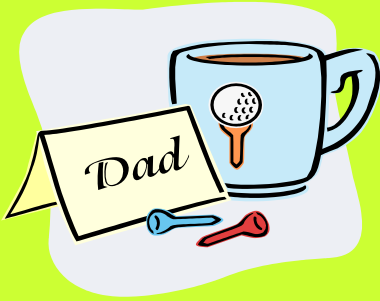


Ohia:ri:ha/June 2017

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



June is Men's Health Month

Men's Health Month is celebrated across the country with screenings, health fairs, media appearances, and other health education and outreach activities.

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with thousands of awareness activities in the USA and around the globe.

For more information on men's health issues and health check lists, please go to:

menshealthresourcecenter.com and menshealthmonth.org

Or simply make an appointment with your Primary Care Provider to ask questions regarding your health.



INSIDE THIS ISSUE:

Mind & Body	2
June - Men's Month	3
Summertime Grilling	4-5
Nursing Notes	6
Men's Health Facts	7
Upcoming Events	8

Women's Health Day 2017

Mind & Body

What is Yoga?

It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation. Yoga does more than burn calories and tone muscles. There are different types of yoga. Some are fast paced and intense and some are gentle and relaxing. Yoga is low impact, it can be done inside or outside. You don't need to go to a class to practice yoga, you can also follow along with videos at home.

Benefits of Yoga: There are many benefits of a regular practice.

Mind Body approach to health that is relaxing and energizing.
Flexibility for all ages and abilities, good for those with arthritis.
Strengthens muscles, protects against injury.
Improves posture.
Reduces pain level.
Supports a healthy immune system.
Good for bone health, reduces risk for osteoporosis as it is considered a weight bearing activity.
Increases your blood flow. Increased oxygen to your hands and your feet.
Helps lower blood pressure.
Reduces depression and increases feelings of happiness and overall wellbeing.
Lowers blood glucose.
Can help with memory and focus.



Local yoga classes:

Heart to Heart Fitness Center-Akwesasne

Sundays at 10am
Mondays at 6pm
Wednesdays at noon
Fridays at 5:45am
Instructors:
Chantal Forrest and Laura Tarbell

Spirited Heart Yoga Studio-Massena

(Witkop Chiropractic Office Main St, Massena)
Tuesday and Thursdays: 6:30-8:00pm
Instructor: Erika Witkop

Generations Park-Akwesasne

Dates and times to be announced!
Instructor: Mary Terrance

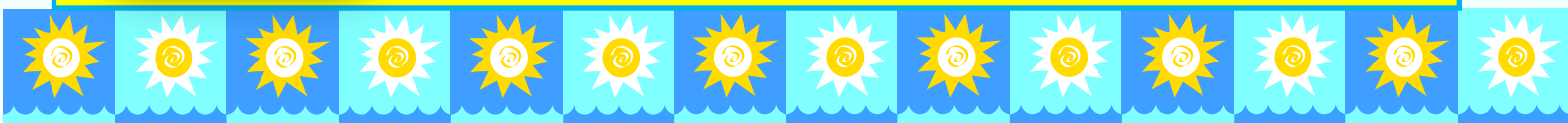
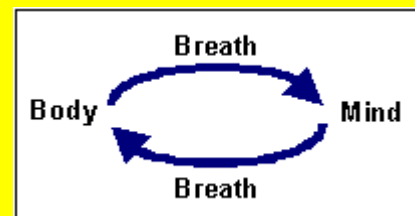


Guided Relaxation

Fridays

9:50am - 10:15am

*Please - no late entrances as it disturbs the relaxation session already in progress
Also available by appointment
with Heather Pontius, RD
Please call 518.358.9667 to schedule



June is Men's Health Month

Do you know the greatest threats to men's health? The list is surprisingly short. The top causes of death among adult men in the U.S. are heart disease, cancer, unintentional injuries, chronic lower respiratory disease and stroke, according to the Centers for Disease Control and Prevention. The good news is that making a few lifestyle changes can significantly lower your risk of these common killers.

