

Seskéha/August 2022

Tsitewatakari:tat—Let's Get Healthy Program
Diabetes Center for Excellence
66 Margaret Terrance Memorial Way
Akwesasne, NY 13655



Bike Rodeo

The LGHP participated in the Bike Rodeo at Generation's Park on July 6th. Our "paper route" station was a hit with the kiddos and we enjoyed our time with the youth.



***Our temporary Health
Promotion Specialist,
Kyra Cree, will be returning to
Syracuse University as a
Junior this fall.***

***We wish her the best and
thank her for her time with us!***

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Swap sugary drinks for water to cut down on sugar intake

Most sweetened beverages contain a lot of added sugars, increasing your calorie and sugar intake, even if you don't realize it. Choosing water over sweetened drinks like soda, sports and energy drinks, lemonades, fruit juices, and sweetened powdered drinks will cut your sugar and calorie intake, and make you feel more hydrated. Water has many benefits, other than being sugar and calorie free. Use these tips to help you cut out sugary sweetened beverages from your day and replace them with water.

- Don't keep sugar sweetened beverages in your house, if they are there you are much more likely to be tempted to drink them
- Order water at restaurants. Not only will this help you cut back on sugar and calories, but you will be saving money too, since drinks at restaurants can get expensive and add to your bill
- If you are really craving soda, try flavored seltzer water or plain sparkling water with a little bit of 100% juice for sweetness
- Keep a water bottle with you. If you have water handy in your car, next to your chair, and in your bag, you will be less tempted to reach for a sugary drink

Make your water fun

If you don't enjoy plain water or just want something more, try adding in some fruit or herbs to give it flavor without adding a ton of sugar. One of the most basic add-ins is a squeeze of lemon juice. You could add a lemon or lime wedge, or orange slices to your water. Try combinations of different fruits, like sliced strawberries and watermelon, fresh or frozen raspberries. Another option is freezing pureed fresh fruit in an ice cube tray then adding the frozen fruit cubes to a glass of water for a refreshing pop of flavor!



How much sugar is too much?

It is recommended that adults have no more than 6 teaspoons of added sugar per day. This includes sugar in the form of honey, syrup and sugar added to foods and drinks. If you add honey to tea, brown sugar to oatmeal or sugar to your coffee, those sugars can ADD up fast!



6 1/4 tsp SUGAR

This bottle of "not too sweet" green tea has 1/2 the amount of sugar as its Sweet Tea alternative but still has 6 1/4 teaspoons of sugar

Strength Exercises for Older Adults

Muscular strength can make a big difference in your life. Strong muscles help you stay independent and make everyday activities feel easier, like getting up from a chair, climbing stairs, and carrying groceries. Keeping your muscles strong can help with your balance and prevent falls and fall-related injuries. You are less likely to fall when your leg and hip muscles are strong. Some people call using weight to improve your muscle strength “strength training” or “resistance training.”

Some people choose to use weights to help improve their strength. If you do, start by using light weights at first, then gradually add more. Other people use resistance bands, stretchy elastic bands that come in varying strengths. If you are a beginner, try exercising without the band or use a light band until you are comfortable. Add a band or move on to a stronger band (or more weight) when you can do two sets of 10 to 15 repetitions easily. Try to do strength exercises for all of your major muscle groups at least 2 days per week, but don’t exercise the same muscle group on any 2 days in a row.

