

Kenténha/October 2021

Tsitewatakari:tat—Let's Get Healthy Program
Diabetes Center for Excellence
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October is National Breast Cancer Awareness Month

Breast Cancer Awareness Month is a time to join together to raise awareness, promote education, screening and early detection, and support patients and survivors.

But for far too many people, Breast Cancer Awareness Month is also a painful reminder of the more than 44,000 U.S. women and men we will lose—almost entirely to metastatic disease—this year. It's a call to action to fund more research to save lives and improve outcomes

October is also National Dental Hygiene Month

People who have diabetes know the disease can harm the eyes, nerves, kidneys, heart and other important systems in the body. Did you know diabetes can also cause problems in your mouth?

People with diabetes have a higher chance of having periodontal (gum) disease, an infection of the gum and bone that hold the teeth in place. Periodontal disease can lead to pain, bad breath that doesn't go away, chewing difficulties, and even tooth loss. Diabetes can also slow down healing, so it can interfere with treatment of periodontal disease. For more information, see the article on page 4.

Red Ribbon Week October 25th - 31st

In 1988, The National Family Partnership (NFP) sponsored the first National Red Ribbon Celebration. Today, the Red Ribbon serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities. Since that time, the campaign has reached millions of U.S. children and families.

We will be closed

Monday October 11th

For Indigenous

Peoples Day



Inside this Issue

Breast Cancer	2,3
Diabetes & Dental Care	4
Red Ribbon Week	5
Recipes	6,7
Announcements	8

Breast Cancer

Breast cancer is the second leading cause of cancer death for Native women. Keeping up with regular mammograms improves early detection and may help save your life.

Breast Cancer Facts

Breast cancer is the most common cancer found in women

Approximately 1 in 8 women will get breast cancer in her lifetime

Native women have a 7% higher cancer rate compared to non-Hispanic white women

Native women have a 10% higher death rate compared to non-Hispanic white women

What can I do?



BREASTFEED

Breastfeeding reduces estrogen exposure that helps prevent breast cancer



WEIGHT CONTROL

Overweight or obese women are at a higher risk



REGULAR MAMMOGRAMS

Women 40+ should have the option to have a mammogram once a year



EXERCISE

Exercising 3 days/week may lower your risk



LIMIT ALCOHOL USE

Alcohol can increase estrogen which can increase risk



REGULAR BREAST EXAMS

Speak to your health care provider for options

Screening Guidelines

Women ages 40 to 44 have the option to start annual breast cancer screenings

Women ages 45 to 54 should have a mammogram once every year

Women age 55 and older should switch to mammograms every two years or can continue with yearly screening

Screening should continue as long as a woman is in good health and is expected to live at least 10 more years. Native women should always talk to a doctor or nurse right away if they notice any changes in their breasts