Take charge of your health by making better lifestyle choices. For example:

Don't smoke. If you smoke or use other tobacco products, ask your doctor to help you quit. Avoid exposure to secondhand smoke, air pollution and chemicals, such as those in the workplace.

Eat a healthy diet. Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, such as fish. Limit foods high in saturated fat and sodium.

Maintain a healthy weight. Losing excess pounds — and keeping them off — can lower your risk of heart disease as well as various types of cancer.

Get moving. Exercise can help you control your weight, lower your risk of heart disease and stroke and possibly lower your risk of certain types of cancer. Choose activities you enjoy, such as tennis, basketball or brisk walking. All physical activity benefits your health.

Limit alcohol. The risk of various types of cancer, such as liver cancer, appears to increase with the amount of alcohol you drink and the length of time you've been drinking regularly. Too much alcohol can also raise your blood pressure.

Manage stress. If you feel constantly on edge or under pressure, your lifestyle habits may suffer — and so might your immune system. Take steps to reduce stress — or learn to deal with stress in healthy ways.

Don't wait to visit the doctor until something is seriously wrong. Your doctor can be your best ally for preventing health problems. Follow your doctor's treatment recommendations if you have health issues, such as high cholesterol, high blood pressure or diabetes. Also, ask your doctor about when you should have cancer screenings, immunizations and other health evaluations.

Understanding health risks is one thing. Taking action to reduce your risks is another. Start by making healthy lifestyle choices. The impact might be greater than you'll ever know.

Body Weight

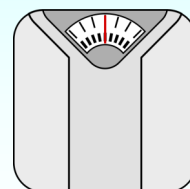
Healthy eating and physical activity are great for everyone.

A healthy weight lowers your chances of getting type 2 diabetes, high blood pressure, breathing problems, and some types of cancer. Keeping a healthy weight is important for American Indian and Alaska Natives because over 80 percent of our adults, ages 20 to 74, are overweight or obese.

One way to see if you are at a healthy weight is to check your Body Mass Index (BMI). To find out if your children are at a healthy weight, talk with their health care provider.

Is your BMI not where you want it to be? Do you want to eat healthier and become more active? Small changes can make lasting results.

- Stand up and walk in place while watching your favorite TV program
- Eat a piece of fruit instead of your afternoon candy bar
- Drink water instead of soda
- Have half a piece of frybread instead of a full piece, or save frybread for special occasions only



Summert

Ingredients:

- Seedless watermelon, cut into triangles leave rind intact.
- 2 tablespoons honey or agave nectar
- Ground black pepper-optional

Honey Glazed Grilled Watermelon



Directions:

- Pre heat the grill to 350-400 degrees and clean well.
- Press the watermelon slices between sheets of paper towels to remove excess liquid.
- Brush the slices with honey/agave nectar.
- Put watermelon on the grill and cook for 3-5 minutes or until grill marks have appeared and fruit is softened.
- Flip once if you wish.
- Remove from grill and sprinkle with ground black pepper. Enjoy warm on the rind or cut into cubes off the rind.

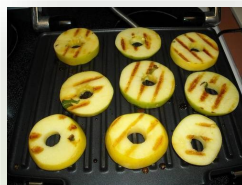
Try This!

- Serve as an appetizer, mix it into a salad or serve as a dessert.
- Salad Idea: cut into cubes and serve with feta cheese and mint with a drizzle of balsamic glaze or balsamic vinegar reduction sauce.
- Recipe can be made on a George Foreman Grill

Grilled Apple Slices with Mint

Ingredients:

- 2/3 cup 100% orange juice
- 1 TBSP chopped fresh mint
- 2 TBSP honey or agave nectar
- 1 tsp vanilla extract
- 1/2 tsp ground ginger
- 3 granny smith apples, cored and cut into 4 (1/2 inch) slices, skin left on.



When preparing a grill for grilling fruits it is best to brush oil on the grates to avoid excess oil on the food. You could also use a grill spray like PAM Grilling.

