

Onerahtohkó:wa/May 2021

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May is National Blood Pressure Education Month

National High Blood Pressure Education Month is a time for reflection and action. Reflection to understand the causes, prevention and treatment for high blood pressure — and action to educate the public and bring the rates of high blood pressure down.

May 9-15 is National Women's Health Week

National Women's Health Week is a weeklong health observance led by the U.S. Department of Health and Human Services' Office on Women's Health. The week serves as a reminder for women and girls, especially during the outbreak of COVID-19, to make their health a priority and take care of themselves. It is extremely important for all women, especially those with underlying health conditions, such as hypertension, diabetes, obesity, cardiovascular and respiratory conditions, and women 65 years and older, to take care of your health.

May is also National Physical Fitness and Sports Month

An annual observance, National Physical Fitness and Sports Month is a time to highlight the importance of staying active through sports and other fitness activities. Celebrate this observance by promoting the importance of 60 minutes per day of physical activity for kids (and adults 30 minutes per day) and providing opportunities to be physically active at school and at home.

We are closed
Monday May 31st
in observance of
Memorial Day



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Blood Pressure

High blood pressure is a common disease that develops when blood flows through your arteries at higher-than-normal pressures. Your blood pressure is made up of two numbers: systolic and diastolic. Systolic pressure is the pressure when the ventricles pump blood out of the heart. Diastolic pressure is the pressure between heartbeats, when the heart is filling with blood. For most adults, a healthy blood pressure is usually less than 120 over 80 millimeters of mercury, which is written as your systolic pressure reading over your diastolic pressure reading—120/80 mm Hg.

You usually don't have symptoms from high blood pressure until it has caused serious health problems. That is why it is important to have your blood pressure checked regularly and to know your numbers. Your doctor will diagnose you with high blood pressure if you have consistently high blood pressure readings.

To control or lower high blood pressure, your doctor may recommend that you adopt a heart-healthy lifestyle. This includes choosing heart-healthy foods such as those in the DASH (Dietary Approaches to Stop Hypertension) eating plan. You may also need to take medicines. Controlling or lowering blood pressure can help prevent or delay serious health problems such as chronic kidney disease, heart attack, heart failure, stroke, and possibly vascular dementia.

Undiagnosed or uncontrolled high blood pressure can lead to serious health problems:

- Aneurysm
- Stroke
- Chronic kidney disease
- Eye damage
- Heart attack
- Heart failure
- Peripheral artery disease or carotid artery disease
- Vascular dementia

Know when to call for help for complications

Readings above 180/120 mm Hg are dangerously high and require immediate medical attention. Blood pressure this high can damage your organs. Call 9-1-1 if you experience:

- A sudden, severe headache
- Difficulty breathing
- Sudden, severe pain in your abdomen, chest, or back

High blood pressure can also lead to heart attack or stroke. Call 9-1-1 if you suspect this is happening to you or someone else. The signs and symptoms of a heart attack include:

- **Nausea, vomiting, light-headedness or fainting, or breaking out in a cold sweat.** These symptoms of a heart attack are more common in women.
- **Prolonged or severe chest pain or discomfort not relieved by rest or nitroglycerin.** This involves uncomfortable pressure, squeezing, fullness, or pain in the center or left side of the chest that can be mild or strong. This pain or discomfort often lasts more than a few minutes or goes away and comes back.
- **Shortness of breath.** This may accompany chest discomfort or happen before it.
- **Upper body discomfort.** This can be felt in one or both arms, the back, neck, jaw, or upper part of the stomach.

Healthy Lifestyle Changes

If you have high blood pressure, your doctor may recommend that you adopt a heart-healthy lifestyle to help lower and control high blood pressure.

