Did You Know?

Heart disease kills more women than all cancers combined.
- 1 in 3 women will die from heart disease
- Women with diabetes are 2 to 4 times more likely to die from heart disease
- Women experience heart attacks different than men

Exercise Classes:

Move For Health
Nurse supervised exercise classes
Must be enrolled in LGHP
Monday-Thursday
8-9am, 9-10am, 10-11am, 11am-12pm & 3-4 pm

Community Classes:

No registration required
Boat Camp
Monday & Wednesday
4:30-5:15pm
After Hours Fitness
Monday & Wednesday
5:30-6:30pm
Water Aerobics
Monday 4:45-5:45pm
Thursday
4:30-5:15pm
Public Fitness
Monday– Friday
5am-8am
Tuesday & Thursday
12-1pm
Saturday
7am-1pm
Yoga for everybody
Monday, Wednesday & Friday
12:05-1pm
Supervised Swim
Wednesday
4:15-5:15pm
Friday
9:00-9:45am
Club Circuit
Friday
9:00-9:45am

Guided Meditation
Every Friday in February
9:50-10:30am
Relaxation Lounge

Did You Know...

Heart disease affects women of all ages. For younger women, the combination of birth control pills and smoking boosts heart disease risks by 20 percent. And while the risks do increase with age, things like overeating and a sedentary lifestyle can cause plaque to accumulate and lead to clogged arteries later in life. But even if you lead a completely healthy lifestyle, being born with an underlying heart condition can be a risk factor.

Myth: Heart disease doesn’t affect women who are fit
Fact: Even if you’re a yoga-loving, marathon-running workout fiend, your risk for heart disease isn’t completely eliminated. Factors like cholesterol, eating habits and smoking can counterbalance your other healthy habits. You can be thin and have high cholesterol. The American Heart Association recommends you start getting your cholesterol checked at age 20, or earlier, if you have a family history of heart disease.

Myth: I don’t have any symptoms
Fact: Sixty-four percent of women who die suddenly of coronary heart disease had no previous symptoms. Because these symptoms vary greatly between men and women, they’re often misunderstood. Media has conditioned us to believe that the telltale sign of a heart attack is extreme chest pain. But in reality, women are somewhat more likely to experience shortness of breath, nausea/vomiting and back or jaw pain. Other symptoms women should look out for are dizziness, lightheadedness or fainting, pain in the lower chest or upper abdomen and extreme fatigue.

Myth: Heart disease runs in my family, so there’s nothing I can do about it
Fact: Although women with a family history of heart disease are at higher risk, there’s plenty you can do to dramatically reduce it. Simply create an action plan to keep your heart healthy.

*PLEASE*

If you are not feeling well or have been ill, call and reschedule your appointments.

Everyone’s health and well being is our top priority.

Stay home, rest and when you are feeling better, come to see us.

*REMEMBER*

Helping Build A Better Tomorrow
Blood Sugar Control and the Importance of Dental Care
An article adapted from the National Institute of Diabetes and Digestive and Kidney Disease-NIH Website

How can diabetes affect my mouth?
Glucose (also called sugar) is present in your saliva. When diabetes is not controlled, high glucose levels in your saliva help harmful bacteria grow. These bacteria combine with food to form a soft, sticky film called plaque. Plaque also comes from eating foods that contain sugars or starches. Some types of plaque cause tooth decay or cavities. Other types of plaque cause gum disease and bad breath. Gum disease can be more severe and take longer to heal if you have diabetes. In turn, having gum disease can make your blood glucose hard to control.

What are the common mouth problems from diabetes?

PART TWO

• Xerostomia (Dry Mouth) This is a lack of saliva in your mouth which raises your risk for tooth decay and gum disease. Symptoms are dry feeling in your mouth, dry, rough tongue, pain in mouth, cracked lips, mouth sores or infection, problems chewing, eating, swallowing, or talking. Treatment can be medication prescribed by your dentist, rinsing with a fluoride to prevent cavities, using sugarless gum or mints to increase saliva flow, taking frequent sips of water, avoiding tobacco, caffeine, and alcoholic beverages.

• Oral Burning. This is a burning sensation inside the mouth caused by uncontrolled blood glucose levels. Symptoms are a burning feeling in the mouth, dry mouth, bitter taste and symptoms that may worsen throughout the day. Treatment incudes seeing your doctor to help improve blood sugar control. Once blood glucose is under control, the oral burning will go away.

