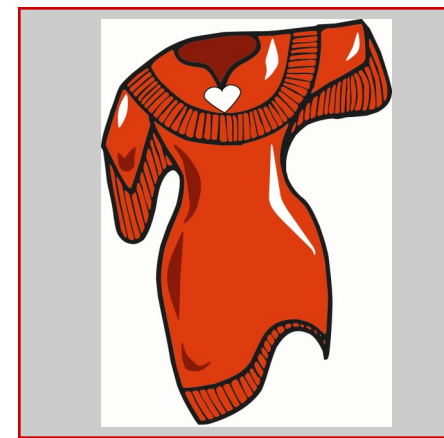


# \* News \*



## Enniska/February 2018

Tsitewatakari:tat/The Let's Get Healthy Program  
Diabetes Center For Excellence  
66 Business Park Road  
518-358-9667

## February is American Heart Month

### Common Myths About Heart Disease

"It's a man's disease." "But I'm too young." "Breast cancer is the real threat." If you've heard or said any of this before, you're not alone. It's time to set the record straight and start thinking of this as a disease that doesn't spare women. Your health is non-negotiable; we need to separate fact from fiction so that together, we can stop this killer once and for all.

**Myth: Heart disease is for men, and cancer is the real threat for women**

**Fact:** Heart disease is a killer that strikes more women than men, and is more deadly than all forms of cancer combined. While 1 in 31 American women die from breast cancer each year, heart disease is the cause of 1 out of every 3 deaths. That's roughly one death each minute.

**Myth: Heart disease is for old people**

**Fact:** 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 your family has a history of heart disease. And while you're at it, be sure to keep an eye on your blood pressure at your next check-up.

**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.

Because of healthy choices and knowing the signs, more than 670,000 of women have been saved from heart disease, and 300 fewer are dying per day.

What's stopping you from taking action?

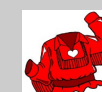


### Did You Know...

Each day the average heart beats 100,000 times and pumps over 2,000 gallons of blood.  
Take care of your heart: eat healthy and exercise often.

### Did You Know...

Every 45 seconds someone in the United States has a heart attack!  
If you notice something doesn't feel right CALL 9-1-1 immediately.



### INSIDE THIS ISSUE:

Dental Care Part 2 & Relaxation	2
Keep Your Motivation	3
Heart Healthy Recipes	4-5
Heart and Stroke Signs/Symptoms	6
Wear Red Day 2018	7
News	8

### Wear Red Day 2018

Wear **RED** to our event

February 2, 2018

5:00am-1:00pm

Diabetes Center for Excellence

Win great prizes all day!



### February Cooking Demo

February is American Heart Month

Thursday February 22, 2018

11:30am-1:00pm

Featured Recipes:

Herb & lemon baked walleye

Haddock and Asparagus



The Diabetes Center-Theatre Kitchen

RSVP By February 21, 2018

8 spots available.

### 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



### Guided Meditation

Every Friday in

February

9:50-10:30am

Relaxation

Lounge

### 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

#### Boot 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

12:05-12:50pm

#### Supervised Swim

Wednesday

4:15-5:15pm

Friday

8:00-9:00am

#### Club Circuit

Friday

9:00-9:45am

All exercises classes offered by the Let's Get Healthy Program are free to ages 18 and older.

Please wear comfortable clothes, bring clean/dry sneakers



Helping Build A Better Tomorrow

### OFFICE CLOSED

February 19, 2018

President's Day

Please pick up all your testing supplies early!



### \*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\*

## 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 fil 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 most 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 includes 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.

# Wear Red Day 2018

## 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

**For More Information: 518-358-9667**



**National Wear Red Day:** Bringing national attention to the fact that heart disease is the #1 killer of women and to raise awareness of women's heart health.

### What Exercise is Right for You?

Exercise is essential to living heart-healthy.

How much exercise do you need? The American Heart Association recommends the following amounts of physical activity to maintain cardiovascular health:

### For Overall Cardiovascular Health

At least 30 minutes of moderate-intensity aerobic activity at least 5 days per week for a total of 150 minutes.

### **OR**

At least 25 minutes of vigorous aerobic activity at least 3 days per week for a total of 75 minutes; or a combination of moderate- and vigorous-intensity aerobic activity.

### **AND**

Moderate- to high-intensity muscle-strengthening activity at least 2 days per week for additional health benefits.

### For Lowering Blood Pressure and Cholesterol

An average 40 minutes of moderate- to vigorous-intensity aerobic activity 3 or 4 times per week.