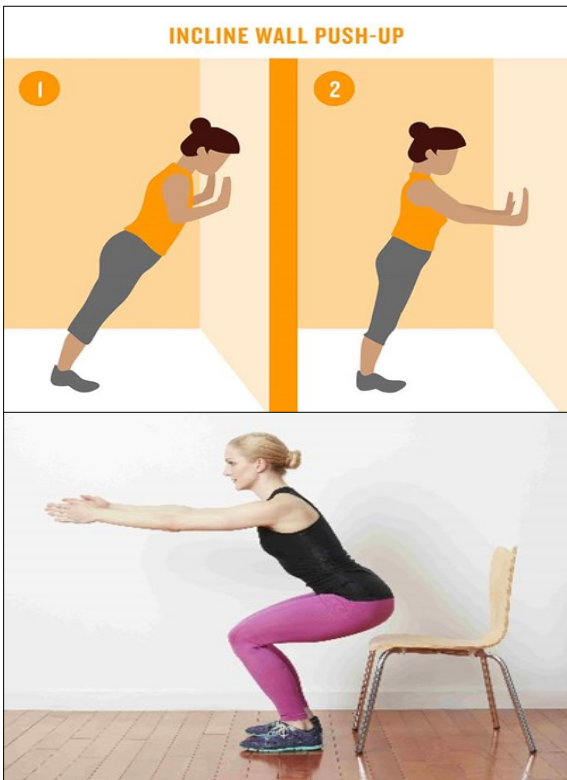
Below are a few examples of strength exercises:

- Carrying groceries
- Gripping/squeezing a ball
- Using a resistance band
- Lifting weights
- Bodyweight exercises (Incline wall push-up, chair squat)

Safety tips

Breathe out as you lift or push, and breathe in as you relax

Don’t hold your breath during strength exercises and breathe regularly



Incline wall push-up - Stand about an arm’s length from the wall with your feet hip-width apart. Place both palms on the wall around shoulder-level height and shoulder-width apart, with your fingers pointed toward the ceiling. If you feel like you’re reaching too far, move your feet closer to the wall. Slowly bend your elbows and begin to lean your body toward the wall until your nose almost touches it. Keep your back straight and elbows bending at around a 45-degree angle (instead of straight to the sides). Slowly push back to the starting position

Chair squat - Sit down on the edge of a sturdy chair, bend your knees at a right angle over your ankles and your feet hip-width apart. Placing your arms out in front may help your balance. Keep your back straight and lean forward from the hips. Push down through your feet to stand up, keeping a slight bend in the knee. Hold briefly, then slowly lower your buttocks toward the chair, keeping your back straight, abdominals tight, and knees above or behind your ankles and weight in your heels throughout the full range of motion.

Quick tip: Test your exercise intensity

When you’re being active, try talking: If you’re breathing hard but can still have a conversation easily, it’s moderate-intensity activity.

If you can only say a few words before you have to take a breath, it’s vigorous-intensity activity.

How Does Diabetes Affect Your Body?

It can take work to get your diabetes under control, but the results are worth it. Without the effort, you could set yourself up for a host of complications.

Diabetes can take a toll on nearly every organ in your body, including:

1) Heart & blood vessels: Heart disease and blood vessel disease are common problems for many people who don't have their diabetes under control. You're at least twice as likely to have heart problems and strokes as people who don't have the condition. You might not notice warning signs until you have a heart attack or stroke. Problems with large blood vessels in your legs can cause leg cramps, changes in skin color, and less sensation.

Blood vessel damage or nerve damage may also cause foot problems that, in rare cases, can lead to amputations. People with diabetes are ten times more likely to have their toes and feet removed than those without the disease.

2) Eyes: Diabetes is the leading cause of new vision loss among adults ages 20 to 74 in the U.S. It can lead to eye problems, some of which can cause blindness if not treated. Glaucoma, cataracts, diabetic retinopathy, vision problems or sudden vision loss are a few of the complications caused by uncontrolled blood sugars. Studies show that regular eye exams and timely treatment of these kinds of problems could prevent up to 90% of diabetes-related blindness.

3) Kidneys: Diabetes is the leading cause of kidney failure in adults in the U.S., accounting for almost half of new cases. You usually don't notice any symptoms with early diabetes-related kidney disease. In later stages it can make your legs and feet swell. Drugs that lower blood pressure (even if you don't have high blood pressure) can cut your risk of kidney failure by 33%.

4) Nerves: Over time, high blood sugar levels can harm your nerves. As many as 70% of people with diabetes get this type of damage.

Peripheral diabetic neuropathy can cause pain and burning or a loss of feeling in your feet. It usually starts with your toes. It can also affect your hands and other body parts. Autonomic neuropathy stems from damage to the nerves that control your internal organs. Symptoms include sexual problems, digestive issues (a condition called gastroparesis), trouble sensing when your bladder is full, dizziness and fainting, or not knowing when your blood sugar is low.