Check your mouth for signs of problems from diabetes. If you notice any problems, see your dentist immediately. Some of the first signs of gum disease are swollen, tender, or bleeding gums. Sometimes you won’t have any signs of gum disease. You may not know you have it until you have serious damage. Your best defense is to see your dentist twice a year for cleaning and check-up.

Submitted By: Janine Rourke, RN-Diabetes Nurse Case Manager.

How Reducing Stress Can Save Your Life

We’re often told that stress is bad for our health. But the truth is, the link between stress and heart disease isn’t entirely clear.

Studies have shown that when you’re stressed your body releases adrenaline into your blood stream, causing your heart rate and blood pressure to go up temporarily. If you’re constantly under stress, your body doesn’t get the chance to rest because you’re always in high gear, and as a result, your artery walls become damaged. Stress can trigger all of your risk factors for heart disease and stroke.

Think about how stress affects you under normal circumstances: It makes you feel anxious, tense or depressed; random aches and pains appear out of nowhere; it can make you gain weight and lose sleep; it can even make you get sick.

Now imagine what stress can do if your heart isn’t 100 percent healthy. If it can make a healthy person ill, you can only imagine what it can do to someone who has been diagnosed with heart disease – or worse, someone who has suffered a heart attack or stroke.

Here are a few things you can do to help reduce your stress levels:

1. Take a deep breath. Carve out time for meditation, deep breathing, yoga or tai chi, crank up some tunes or go for a short walk. Whatever activity you find calming, find the time to do it every day for at least 15 minutes.
2. Give up your vices. Overdoing it with alcohol or caffeine can put stress into overdrive, so try to cut back as much as possible. If you smoke, you already know it’s a bad habit. Drop it. We know quitting isn’t easy, so don’t be afraid to ask for help.
3. Burn some steam. Give your endorphins a boost with regular physical activity. Exercise relieves mental and physical tension. Not to mention, physically active adults have a lower risk of depression and function better mentally. Try walking, swimming, biking or another form of cardio every day.
4. Consider meditation, yoga or other relaxing stress management techniques. If you’re always in a rush, impatient, hostile or constantly stressed, trying a new stress management method might be worth looking into. The Diabetes Center for Excellence offers meditation and yoga classes. If you are interested in either program please check out our community calendar for a list of the classes and times.

Heart Attack Warning Signs
With heart disease being the number one killer of women in the United States it is important to take time to learn the warning signs of a heart attack. Commonly, women brush off the symptoms as heart burn, the flu or normal aging.

Symptoms:
Uncomfortable pain, pressure or fullness in the chest that lasts for more than a few minutes or that comes and goes. Pain or discomfort in one or both arms, the jaw, back, neck or stomach. Shortness of breath, with or without chest discomfort. Breaking out in a cold sweat, nausea, or lightheadedness.

Women are more likely than men to have some of the symptoms other than chest pain. If you have any of these symptoms don't wait more than 5 minutes before calling for help. Dial 9-1-1 and get help immediately. The sooner you receive medical attention the better your chances are at surviving with minimal damage to your heart.

For More Information check out: www.heart.org American Heart Association

Schedule of Events

Wear Red Day- Friday February 2, 2018

5:00am- 8:00am: Public Fitness
8:00am- 9:00am: Supervised Swim
9:00am- 9:45am: Club Circuit
9:50am- 10:15am: Guided Meditation
10:00am- 2:00pm: Blood pressure & blood sugar screening
10:30- 10:45am: Stretch break in fitness room
11:00am- 12:00pm: lunch n learn- lunch provided, guest speaker – Theresa Gardner, FNP
12:05- 12:50pm: Yoga

Breakfast bar- 8am-10am
Prizes
Remember to wear RED!

All events will be held at the Diabetes Center for Excellence
66 Business Park Road, Akwesasne
Warning Signs of a Heart Attack or Stroke

Heart attack and stroke are life-and-death emergencies — every second counts. If you see or have any of the listed symptoms, immediately call 9-1-1 or your emergency response number. Not all these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast! Today heart attack and stroke victims can benefit from new medications and treatments unavailable to patients in years past. For example, clot-busting drugs can stop some heart attacks and strokes in progress, reducing disability and saving lives. But to be effective, these drugs must be given relatively quickly after heart attack or stroke symptoms first appear. So again, don’t delay — get help right away!

Some heart attacks are sudden and intense — the “movie heart attack,” where no one doubts what’s happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren’t sure what’s wrong and wait too long before getting help.

