

Seskehkó:wa /September 2022

Tsitewatakari:tat—Let's Get Healthy Program
Diabetes Center for Excellence
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National Cholesterol Education Month

Blood cholesterol is a waxy, fat-like substance made by your liver. Blood cholesterol is essential for good health, your body needs it to perform important jobs, such as making hormones and digesting fatty foods.

Your body makes all the blood cholesterol it needs, which is why experts recommend that people eat as little dietary cholesterol as possible while on a healthy eating plan. Dietary cholesterol is found in animal foods, including meat, seafood, poultry, eggs, and dairy products.

If you have diabetes, cholesterol is one of the three keys to better manage your diabetes and lower your risk of heart attack and stroke. The American Heart Association considers diabetes one of the seven major controllable risk factors for cardiovascular disease (CVD).

In fact, people living with Type 2 diabetes are two times more likely to develop and die from cardiovascular disease, such as heart attacks, strokes and heart failure, than people who don't have diabetes. The good news is that people with diabetes may avoid or delay the development of heart and blood vessel disease by managing risk factors.

World Alzheimer's Month

World Alzheimer's Month is the international campaign from Alzheimer's Disease International that began in 2012. The intent is to increase awareness and advocacy, and bring together people living with dementia, their caregivers and family, medical professionals, researchers and more.

One goal is to educate and challenge misconceptions about dementia. Dementia is a serious health issue and one of the biggest health and social care crises of this century. Dementia has and will have serious implications on services and health systems around the world as the population grows older.

Currently there are over 55 million people worldwide estimated to be living with dementia

That number is set to rise to 139 million by 2050, with the greatest increases in low and middle income countries

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Cholesterol Myths

Myth: All cholesterol is bad for you

Fact: Some types of cholesterol are essential for good health. Your body needs cholesterol to perform important jobs, such as making hormones and building cells. Cholesterol travels through the blood on proteins called lipoproteins. Two types of lipoproteins carry cholesterol throughout the body:

- LDL (low-density lipoprotein), sometimes called “bad” cholesterol, makes up most of your body’s cholesterol. High levels of LDL cholesterol raise your risk for heart disease and stroke
- HDL (high-density lipoprotein), or “good” cholesterol, carries cholesterol back to the liver. The liver then flushes it from the body. High levels of HDL cholesterol can lower your risk for heart disease and stroke

When your body has too much LDL cholesterol, it can build up in the walls of your blood vessels. This buildup is called plaque. As your blood vessels build up plaque over time, the insides of the vessels narrow. This narrowing can restrict and eventually block blood flow to and from your heart and other organs. When blood flow to the heart is blocked, it can cause angina (chest pain) or a heart attack.

Myth: I would be able to feel it if I had high cholesterol

Fact: High cholesterol usually has no signs or symptoms. You may not know you have unhealthy cholesterol levels until it is too late—when you have a heart attack or stroke. That’s why it’s so important to get your cholesterol levels checked at least every 5 years.

Myth: I can’t do anything to change my cholesterol levels

Fact: You can do many things to improve your cholesterol levels and keep them in a healthy range!

- Get tested at least every 5 years (unless told otherwise by your doctor)
- Make healthy food choices. Limit foods high in saturated fats. Choose foods naturally high in fiber and unsaturated fats
- Be active every day. The Physical Activity Guidelines for Americans recommends that adults get 150 to 300 minutes of moderate physical activity each week
- Don’t smoke or use tobacco products. Smoking damages your blood vessels, speeds up the hardening of the arteries, and greatly increases your risk for heart disease. If you don’t smoke, don’t start. If you do smoke, quitting will lower your risk for heart disease
- Talk with your health care provider about ways to manage your cholesterol; if any medicines are given to you to manage your cholesterol, take them as they are prescribed
- Know your family history. If your parents or other immediate family members have high cholesterol, you probably should be tested more often

Myth: I don’t need statins or other medicines for my cholesterol. I can manage my cholesterol with diet and exercise.