- **Choose heart-healthy foods such as those in the DASH eating plan:** National Heart, Lung, and Blood Institute-funded research has shown that DASH combined with a low-salt eating plan can be as effective as medicines in lowering high blood pressure.
- **Avoid or limit alcohol:** Talk to your doctor about how much alcohol you drink. Your doctor may recommend that you limit or stop drinking alcohol.
- **Get regular physical activity:** Many health benefits result from being physically active and getting the recommended amount of physical activity each week. Studies have shown that physical activity can help lower and control high blood pressure levels. Even modest amounts of physical activity may help. Before starting any exercise program, ask your doctor what level of physical activity is right for you.
- **Aim for a healthy weight:** If you are an adult who is living with overweight or obesity, losing 5% to 10% of your initial weight over about 6 months can improve your health. Even losing just 3% to 5% of your weight can improve blood pressure readings.
- **Quit smoking:** For free help and support to quit smoking, you can call the National Cancer Institute's Smoking Quitline at 1-877-44U-QUIT (1-877-448-7848).
- **Manage stress:** Learning how to manage stress and cope with problems can improve your mental and physical health. Learning relaxation techniques, talking to a counselor, and finding a support group can all help.
- **Get enough good quality sleep:** The recommended amount for adults is 7 to 9 hours of sleep a day. Develop healthy sleep habits by going to sleep and getting up at regular times, following a calming bedtime routine, and keeping your bedroom cool and dark.

Blood Pressure cont.

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.

DASH Food Plan

DASH is a flexible and balanced eating plan that helps create a heart-healthy eating style for life.

The DASH eating plan requires no special foods and instead provides daily and weekly nutritional goals. This plan recommends:

- Eating vegetables, fruits, and whole grains
- Including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils
- Limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils
- Limiting sugar-sweetened beverages and sweets

Controlling Daily Sodium and Calories

To benefit from the proven DASH eating plan, it is important to limit daily sodium levels to 1,500 mg - 2,300 mg, and to consume the appropriate amount of calories to maintain a healthy weight or lose weight if needed.

The key to lowering your sodium intake is to make healthier food choices when you're shopping, cooking, and eating out.

Shopping	Cooking	Eating Out
<ul style="list-style-type: none"> * Read food labels and choose items that are lower in sodium and salt, particularly for convenience foods and condiments * Choose fresh poultry, fish, and lean meats instead of cured food such as bacon and ham * Choose fresh or frozen versus canned fruits and vegetables * Avoid food with added salt, such as pickles, pickled vegetables, olives, and sauerkraut * Avoid instant or flavored rice and pasta 	<ul style="list-style-type: none"> * Don't add salt when cooking rice, pasta, and hot cereals * Flavor your foods with salt-free seasoning blends, fresh or dried herbs and spices, or fresh lemon or lime juice * Rinse canned foods or foods soaked in brine before using to remove the sodium * Use less table salt to flavor food 	<ul style="list-style-type: none"> * Ask that foods be prepared without added salt or MSG, commonly used in Asian foods * Avoid choosing menu items that have salty ingredients such as bacon, pickles, olives, and cheese * Avoid choosing menu items that include foods that are pickled, cured, smoked, or made with soy sauce or broth * Choose fruit or vegetables as a side dish, instead of chips or fries

DASH Recipes

Greek Salmon and Veggie Packets

Ingredients:

Nonstick cooking spray
1/4 C lemon juice
2 cloves garlic, minced
1 TBSP fresh oregano, minced
1 medium zucchini, thinly sliced
1 medium onion, thinly sliced
1 medium red bell pepper, thinly sliced
4 salmon fillets, 4 oz. each, skinless
2 tsp olive oil
Salt and pepper to taste

Salmon is a good source of heart-healthy omega-3 fatty acids



Nutrition Facts

Calories: 260
Total Fat: 13g
Cholesterol: 80mg
Carbohydrates: 9g
Protein: 27g
Sodium: 70mg
Potassium: 640mg

Directions:

Preheat oven to 400°F. Spray 4, 8x8-inch sheets of aluminum foil with cooking spray. Set aside. Combine lemon juice, garlic, oregano, salt (optional) and pepper in a small bowl. Set aside. Place 1/4 of zucchini, onion and bell pepper on each sheet of foil. Top each one with a salmon fillet. Pour 1/4 of lemon juice mixture over each salmon fillet. Top with 1/2 tsp. olive oil. Bring foil sides up on both sides and seal. Place on baking sheet and bake in oven for 20 minutes. Be careful when opening the foil packets because the steam can burn you.