Immediately call 9-1-1 or your emergency response number so an ambulance (ideally with advanced life support) can be sent for you. As with men, women’s most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Learn the signs, but remember this: Even if you’re not sure it’s a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. Call 9-1-1 or your emergency response number.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital. It is best to call EMS for rapid transport to the emergency room.

Chest pain
Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- Stroke Warning Signs - Spot a stroke F.A.S.T.: - Face Drooping: Does one side of the face droop or is it numb? Ask the person to smile.
- Arm Weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- Speech Difficulty: Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like “the sky is blue.” Is the sentence repeated correctly?
- Time to call 9-1-1: If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 or the Emergency Medical Services (EMS) so an ambulance can be dispatched and they can get to the hospital immediately.

Also, check the time so you’ll know when the first symptoms appeared. A clot-busting drug called tissue plasminogen activator (tPA) may improve the chances of getting better but only if you get them help right away.

A TIA or transient ischemic attack is a “warning stroke” or “mini-stroke” that produces stroke-like symptoms. TIA symptoms usually only last a few minutes but, if left untreated, people who have TIA’s have a high risk of stroke. Recognizing and treating TIA’s can reduce the risk of a major stroke.

Beyond F.A.S.T. – Other Symptoms You Should Know

- Sudden numbness or weakness of the leg
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

You can prevent all of these by following a healthy diet, staying physically active and by keeping up with all preventive care with your medical team. If you need help, call the Let’s Get Healthy Program today!!

Keep your Fitness Motivation!

According to U.S. News, approximately 80% of resolutions fail by the second week of February. Instead of giving up, try implementing some new strategies and rally a fresh start in February!

Have a Set Plan in Place
You can just say “I’m going to exercise” or “I’m going to eat better”. Your goals need to be clear and measurable with small achievements outlined along the way. Make a plan. Know the number of days, which days and the time you will be exercising. Know exactly what you are going to do for exercise; how long you will walk, what muscles you will strengthen, what exercises you will perform. If you don’t know what to do or how to make a plan, contact the LHG Health Promotion Staff Team for fitness plans and training appointments.

Make 10 minutes happen!
Some days, you just Do. Not. Want. To. Exercise! So shoot for just 10 minutes and see where it goes. Set a timer and if after 10 minutes you still want to quit, fine. But chances are that once you get started, you will say “I can do 5, 10, even 15 more minutes”

What gets measured, gets improved.
Set short term, measurable, performance based goals. For example, “I will exercise three times a week or run one mile without stopping”, not “I will lose 20 pounds”. Make sure your goals are challenging, but not impossible.

When you hit those small achievements, reward yourself!
Save a little money along the way, $5 or even $10 a week really adds up by the time you hit those smaller goals. Instead of thinking you don’t have any extra money, think about all the extra money you will have to come up with later for medical bills or missed time from work if you don’t take control of your health now…

Get a partner!
The social component for success is often overlooked. Find someone to hold yourself accountable to. And if you can’t find a partner, your Health Promotion Coach is more than happy to be there for you. A friend, a partner, or a trainer can make all the difference.

Improvement, Not Perfection!
You will make mistakes. You will fall off track. But, that is NORMAL! Stop thinking only about the big goals and start focusing on the little goals that will get you there. Be patient. Know you will have bad days (or weeks, or months) and that is ok. Strive for improvement. Do a little more every time. One more pushup than last time. A few more minutes on the elliptical than last time. One more time saying no to the birthday cake at work. A few small choices can add up in big ways.

Keep your Fitness Motivation!

Activities with the Let’s Get Healthy Program

Friday February 9th:
- Public Fitness: 5-6am
- Club Circuit: 9-9:45am
- Guided Meditation: 9:50-10:15am
- Snowga (yoga held outdoors, weather permitting): 12:05-12:50pm

Saturday February 10th:
- Public Fitness: 7am-1pm

All classes will be held at the Diabetes Center for Excellence 66 Business Park Road, Akwesasne NY 13655
For more information, please call 518.358.9667

Akwesasne Winter Carnival 2018

Akwesasne Winter Carnival 2018
Activities with the Let’s Get Healthy Program

Friday February 9th:
- Public Fitness: 5-6am
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For more information, please call 518.358.9667
**Heart Healthy Recipes**

**Baked Fish in Foil Packet with Asparagus**

*Serves: 2  
*Ingredients:  
2 fish fillets (4 oz each)  
¾ cup olive oil or canola oil  
1 tsp lemon juice  
2 garlic cloves, minced  
½ tsp paprika  
1 tsp tarragon leaves, dried and crushed  
2 tsp fresh parsley, minced (more if desired)  
2 lemon slices (optional)

**Directions:**  
Preheat the oven to 350. Cut a large piece of heavy duty aluminum foil. Place onions and asparagus on foil first, place the fish on next, drizzle with oil, and fold foil or a plate, and let them to cook evenly.