Fact: Although many people can achieve good cholesterol levels by making healthy food choices and getting enough physical activity, some people may also need medicines called statins to lower their cholesterol levels. Guidelines also suggest that other medicines in addition to statins may be needed to help control cholesterol.

Balance Exercises for Older Adults

As we age, we often develop new health conditions, begin taking more medications and lose muscle mass. The threat of an injury-inducing fall weighs heavily on the minds of many older adults and their caregivers—and for good reason. Falls account for more than 95 percent of hip fractures, which can have a devastating and often permanent impact on an elder’s physical and mental health.

Fortunately, practicing a few gentle at-home exercises on a regular basis can help seniors enhance their strength, balance and coordination and decrease their risk of falling. Best of all, caregivers and seniors can perform these moves together to safeguard their mobility and prevent accidents.

Balance exercises help prevent falls, a common problem in older adults that can have serious consequences. Many lower-body strength exercises also will improve your balance. Balance exercises include:

Tightrope Walk

Just like a tightrope walker in a circus, this exercise involves holding your arms straight out from your sides, parallel to the floor. With your arms out, walk in a straight line, pausing for one or two seconds each time you lift your back leg off the ground. Take between 15 and 20 steps this way. While walking, keep your head straight and look at a fixed spot in front of you to help maintain balance.

Rock the Boat

For this exercise, begin by placing your feet hip-width apart. Make sure that each foot feels like it’s pressing into the ground with the same amount of force. This will ensure that your weight is evenly distributed across both legs. With your shoulders back and head level, slowly transfer your weight to one side, lifting the opposite foot off the ground a few inches. Hold your leg up for as long as you can, but no longer than 30 seconds. Then slowly transfer your weight back onto both feet and repeat the process on the opposite side. Aim to repeat this process five times on each side initially and work up to more repetitions as balance and strength improve.

Heel-Toe Walk

This exercise involves placing one foot directly in front of the other so that the heel of your front foot and the toes of your back foot are touching with each step. Depending on your level of flexibility, you may not be able to get your heels and toes to completely touch, but that’s fine. Just try to get them as close as you can without any discomfort. Take between 15 and 20 steps this way. As with the tightrope walk, keeping your eyes fixed on a point in front of you will help you remain stable.

One Leg Stand

While holding onto the back of a chair for stability, stand on one leg with the other leg extended out in front of you a few inches from the ground. Start off standing on one leg for ten seconds, and then repeat on the other leg. Aim to repeat this on each leg five to ten times. You and your loved one may find that it’s less taxing to stand on one leg than the other, but this is normal. Just continue exercising both sides equally to help build strength and confidence on the weaker side. It’s important to maintain good posture (keep your shoulders back, your back straight and your head up) while doing this exercise.



World Alzheimer's Month

What is Dementia?

Dementia is an umbrella term for a collection of symptoms that are caused by disorders affecting the brain and impact on memory, thinking, behavior and emotion. The most common is Alzheimer's disease, which affects 50-60% of people with dementia. Other types of dementia include vascular dementia, Lewy body dementia and fronto-temporal dementia. Dementia can also sometimes affect people who are under the age of 65. This is known as young onset dementia.

Our brains are made up of over 86 billion nerve cells – more than the stars in the Milky Way. Dementia damages nerve cells so they are no longer able to communicate effectively and this impacts how our body functions.

Signs & symptoms: Every person is unique and dementia affects every individual differently, with no two people experiencing symptoms in exactly the same way. Symptoms also vary by type of dementia. Below are the most common warning signs:

Challenges understanding visual and spatial information

Misplacing things

Changes in mood and behavior

Withdrawal from work or social activities

Problems keeping track of things

Memory loss

Difficulty performing familiar tasks

Problems with language

Disorientation to time and place

Poor or decreased judgement

If these signs are new, they may be a sign of dementia. Dementia is not a part of normal aging. If you think that these problems are affecting your daily life, or the life of someone you know, you should talk to your doctor or seek out more information from your national Alzheimer or dementia association.

Risk factors for dementia

The greatest risk factor for Alzheimer's disease and other dementias is increasing age. Although age increases risk, dementia is not a normal part of ageing. Type 2 diabetes is also associated with an increased risk.