You have many options to treat your pain. The doctor might prescribe an antidepressant, a medication that stops seizures, there are medications that go on your skin, like creams or patches. There is also a device that stimulates your nerves.

5) Gums & teeth: Having diabetes puts you at higher risk for gum disease. Your gums might be red and swollen and bleed easily. If you keep your blood sugar under control, visit your dentist regularly, and take good care of your teeth each day by brushing, flossing and rinsing with an antiseptic mouthwash, you can avoid gum problems and tooth loss.

Some people have to make only small lifestyle changes to keep their blood sugar under control to halt or even reverse a diabetes complication. Others need medications or even surgery to manage complications and prevent them from getting worse. Treatment of complications focuses on slowing down the damage.

The most important ways to slow diabetes complications are to keep your blood sugar levels under control, eat right, exercise, lose weight, avoid smoking, and get high blood pressure and high cholesterol treated.

August is National Breastfeeding Month

Gestational diabetes

During pregnancy, some women develop blood sugar (blood glucose) levels that are too high (hyperglycemia) even though they didn't have diabetes before getting pregnant. If you have this condition, called gestational diabetes, you're at greater risk for type 2 diabetes later in life. But the good news is that breastfeeding can reduce your risk because it helps your body process glucose and insulin better.

How long you breastfeed also affects your chance of developing type 2 diabetes. In one study, breastfeeding for longer than two months lowered the risk by almost half. Breastfeeding beyond five months lowered it even more.

Some babies whose mothers have diabetes or experience gestational diabetes are born with low blood sugar (hypoglycemia). This doesn't mean they need formula supplementation or cannot be breastfed. An infant's low blood sugar is often best treated by early breastfeeding and skin-to-skin contact with the mother.

When you're expecting

If you have diabetes (type 1 or type 2), it's important to see your doctor before getting pregnant. Uncontrolled gestational diabetes can hurt your baby. So be sure to work with your health care team to control your blood sugar throughout pregnancy.

Watch how many carbohydrates you eat. Work with a registered dietitian nutritionist to make a food plan with the right balance of insulin and carbohydrates.

Breastfeeding tips for mothers with diabetes

- Breastfeed as soon as you can after delivery
- Get lots of skin-to-skin contact with your baby and nurse several times a day in the beginning
- Stay relaxed, and be patient while your milk comes in
- Have a snack before or during nursing. Keep something nearby to raise your blood sugar quickly if needed
- Be sure to drink plenty of fluids to stay hydrated
- Check your blood sugar levels each time before and after nursing

Breastfeeding can help lower a mother's risk of:

- Heart disease
- Type 2 diabetes
- Ovarian cancer
- Breast cancer
- Osteoporosis
- Arthritis



Infants who are breast fed have reduced risk of:

- Asthma
- Obesity
- Type 2 diabetes
- Eczema
- Ear and respiratory infections
- Sudden infant death syndrome (SIDS)



Did you know that American Indian and Alaska Native women are more likely than other women to get diabetes during pregnancy?

For more information and resources, consider visiting the
Stopping Gestational Diabetes website: www.stoppinggdm.com

Recipes

Cajun Shrimp Kabobs with DIY Cajun Spice

Ingredients:

- Nonstick cooking spray for grill
- 2 TBSP paprika or smoked paprika
- ¼ tsp dried thyme leaves
- 1 tsp dried oregano leaves
- 2 tsp garlic powder
- 1 tsp onion powder
- 1 tsp ground black pepper
- ¼ tsp cayenne pepper-optional
- 2 tsp brown sugar
- 1 TBSP extra virgin olive oil
- 1 pound large shrimp, if frozen thaw. If raw, keep cold until grill time

Directions:

Coat the grill rack with nonstick grilling spray. Preheat the grill to medium high heat. In gallon size Ziploc bag add all the spices and shake. Add the shrimp and the olive oil and massage the spices into the shrimp. Separate the shrimp into 4 equal amounts and thread on skewers. Grill each kabob for 3 minutes on each side until shrimp are caramelized (from the brown sugar) and opaque. If using raw shrimp you may need to cook for 4 minutes on each side. Remove from the grill and serve hot.