**TIP:** Can be done with any fish fillets, keep fillets approx. same thickness and size so that they bake evenly.

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**Roasting your Own Red Peppers**

1. Preheat your oven to 450 degrees.  
2. Wash the peppers and then cut them in half lengthwise.  
3. Cut off the stem with a paring knife and scoop out all the seeds and membranes.  
4. Place the peppers cut side down on a rimmed baking sheet that has been lined with parchment paper.  
5. Roast the peppers in the preheated 450 degree oven for about 25 minutes; or until the skins are charred, rotating the sheet if necessary for them to cook evenly.  
6. Let the peppers cool for a minute or two, and then remove them from the baking sheet and place them in a bowl.  
7. Cover the bowl with foil or a plate, and let cool for about 30 minutes.  
8. When the peppers are cool enough to handle, peel off the skins and discard them, dropping the peppers back into the bowl.

**Risk factors that can’t be controlled**  
- Age  
- Gender  
- Heredity (family history)  
- Race  
- Previous stroke or heart attack

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**Herbed Baked Fish**

*Serves: 2  
*Ingredients:  
2 fish fillets (4 oz each)  
½ tsp ground black pepper  
3 TBSP buttery spread, melted  
½ tsp lemon juice  
2 garlic cloves, minced  
2 tsp fresh parsley, minced (more if desired)  
1 tsp tarragon leaves, dried and crushed  
½ tsp paprika

**Directions:**  
Preheat the oven to 350. Lightly spray a baking dish with non stick spray. Pat fillets dry, arrange in baking dish. Sprinkle with black pepper. In a small bowl, melt the buttery spread, add the lemon juice and garlic. Pour evenly over the haddock fillets. Sprinkle the parsley, tarragon and paprika on the fillets. Place into the oven and bake at 350 for 25-35 minutes, depending on thickness of the fillets. Fish is done when it flakes easily with a fork.

**TIP:** Can be done with any fish fillets, keep fillets approx. same thickness and size so that they bake evenly.

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**Herbed Veggie Skillet**

**Ingredients:**  
8 oz. zucchini (sliced)  
1 ¼ cup sliced onion  
3/4 cup frozen whole kernel corn  
1 ¼ cup diced tomato  
2 Tbsp. water  
2 tsp. canola oil  
1 ¾ tsp. dried basil, crumbled  
1 ¾ tsp. dried marjoram, crumbled  
1 ½ tsp. dried oregano, crumbled  
Pepper to taste

**Directions:**
1. In a large nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the zucchini, onion and bell pepper for 3 minutes, or until the onion is soft, stirring frequently.
2. Stir in the remaining ingredients except the pepper. Cook, covered, for 5 minutes, or until the zucchini is tender, adding more water if necessary. Sprinkle with pepper.

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**Tomato and Red Bell Pepper Soup**

**Ingredients:**  
14.5 oz canned, no salt added, diced tomatoes (undrained)  
2 cups fat free, low sodium chicken broth  
2 tsp. canola or olive oil  
1 ¼ tsp. sugar  
1/8 tsp. dried oregano, crumbled  
1/8 tsp. dried marjoram, crumbled  
1/8 tsp. dried basil, crumbled  
1 ½ tsp. dried oregano, crumbled  
1 ¼ tsp. crushed red pepper flakes  
1 ¼ tsp. crushed red bell peppers, drained if bottled

**Directions:**
Preheat the oven to 350. Cut a large piece of heavy duty aluminum foil. Place onions and asparagus on foil first, place the fish on next, drizzle with oil, and fold foil or a plate, and let them to cook evenly.

**TIP:** Can be done with any fish fillets, keep fillets approx. same thickness and size so that they bake evenly.

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**Cook Healthy Eat Healthy**

Did you know...

Cigarette smoking is the #1 preventable cause of death in the U.S. It is estimated that as many as 70,000 non-smokers die each year from heart disease, because they were exposed to secondhand smoke.