Women are more likely to develop Alzheimer's disease than men, even accounting for the fact that women live longer on average. The reasons for this are unclear.

Risk reduction

Although we can't change our genes or stop aging, there are changes that we can make to reduce our risk of dementia. Many of the risk factors are also shared with other non-communicable diseases such as heart disease, cancer, diabetes and chronic respiratory diseases. The following items can help reduce your risk of dementia:

Being physically active

Limit alcohol consumption

Reduce your weight if you are overweight or obese

Avoid or limit air pollution

Control diabetes, high blood pressure and cholesterol

Stop smoking

Stay socially active

Manage and treat depression

Prevent head injuries

Dementia & Diabetes

There are more than 34 million Americans living with diabetes. According to the American Diabetes Association, 25% of people age 65 and older in the United States have diabetes (diagnosed and undiagnosed), and about half have prediabetes.

Doctors don't yet understand exactly how cognitive decline and diabetes are connected, but they do know that high blood sugar or insulin can harm the brain in several ways:

- Diabetes raises the risk of heart disease and stroke, which harm the heart and blood vessels. Damaged blood vessels in the brain may contribute to cognitive decline.
- The brain depends on many different chemicals, which may be unbalanced by too much insulin. Some of these changes may help trigger cognitive decline.
- High blood sugar causes inflammation. This may damage brain cells and cause dementia to develop.

Most people with diabetes have Type 2. When diabetes is not controlled, too much sugar remains in the blood. Over time, this can damage organs, including the brain. Scientists are finding more evidence that could link Type 2 diabetes with Alzheimer's disease.

What has research shown about the relationship between diabetes and cognitive decline?

People with Type 1 diabetes are at greater risk of dementia than people without diabetes. According to one study's results, people with Type 1 diabetes were 93% more likely to develop dementia. A 2021 study for Kaiser Permanente Northern California showed older adults with Type 1 diabetes who were hospitalized for just one blood sugar extreme were at higher risk for dementia — and those who were hospitalized for both highs and lows were six times more likely to later develop dementia.

There's a strong correlation between Alzheimer's disease and high blood sugar levels. One study found that people with high blood sugar levels — such as those linked with Type 2 diabetes — had a dramatic increase in beta-amyloid protein, one of the hallmarks of Alzheimer's disease.

People in the early stages of Type 2 diabetes have signs of brain dysfunction. In fact, one study's participants showed high levels of insulin resistance in the brain and a reduced ability to use glucose to fuel normal brain function.

Individuals with Type 2 diabetes show accelerated cognitive decline, specifically in executive function and information-processing speed. Another study found that those whose onset of Type 2 diabetes was at a younger age are at higher risk of dementia.

The early effects of diabetes on the brain were related to levels of a blood protein called hemoglobin A1C (HbA1C). Researchers found that even people who had diabetes for less than 10 years had deficits in memory function typically associated with a brain region called the hippocampus. They found that people with diabetes had smaller hippocampal sizes than people without diabetes. They also discovered that the decreases in hippocampal size were correlated to HbA1C blood levels, suggesting that HbA1C could be used to indicate hippocampal function and/or the onset of memory loss.

The amyloid precursor protein gene, known to be involved in some cases of Alzheimer's, affects the insulin pathway. Disruption of this pathway is a hallmark of diabetes. The research could point to a therapeutic target for both diseases.

Diabetes and Cognitive Decline (alz.org)

Recipes

Autumn Wild Rice Soup

Ingredients:

- 6 C vegetable stock (or chicken stock)
- 1 C uncooked wild rice
- 8 oz. baby bella mushrooms, sliced
- 4 cloves garlic, minced
- 2 medium carrots, diced
- 2 ribs celery, diced
- 1 large (about 1 pound) sweet potato, peeled and diced
- 1 small white onion, peeled and diced
- 1 bay leaf
- 1 1/2 TBSP Old Bay seasoning
- 1 (14 oz.) can unsweetened coconut milk
- 2 large handfuls of kale, roughly chopped with thick stems removed



Directions:

Heat (an extra) 1 tablespoon butter or olive oil in a large stockpot over medium-high heat. Add onion and sauté for 5 minutes, stirring occasionally, until soft and translucent. Stir in the garlic and cook for an additional 1-2 minutes, stirring occasionally, until fragrant.