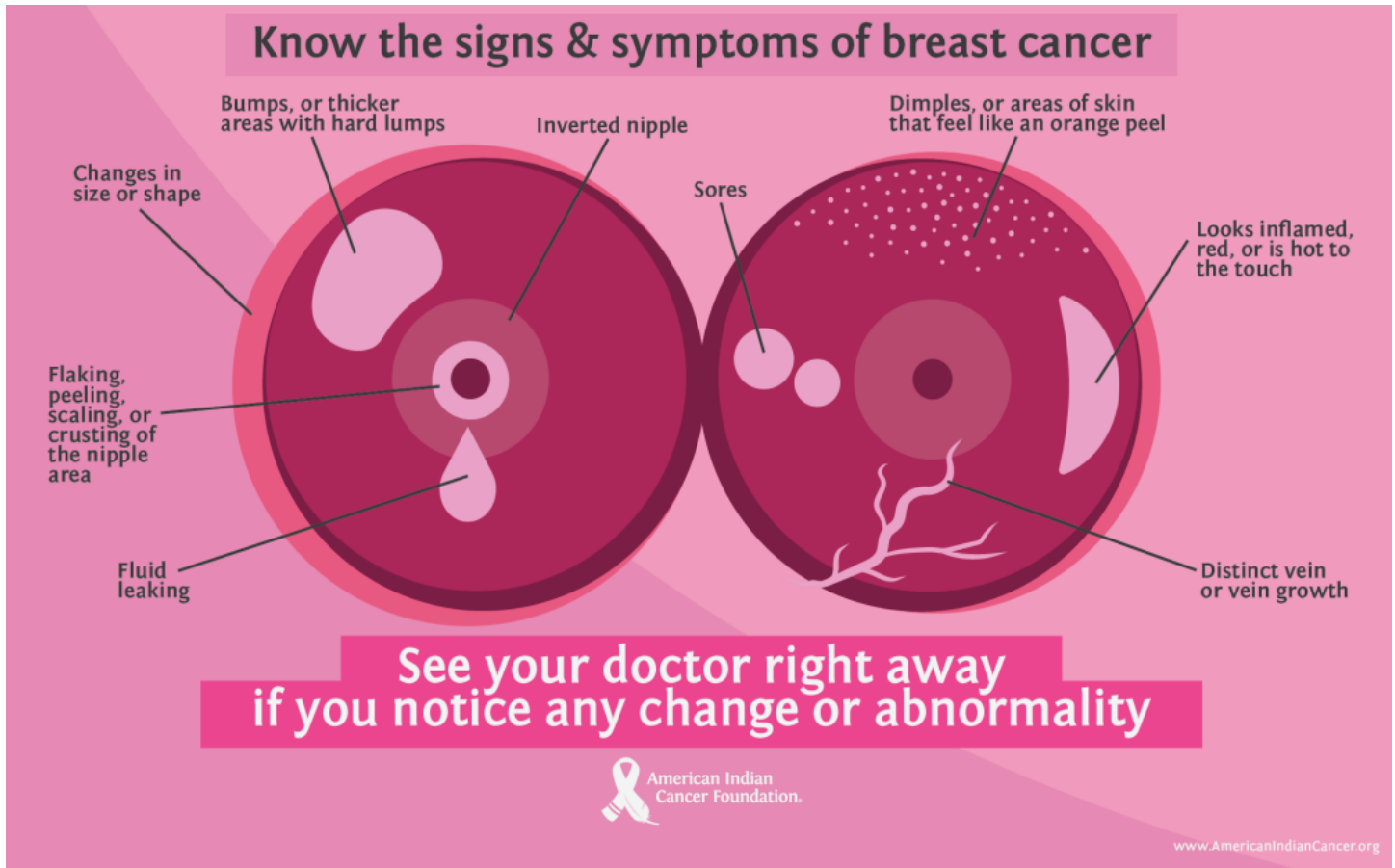


American Indian
Cancer Foundation®

Breast Cancer

Check Your Breast!

Learn the signs and symptoms of breast cancer with the Check Your Breast resource. Understand what to look for when practicing your monthly self-examination, and be sure to see your doctor right away if you experience any of these changes or abnormalities in your breasts



Breast Exam Clinic

w/Mara Bazdaric-Russell, Nurse Practitioner

At the Diabetes Center for Excellence

Thursday October 7th: 9:00 a.m. to 3:30 p.m.

Thursday October 21st: 9:00 a.m. to 3:30 p.m.

All are welcome, walk-ins available

For more information or to make an appointment, please call (518) 358-9667

Diabetes & Dental Care

Dental care is an important concept for all individuals to consider. For people with diabetes, taking care of your teeth and mouth is even more important.

How Does Diabetes Play A Role In Dental Care?

Diabetes can negatively impact white blood cells, which fight off bacteria in the mouth. More oral problems will occur due to the impairment of the cells.

Common Dental Problems In Persons with Diabetes

Some of the more common dental problems include inflammation of the gums, dry mouth, slow healing of mouth injuries, thrush and a burning sensation in the mouth. In addition, those who have diabetes may be more prone to dental problems such as gingivitis and gum disease. The good news is that there are preventive measures to protect the mouth and promote good oral hygiene.

Tips For Promoting Dental Hygiene and Optimal Dental Care

- Visit your dentist at least twice a year. Notify your dentist that you have diabetes and of any diabetes medications you are taking . Tell your dentist right away if you are experiencing any pain or problem areas in your mouth which could lead to serious problems if left untreated
- Brush after every meal and floss every day. Replace your toothbrush when it starts to show signs of wear
- Try to control your blood sugar levels
- Quit smoking. Smoking makes gum disease worse.

Diabetes & Your Oral Health



Participate to show
your personal
commitment to a
drug-free lifestyle

Thank you for your
support and
participation in this
years activities

Celebrate Red Ribbon Week

Monday

October 25

Wear RED Day

"Red-y to live Drug-Free and make a difference"



Wear red or red ribbon shirt/ ribbon dress

Tuesday

October 26

Twin Day

"Pair up against drugs"



Wear matching clothes with a friend

Wednesday

October 27

Jersey Day

"Team up against drugs, play drug-free"



Wear your favorite sports team jersey or sports shirt

Thursday

October 28

Camo Safari Day

"Drugs can't find me"



Wear your favorite camouflage or animal print clothing

Friday

October 29

Costume Day

"Say BOO to drugs"



Wear Halloween costume



Not Just for A Week, But for Life!