Directions:

- Combine all ingredients in a large Ziploc bag. Seal the bag and marinate in the refrigerator for 1-2 hours. Turn the bag occasionally but do not shake. When ready to grill preheat the grill to medium high heat, clean well. Place the apple slices onto the grill. Reserving the marinade.
- Grill for 3 minutes on each side, and baste with additional marinade if desired.
- Arrange on a platter and serve warm.

Try This!

- For a dessert use a sweeter apple like gala, golden delicious or pink lady. Serve with a Greek vanilla yogurt, honey yogurt dip or a scoop of vanilla ice cream.
- For a side dish or to add to a salad use a more tart apple like Granny Smith. Add to a sandwich with turkey breast and cheddar cheese. Pairs well with grilled chicken.
- Recipe can be made on a George Foreman Grill.



Time Grilling

Hawaiian Turkey Burgers

Ingredients:

- 4 slices of fresh pineapple (save 1/4 cup pineapple juice)
- 1/2 cup plain bread crumbs
- 1/2 cup fresh scallions or sweet onion, finely copped
- 1/2 cup red bell pepper, finely chopped
- 1 pound lean ground turkey
- 1/4 cup lower sodium teriyaki sauce
- Reduced fat cheddar cheese slices
- 4 whole wheat/whole grain burger buns
- Toppings as desired:
avocado slices, fruit salsa, tomato slices, green leaf lettuce, cilantro mayo

Directions:

- Preheat the grill to medium high heat.
- Combine bread crumbs, scallions, bell pepper, 1 TBSP teriyaki sauce and 1/4 cup pineapple juice. Thoroughly mix ingredients. Add ground turkey and mix again.
- Make burger patties by dividing the mix into 4-6 equal portions.
- For easy burgers use a burger press and put burgers onto a sheet of wax or parchment paper when they are pressed.
- Cook your burgers on the grill for 3 minutes on each side. Brush occasionally with additional teriyaki sauce. Grill for an additional 4-6 minutes on each side or until a meat thermometer reads an internal temperature of 160-165 degrees. Add pineapple slices to the grill and grill a few minutes on each side.

Once the burgers have reached their internal temperature of 160-165 degrees they are cooked. If desired add cheese slices and grill your burger buns. Top with your favorite toppings and ENJOY!

TRY THIS

If you do not have fresh pineapple you can try canned pineapple slices. If you do not have fresh pineapple juice use a 100% pineapple juice. Mix cilantro with mayo for a condiment. Try serving the burger with a pineapple mango salsa and tortilla chips



Homemade Lower Sugar BBQ Sauce

Ingredients:

- 1 TBSP olive oil
- 1 medium yellow onion, finely chopped
- 2 cloves garlic, minced
- zest from 1 lemon
- 1/2 cup brown sugar or Splenda artificial sweetener equivalent
- 1/2 tsp red pepper flakes
- 1/4 tsp ground black pepper
- 1/4 cup tomato paste, no salt added
- 2 (8 oz) cans tomato sauce, no salt added
- 1/2 cup apple cider vinegar
- 2 tsp low sodium Worcestershire sauce

Directions:

In a medium saucepan, over medium heat sauté onion, garlic and lemon zest until onions are translucent. Add the brown sugar and tomato sauce and cook another 2 minutes, stirring often. Add all the other ingredients, bring to a boil and reduce heat to a low simmer. Cook for 20 minutes or until sauce is thick and sticky.

* Use in place of store bought BBQ sauce for grilling or as a condiment.

* Can be saved in the freezer in small portions to be used for additional recipes.



Nursing Notes

Gastroparesis

Gastroparesis is a disorder that occurs when the stomach takes too long to empty food. This disorder, also known as delayed gastric emptying, is a result of weak or abnormal muscles in the stomach. There's no known cure for gastroparesis, but medical treatment can help manage your symptoms.