Cilantro Lime Quinoa

Ingredients:

1 tsp olive oil
1 small onion, chopped
2 cloves garlic, minced
1 C quinoa
2 C low sodium chicken broth
Juice of 2 limes
1/2 fresh cilantro, chopped



Nutrition Facts

Calories: 145
Total Fat: 0g
Cholesterol: 0mg
Carbohydrates: 22g
Protein: 5g
Sodium: 35mg
Potassium: 270mg

Directions:

Heat the oil in a large skillet over medium heat. Add the onions and cook for 3 to 4 minutes. Add the garlic and cook for 30 seconds. Reduce the heat to low and add quinoa. Cook over a low heat for 1-2 minutes, stirring constantly to make sure the quinoa doesn't burn. Add the chicken broth and the juice of 1 lime and bring it to a boil. Reduce the heat to low, cover and simmer for 15 minutes or until done. Remove from heat. Stir in the juice of 1 lime and chopped cilantro.

National Physical Fitness & Sports Month

Move Your Way is a physical activity campaign from the U.S. Department of Health and Human Services to promote the recommendations from the Physical Activity Guidelines for Americans.

What's the best way to get active? Whatever gets you moving!

MOVE YOUR WAY

Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*
Anything that gets your heart beating faster counts.

at least **150 minutes** a week

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

at least **2 days** a week

AND

If you prefer vigorous-intensity aerobic activity (like running), aim for at least **75 minutes** a week.
If that's more than you can do right now, **do what you can**. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**

U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES

Lots of things count as physical activity — even things you have to do anyway! Gardening, cleaning the house, and doing yardwork are all great ways to get moving. Physical activity can help boost your mood, sharpen your focus, reduce your stress and improve your sleep!

**“You know what gets me moving?
Knowing how good I'll feel when I'm done.”**

MOVE YOUR WAY

You can feel the benefits of physical activity today.

- ✓ Less stress
- ✓ Better mood
- ✓ Better sleep

U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES

New evidence shows that physical activity can help manage more health conditions that Americans already have. For example, physical activity can decrease pain for those with osteoarthritis, reduce disease progression for hypertension and type 2 diabetes, reduce symptoms of anxiety and depression, and improve cognition for those with dementia, multiple sclerosis, ADHD, and Parkinson's disease.

COVID-19

What You Need to Know

If you are fully vaccinated, you can start doing many things that you had stopped doing because of the pandemic.

When choosing safer activities, consider how COVID-19 is spreading in your community, the number of people participating in the activity and the location of the activity.

Outdoor visits and activities are safer than indoor activities, and fully vaccinated people can participate in some indoor events safely, without much risk.

On April 27th, the CDC released updated recommendations. Fully vaccinated individuals can engage in the following activities without wearing masks:

- Walking, running, hiking or biking outdoors alone or with members of their household
- Attending small outdoor gatherings with fully vaccinated family and friends
- Attending small outdoor gatherings with a mixture of fully vaccinated and unvaccinated people
- Dining at outdoor restaurants with friends from multiple households.



Fully vaccinated people can also attend a crowded, outdoor event, like a live performance, parade, or sports event, as long as they remain masked.

Interim Public Health Recommendations for Fully Vaccinated People | CDC



During National Women's Health Week each year, millions of women take steps to improve their health. The week serves as a reminder for women to make their health a priority and build positive health habits for life.

What steps can I take for better health?

To improve your physical and mental health, you can:

- Visit a doctor or nurse for a well-woman visit (checkup), preventive screenings, and vaccines
- Get active
- Eat healthy
- Pay attention to mental health, including getting enough sleep and managing stress
- Practice safe behaviors, such as quitting smoking, not texting while driving, and taking steps to protect yourself from sexually transmitted infections

Why should I take these steps?

These steps are the foundation for a lifetime of good health. They can help you be as healthy as possible.

Announcements

The Fitness Room has reopened!

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

For the immediate future, priority is given to our program patients with diabetes

We have implemented additional protocols for utilizing the fitness room, including COVID-19 screenings

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

HAVE A WONDERFUL

Mother's Day



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