concentrate and feel mentally sharp for tasks at hand. Exercise also stimulates the growth of new brain cells and helps prevent age-related decline.
- **Higher self-esteem:** Regular activity is an investment in your mind, body, and soul. When it becomes habit, it can foster your sense of self-worth and make you feel strong and powerful. You'll feel better about your appearance and, by meeting even small exercise goals, you'll feel a sense of achievement.
- **Better sleep:** Even short bursts of exercise in the morning or afternoon can help regulate your sleep patterns. If you prefer to exercise at night, relaxing exercises such as yoga or gentle stretching can help promote sleep.
- **More energy:** Increasing your heart rate several times a week will give you more get-up-and-go. Start off with just a few minutes of exercise a day, and increase your workout as you feel more energized.
- **Stronger resilience:** When faced with mental or emotional challenges in life, exercise can help you cope in a healthy way, instead of resorting to alcohol, drugs, or other negative behaviors that ultimately only make your symptoms worse. Regular exercise can also boost your immune system and reduce the impact of stress.



## Recipes

### Autumn Squash Soup

#### Ingredients:

1 medium butternut squash-peeled, seeded, cubed  
1 small yellow onion, chopped  
1 stalk celery, cleaned and chopped  
2 carrots, peeled and chopped  
1 sweet potato, peeled and cubed  
2 TBSP olive oil  
1 (32 oz) container unsalted chicken or vegetable stock  
Ground black pepper, ginger, cayenne pepper to taste



#### Directions:

Heat the olive oil over medium high heat, in a large soup pot. Add the onion, celery, carrot, sweet potatoes and squash. Cook for 5 minutes or until lightly browned. Add enough stock to just cover the vegetables. Bring to a boil. Once boiling reduce heat to low and cover. Simmer for 40 minutes - until the vegetables are tender.

Turn off the heat. Using an immersion blender, carefully blend the vegetables into a smooth consistency. Add remaining stock to desired consistency. Add any optional spices or seasonings at this time - ground black pepper, cayenne pepper, ginger, nutmeg or allspice.

### Turkey & Veggie Chili

#### Ingredients:

1 small onion (diced )  
2 medium carrots (diced)  
1 medium zucchini (diced )  
1 clove garlic (minced)  
nonstick cooking spray  
16 oz. lean ground turkey  
1 (14.5-oz) can diced tomatoes  
1 (28-oz) can crushed tomatoes  
1 (15.8-oz) can Great Northern beans (rinsed and drained)  
1 (15-oz) can kidney beans (rinsed and drained)  
1/2 tsp black pepper  
1 TBSP chili powder  
1 tsp cumin  
1 tsp garlic powder

#### Nutrition Facts

Calories: 230  
Total Fat: 5g  
Cholesterol: 45mg  
Carbohydrates: 27g  
Protein: 20g  
Sodium: 170mg



#### Directions:

Spray a large soup pot with cooking spray. Add the onions, carrots, and zucchini, and sauté over medium-high heat for 3-4 minutes or until the onions turn clear. Add the garlic and sauté 30 more seconds. Add the ground turkey and cook until brown. Add the remaining ingredients; mix well and bring the chili to a boil. Reduce the heat and simmer for 15-20 minutes.

## Recipes

### Apple Cinnamon Muffins

#### Ingredients:

- 1-1/4 C oat bran cereal, uncooked
- 1 C whole wheat flour
- 2 tsp ground cinnamon
- 1 tsp baking powder
- 3/4 tsp baking soda
- 1/2 tsp salt
- 3/4 C unsweetened applesauce
- 1 C apple, peeled, cored, diced
- 1/2 C honey
- 1/2 C canola oil
- 1 egg
- 1 tsp pure vanilla extract



#### Directions:

Preheat oven to 375. Coat 12 medium-size cups with non stick cooking spray. In a medium bowl combine oat bran cereal, flour, cinnamon, baking powder, soda, and salt. In large bowl combine applesauce, honey, oil, egg, and vanilla. Stir in dry ingredients; mix well. Stir in apple. Fill prepared muffin cup almost full. Bake 15-20 minutes or until golden brown. Serve warm.

**Save the seeds from pumpkins - they can be made into a healthy and delicious snack!**

**Pumpkin seeds have one of the highest protein content of any nut or seed with more than 5 g of protein per ounce. That makes them almost 20% protein and a great vegetarian source of essential amino acids for muscle building and repair**

**Pumpkin seeds are an excellent source of magnesium, potassium, manganese, iron, zinc, and copper**

### Roasted Pumpkin Seeds

#### Ingredients:

- 3/4 C pumpkin seeds
- 1 TBSP olive oil
- 1/2 tsp kosher salt
- 1/4 tsp garlic powder
- 1/4 tsp paprika, optional
- 1/8 tsp black pepper



#### Directions:

Preheat oven to 350°F. Wash pumpkin seeds in to remove the pulp and fibers. Thoroughly dry with a towel. In a small bowl combine all ingredients. Lightly grease a sheet pan with olive oil. Evenly spread the seasoned pumpkin seeds on the sheet pan. Bake until the seeds are toasted and crunchy, about 12 to 15 minutes, stir every 5 minutes for even toasting. Transfer the roasted pumpkin seeds to a bowl to cool. Store in an airtight container and refrigerate until ready to eat.

# 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 questionnaires and be assessed at your first visit.

For current Move for Health participants, you may continue with your scheduled days and/or time slots, or attend at any other time the room is open.

- 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, stay 6 feet apart, and if you don't feel well, please wait until your symptoms subside.
  - Only 25 participants are allowed in the fitness room at one time.
  - The lockers are open for use during this time, but showers are not.
  - Remember to bring clean, dry shoes and a refillable water bottle.

**Cardio Blast:** Monday and 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. All fitness levels welcome.

Should you have any questions, or if you would like to schedule your 1st visit, you may call Heather Garrow at (518) 358-9667 or email Aaron Jock, Health Promotion Specialist: [Aaron.jock@srmt-nsn.gov](mailto:Aaron.jock@srmt-nsn.gov)

**We are closed**

**Monday October 10th**

**For Indigenous Peoples Day**



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