Add base ingredients; vegetable stock, wild rice, mushrooms, carrots, celery, sweet potato, bay leaf and Old Bay seasoning. Stir to combine. Continue cooking until the soup reaches a simmer. Then reduce heat to medium-low, cover and simmer for 30 to 40 minutes until the rice is tender, stirring occasionally.

Add the coconut milk and kale to the soup, and stir gently until combined. Taste and season with salt and pepper (plus any extra Old Bay seasoning, if you would like) as needed. Serve warm and enjoy!

Quick Apple Slaw

Ingredients:

- 4 apples, cored, quartered and thinly sliced
- 1 C seedless grapes, halved
- 2 C cabbage mix (coleslaw mix)
- 2 celery ribs, thinly sliced
- 1/4 C olive oil Mayo
- 1/4 C Plain Greek yogurt
- 2 tsp honey
- 1 tsp poppy seeds
- 1 TBSP lemon juice



Directions:

For Dressing: In a small bowl stir together mayo, yogurt, honey and poppy seeds. Set aside.

For Salad: In a large bowl combine apples, lemon juice; toss to combine. Stir in cabbage, grapes and celery. Pour dressing over mixture; toss gently to coat. Cover and chill in the refrigerator before serving. Serve cold.

Recipes

Air Fryer Buttermilk Fried Chicken

Ingredients:

- 1/3 C low-fat buttermilk
- 1/4 tsp hot sauce
- 1lbs. Boneless, skinless chicken breasts
- 6 TBSP cornflakes
- 3 TBSP cornmeal
- 1 tsp garlic powder & paprika
- 1/4 tsp salt & pepper
- nonstick cooking spray

Directions:

- In a small, deep bowl, stir together the buttermilk and hot sauce.
- Place the chicken in the buttermilk mixture. Allow to sit 15 minutes.
- Place the cornflakes into a food processor or blender. Process until coarse crumbs form. Add the cornmeal, garlic powder, paprika, salt, and pepper and pulse until evenly mixed. Pour the crumbs into a shallow bowl. (if you don't have a food processor, you can crush the cornflakes in a plastic bag with a rolling pin.)
- Drain the chicken, allowing the excess buttermilk to drip back into bowl. Coat the chicken pieces evenly in the cornflake mixture. Place the chicken in the air fryer basket. Spray with nonstick cooking spray (do not crowd the chicken; cook in batches if the chicken doesn't fit).
- Set the temperature to 375°F and air fry for 7 minutes then flip. Air fry for an additional 7–10 minutes or until the chicken is done and a meat thermometer inserted in the center registers 165°F.

Nutrition Facts

Calories: 160
Total Fat: 3.5g
Cholesterol: 65mg
Carbohydrates: 7g
Protein: 24g
Sodium: 190mg

Harvest Apple Salad with Homemade Cranberry Vinaigrette Dressing

Ingredients:

- 2 C red delicious apples, cored and thinly sliced
- 8 C mixed greens
- 1/2 C walnuts or pecans, toasted
- 1/2 C shredded purple cabbage
- 1/2 C shredded carrots
- 2 oz. feta cheese

Ingredients: Dressing

- 1/4 C fresh cranberries
- 1/4 C balsamic vinegar
- 1/4 C red onion, chopped
- 1 TBSP honey
- 1 TBSP Dijon mustard
- 1 C olive oil
- Ground black pepper, to taste



Directions:

- Toast walnuts or pecans in a skillet over medium heat until fragrant. Remove from heat and set aside. In a food processor, combine the cranberries, vinegar, onion, honey, and mustard. Puree until smooth; gradually add oil, and season with ground black pepper. In a salad bowl, toss together the mixed greens, apples, carrots, cabbage and enough of the cranberry dressing to coat. Sprinkle with walnuts or pecans.

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

We are closed

Monday September 5th

For Labor Day



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