### Different Ways to Workout

Almost any physical activity is better than none for your heart. Learn more ways to exercise to determine the type(s) of physical activity that suit you best:

### Walking, Jogging, and/or Running

### Yoga

### Gardening

### At-home exercises

### Exercises with kids

### Strength training

### Exercises for seniors

## 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](http://www.heart.org) American Heart Association



## 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. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach. Shortness of breath with or without chest discomfort. Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

### 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 TIAs have a high risk of stroke. Recognizing and treating TIAs 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 measureable 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 LGH Health Promotion Staff Team for fitness plans and training appointments.

### Make 10 minutes happen!

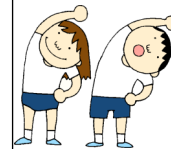
Some days, you just Do. Not. Want. To. Exercise! So shoot for just 10 minutes and see where it goes. Set a timer and if after 10 minutes you still want to quit, fine. But chances are that once you get started, you will say “I can do 5, 10, even 15 more minutes”

### 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.

## Akwesasne Winter Carnival 2018

### Activities with the Let's Get Healthy Program

#### Friday February 9<sup>th</sup>:

**Public Fitness:** 5-8am

**Club Circuit:** 9-9:45am

**Guided Meditation:** 9:50-10:15am

**Snowga** (yoga held outdoors, weather permitting): 12:05-12:50pm

#### Saturday February 10<sup>th</sup>:

**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



# Heart Healthy Recipes

## Baked Fish in Foil Packet with Asparagus

Serves: 2

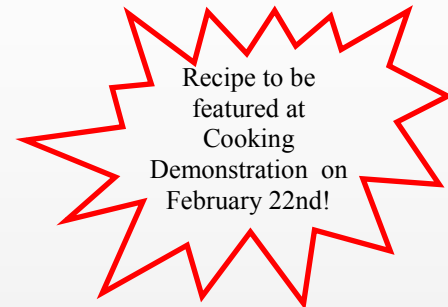
### Ingredients:

- 2 fish fillets (4 oz each)
- ½ sweet onion, sliced
- 1 bunch fresh asparagus, washed and trimmed
- 2 tsp olive oil or canola oil
- 1 tsp no salt lemon pepper seasoning (Mrs Dash)
- 4 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, sprinkle with seasoning, top with lemon slices (if using) wrap tightly. Place on a baking sheet or in a baking pan and bake at 350 for 20 minutes or until fish 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.



### 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.

## Herbed Baked Fish

Serves: 2

### Ingredients:

- 2 fish fillets (4 oz each)
- ¼ 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.



## Risk Factors for Heart Disease What You Can & Can't Control

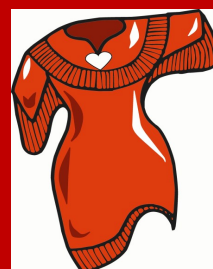
Some risk factors you can't do anything about. But others you can treat, manage or control with the help of your healthcare provider. Those you can't change, like your family history, are still important when assessing your risk for heart disease.

### Risk factors that can be managed:

- High Blood Pressure
- Smoking
- High Cholesterol
- Lack of regular activity
- Obesity/overweight
- Diabetes

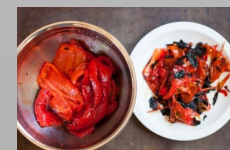
### Risk factors that can't be controlled

- Age
- Gender
- Heredity (family history)
- Race
- Previous stroke or heart attack



## 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 pre-heated 450 degree oven for about 25 minutes; or until the skins are completely wrinkled and the peppers 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.



## 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
- 1/2 cup chopped, roasted red bell peppers, drained if bottled
- 1 Tbsp. dried basil, crumbled
- 1/2 tsp. dried oregano, crumbled
- 1/8 tsp. crushed red pepper flakes
- 2 tsp. olive oil
- 1/4 tsp. sugar
- 1/4 cup chopped, fresh parsley

### Directions:

In a medium saucepan, stir together the tomatoes with liquid, broth, roasted peppers, basil, oregano, and red pepper flakes. Bring to a boil over high heat. Stir in oil and sugar. Serve sprinkled with parsley.

**Cooking Tip:** Adding a small amount of sugar mellows the acidic taste of tomatoes  
**Cooking Tip:** For a smoother texture, you can use an immersion mixer, once the mixture has cooled a bit.



Cut back on salt, not flavor!  
Use fresh or dried herbs to add flavor to your meals.



## Herbed Veggie Skillet

### Ingredients:

- 8 oz. zucchini (sliced)
- 1/4 cup sliced onion
- 3/4 cup frozen whole kernel corn
- 1/3 cup diced tomato
- 2 Tbsp. water
- 2 tsp. canola oil
- 1/8 tsp. dried basil, crumbled
- 1/8 tsp. dried marjoram, crumbled
- 1/8 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.



Cook Healthy  
Eat Healthy