Tips:

- * Wooden skewers can be used but metal skewers work well and don't burn.
- * Shrimp are done cooking when color is white and opaque.
- * Store bought Cajun spices are very high in sodium – a popular Cajun spice bought at the store has 400mg sodium in 1 tsp! Our DIY Cajun spice as No SALT added!



Fresh Tomato Salsa

Ingredients:

- 2-3 medium Roma tomatoes
- 1 jalapeño pepper, remove seeds
- 1/4 medium onion (preferably white)
- 1/4 C fresh cilantro sprigs
- 1/2 tsp garlic powder
- 1 TBSP fresh lime juice

Directions:

Dice tomatoes and transfer to a bowl. Wearing rubber gloves, remove seeds and finely chop the jalapeño. Finely chop enough onion to measure 1/4 cup and chop cilantro. Stir jalapeños, onion, cilantro, and garlic into tomatoes with lime juice and black pepper to taste. Salsa may be made 1 hour ahead and kept at cool room temperature or in fridge.



Recipes

Quinoa Pilaf

Ingredients:

- 2 TBSP olive oil
- 1 C diced carrots
- 1/2 C diced celery
- 1 red pepper, diced
- 2 cloves garlic, minced
- 1/2 tsp dried thyme
- 2 C quinoa dry, rinsed
- 4 C vegetable broth
- Salt to taste
- Diced green onions for garnish



Directions:

In a medium pot over medium-high heat, combine oil, carrots, celery, and pepper. Cook for 10-15 minutes, until vegetables are tender-crisp. Add garlic and cook 1 minute.

Add quinoa and cook 1 minute. Add chicken broth and bring to a simmer. Cover, reduce heat and simmer for about 15 minutes, until the liquid is absorbed and quinoa is tender. Add salt to taste

Baked Parmesan Zucchini

Ingredients:

- 4 zucchini, quartered lengthwise
- 1/2 C freshly grated Parmesan
- 1/2 tsp dried thyme
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/4 tsp garlic powder
- Kosher salt and freshly ground black pepper, to taste
- 2 TBSP olive oil
- 2 TBSP chopped fresh parsley leaves



Directions:

Preheat oven to 350 degrees F. Coat a cooling rack with nonstick spray and place on a baking sheet; set aside. In a small bowl, combine Parmesan, thyme, oregano, basil, garlic powder, salt and pepper, to taste.

Place zucchini onto prepared baking sheet. Drizzle with olive oil and sprinkle with Parmesan mixture. Place into oven and bake until tender, about 15 minutes.

Broil for 2-3 minutes, or until crisp and golden brown. Serve immediately, garnished with parsley, if desired.

Fitness Room

The fitness room is open

Monday - Thursday: 7:00 am to 5:00 pm

& Friday: 7:00 am to 1:00 pm

You do not need any prior appointments or clearance,
you will complete questionnaires and be assessed at your first visit.

For current Move for Health participants, you may continue with your scheduled days and/or time slots, or attend at any other time the room is open.

- Please use the parking lot and entrance to the fitness room located at the back of the Diabetes Center.
 - COVID-19 safety guidelines are in place; please wear your mask at all times, stay 6 feet apart, and if you don't feel well, please wait until your symptoms subside.
 - Only 25 participants are allowed in the fitness room at one time.
 - The lockers are open for use during this time, but showers are not.
 - Remember to bring clean, dry shoes and a refillable water bottle.

NEW CLASS!

Cardio Blast: Monday and Wednesday, 4:15 - 5:00 pm. Sweat your way through an aerobic workout that gets your heart pumping and body moving to increase your cardiovascular fitness and burn calories and body fat. All fitness levels welcome.

Should you have any questions, or if you would like to schedule your 1st visit, you may call Heather Garrow at (518) 358-9667 or email Aaron Jock, Health Promotion Specialist: Aaron.jock@srmt-nsn.gov

We are closed
Monday August 1st
to celebrate
Kahwá:tsire Raonenhnisera
(Family Day)



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