This activity is sponsored by: The Alcoholism/Chemical Dependency Prevention Program



Roasted Pumpkin Seeds

Ingredients:

2 cups whole, raw pumpkin seeds
1 TBSP canola oil
Salt free spices as desired

Directions:

Scrape seeds from the inside of a pumpkin. Rinse the pumpkin pulp off as well as you can and pat dry.

Preheat oven to 150 degrees F. Roasting on this lower heat helps to maintain more of the healthy essential fatty acids.

Combine all ingredients in bowl; stir to coat all the seeds. Add spices and stir again.

Spread the seeds in a single layer on a baking sheet. Bake until seeds are golden brown (about 20 minutes), stirring occasionally.

Try This:

Spicy: Sprinkle with chili powder

Garlicky: Garlic powder and Italian herbs

Autumn Spice: Brown sugar and pumpkin pie spice

Try some of the salt-free Mrs. Dash seasonings

Health Benefits of Pumpkin

Pumpkin seeds, often called pepitas, are a good source of heart healthy fats.

They are a great source of fiber, keeping you full longer.

They are high in beta carotene, an antioxidant that helps prevent cancer.

Pepitas have more potassium than a banana.



HEALTHIER HALLOWEEN TREATS

**NOT ALL HEALTHY TREATS HAVE TO BE BORING OR HEALTH FOOD
KIDS LOVE GETTING THINGS OTHER THAN CANDY FOR HALLOWEEN!**

GLOW STICKS, NECKLACES & BRACELETS

GEMSTONE RINGS, BEADED NECKLACES

CRAFT KITS/DIY BRACELETS

FRUIT CUPS WITH JACK O' LANTERN FACES

STRING CHEESE WITH GHOSTS FACES

PENCILS, STENCILS, STICKERS

SUPERHERO MASKS

TEMPORARY TATTOOS

BOUNCY BALLS

STICKY HANDS

PLAYDOH



Mexican Black Bean Soup

Ingredients:

Nonstick cooking spray
2 tsp olive oil
1/2 onion (diced)
1 lb. boneless, skinless chicken breast
(cut into 1/2-inch cubes)
1/2 tsp Adobo seasoning (divided use)
1/4 tsp Black pepper
1 (14.5-oz) can fire-roasted tomatoes
1 TBSP chili powder
1/2 tsp cumin
1/2 C frozen corn
1 (15-oz) can black beans (rinsed and drained)
40 oz. low sodium chicken broth

Nutrition Facts

Calories: 170
Total Fat: 3.5g
Cholesterol: 40mg
Carbohydrates: 15g
Protein: 20g
Sodium: 420mg



Directions:

Spray a large soup pot with cooking spray. Add oil and onion and sauté over medium-high heat for 3 minutes or until clear. Add chicken and season with 1/4 tsp. Adobo seasoning and pepper. Cook chicken until slightly brown, about 6-7 minutes. Add chicken and season with 1/4 tsp. Adobo seasoning and pepper. Cook chicken until slightly brown, about 6-7 minutes. Add remaining ingredients (including the other 1/4 tsp Adobo seasoning). Reduce heat and simmer for 15 minutes.

Pumpkin Turkey Chili

Ingredients:

1 lb. of uncooked ground turkey
1 -15 oz can of pumpkin purée
1 -15 oz can of dark red kidney beans, rinsed and drained
1- 15 oz can of black beans, rinsed and drained
1- 14.5 oz can fire-roasted diced tomatoes, undrained
1 cup of low-sodium vegetable broth
1 medium onion, chopped
1 green pepper, chopped
1 garlic clove, minced
2 TBSP chili powder
2 tsp ground cumin
½ tsp salt and ground black pepper

Nutrition Facts

Calories: 270
Total Fat: 3g
Carbohydrates: 29g
Protein: 23g
Fiber: 15g



Directions:

In a Crock Pot or slow cooker, combine all of the above ingredients. Cook on high temperature for 6 hours, and stir occasionally. If desired, add sliced avocado and sour cream on top - not included in nutrition facts.

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



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