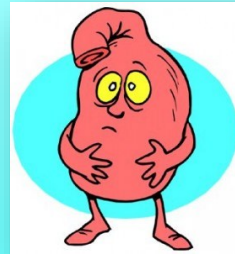
What Causes Gastroparesis?

The exact cause isn't known, but it's thought to have something to do with disrupted nerve signals in the stomach. It's believed that the vagus nerve, which controls the movement of food through the digestive tract, becomes damaged and causes food to be digested slowly or not at all.

Who Is At Risk For Developing Gastroparesis?

Certain health conditions can make it harder for your stomach to empty, increasing your chances of developing gastroparesis. This risk factors include:

- ⇒ Diabetes Mellitus
- ⇒ Infection
- ⇒ Some cancer treatments
- ⇒ Eating disorders, such as anorexia or bulimia
- ⇒ Hypothyroid or overactive thyroid
- ⇒ Parkinson's Disease
- ⇒ Medications that make the stomach empty more slowly



What Are The Symptoms Of Gastroparesis?

The symptoms can range from mild to severe. They occur more often in some people than others. The symptoms of gastroparesis can include:

Upper abdominal pain, nausea, vomiting, heartburn, loss of appetite, bloating, changes in blood sugar levels, feeling full after eating only a little, malnutrition, unintended weight loss, swollen abdomen.

How Is Gastroparesis Diagnosed?

Your doctor will perform a physical exam, and ask you questions about your medical history. In order to rule out other possible causes of your symptoms, your doctor will probably want to run some tests which might include: an ultrasound, X-rays and upper endoscopy.

How Is Gastroparesis Treated?

If gastroparesis is caused by a condition like diabetes, the first step is to improve control of that underlying condition. After that, your doctor may recommend medication, diet changes and even surgery in some cases.

What Are The Complications Of Gastroparesis?

The symptoms associated with gastroparesis, such as vomiting and decreased appetite, can cause dehydration and malnutrition. Dehydration and malnutrition can cause numerous problems, including:

- ⇒ Decreased blood pressure
- ⇒ Increased heartbeat
- ⇒ Rapid breathing
- ⇒ Decreased urine output
- ⇒ Weakened immune system
- ⇒ Poor wound healing
- ⇒ Muscle weakness



Gastroparesis causes food to stay in the stomach for too long which can cause overgrowth of bacteria.

Submitted by Janine Rourke, RN,BSN

If you have any questions related to typical medication used, surgical goals, diet changes, please contact your diabetes nurse educator or registered dietitian.

Men's Health Facts

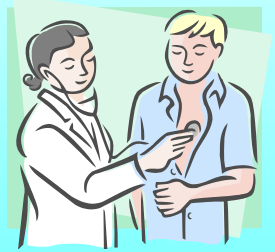
Men: Stay Healthy at Any Age

There are many easy things you can do every day to improve your health and stay healthy. Getting screened is just one of them. Screenings are tests that look for diseases before you have symptoms. Blood pressure checks and tests for high blood cholesterol are examples of screenings. You can get some screenings, such as blood pressure readings, in your doctor's office. Others, such as colonoscopy, a test for colon cancer, need special equipment, so you may need to go to a different office. After a screening test, ask when you will see the results and who you should talk to about them.

Abdominal Aortic Aneurysm: If you are between the ages of 65 and 75 and have ever been a smoker, (smoked 100 or more cigarettes in your lifetime) get screened once for abdominal aortic aneurysm (AAA). AAA is a bulging in your abdominal aorta, your largest artery. An AAA may burst, which can cause dangerous bleeding and death.

An ultrasound, a painless procedure in which you lie on a table while a technician slides a medical device over your abdomen, will show whether an aneurysm is present.

Colon Cancer: Have a screening test for colorectal cancer starting at age 50. If you have a family history of colorectal cancer, you may need to be screened earlier. Several different tests can detect this cancer. Your doctor can help you decide which is best for you.



Depression: Your emotional health is as important as your physical health. Talk to your doctor or nurse about being screened for depression, especially if during the last 2 weeks:

You have felt down, sad, or hopeless.

You have felt little interest or pleasure in doing things.

Diabetes: Get screened for diabetes (high blood sugar) if you have high blood pressure or if you take medication for high blood pressure. Diabetes can cause problems with your heart, brain, eyes, feet, kidneys, nerves, and other body parts.

High Blood Cholesterol: If you are 35 or older, have your blood cholesterol checked regularly with a blood test. High cholesterol increases your chance of heart disease, stroke, and poor circulation. Talk to your doctor or nurse about having your cholesterol checked starting at age 20 if:

- You use tobacco.
- You are overweight or obese.
- You have diabetes or high blood pressure.
- You have a history of heart disease or blocked arteries.
- A man in your family had a heart attack before age 50 or a woman, before age 60.

You know your body better than anyone else. Always tell your doctor or nurse about any changes in your health, including your vision and hearing. Ask them about being checked for any condition you are concerned about, not just the ones here. If you are wondering about diseases such as Alzheimer's disease or skin cancer, for example, ask about them.

High Blood Pressure: Have your blood pressure checked at least every 2 years. High blood pressure can cause strokes, heart attacks, kidney and eye problems, and heart failure.

HIV: If you are 65 or younger, get screened for HIV. If you are older than 65, ask your doctor or nurse whether you should be screened.

Lung Cancer: Talk to your doctor or nurse about getting screened for lung cancer if you are between the ages of 55 and 80, have a 30 pack-year smoking history, and smoke now or have quit within the past 15 years. (Your pack-year history is the number of packs of cigarettes smoked per day times the number of years you have smoked.) Know that quitting smoking is the best thing you can do for your health.

Overweight and Obesity: The best way to learn if you are overweight or obese is to find your body mass index (BMI). You can find your BMI by entering your height and weight into a BMI calculator, such as the one available at:

<http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm>

A BMI between 18.5 and 25 indicates a normal weight. Persons with a BMI of 30 or higher may be obese. If you are obese, talk to your doctor or nurse about getting intensive counseling and help with changing your behaviors to lose weight. Overweight and obesity can lead to diabetes and cardiovascular disease.

News

Guided Relaxation

Fridays

9:50am - 10:15am

*Please- no late entrances as it disturbs the relaxation session already in progress



Also available by appointment with Heather Pontius, RD
Please call 518.358.9667 to schedule

Cooking Demo

June 15th 11:30AM-1:00PM

Healthy Grilling and Marinades

Featured recipes:

Grilled Pineapple/Peaches and Avocado

DIY Orange Cumin Marinade

RSVP by June 14th



*If inclement weather it will be rescheduled.
Please be prepared to sit outside*

Exercise Classes:

Move For Health

Nurse supervised exercise classes

Must be enrolled in LGHP.

Monday-Thursday

8-9am, 9-10am, 10-11am,
11-12pm & 3-4 pm

Community Classes:

No registration required

Body Works

Monday & Wednesday

4:30-5:15pm

After Hours Fitness

Monday & Wednesday

5:30-6:15pm

Public Fitness

Tuesday & Thursday

12-1pm

Club Circuit

Friday

9:00-9:45am

There will be no
Guided Relaxation
on
Friday June 9th

CANCELLED

We appreciate your
understanding

The Pool
Is

CLOSED

Until further notice.

We are sorry for the inconvenience



Congratulations to
Amanda Thompson!

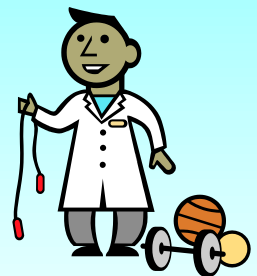
She won a Fit Bit for the
most minutes of physical
activity in our
“Move More in April”
Activity Challenge



Congratulations to
Joan Westcott!

She won a Fit Bit for participating in
our May Employee
“Road to Wellness Walk/Run”

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



**Helping Build A Better
Tomorrow**