

* News *

Guided Relaxation
is canceled on
**Friday September
22nd**
We appreciate your
understanding



New Class Day



Starting
September 11th

Water Aerobics
Will be offered
**Monday 5:15-6:15pm
&
Thursday 4:30-5:15pm**

**Guided Relaxation
Fridays**

**9:50-10:15am
Relaxation Lounge
No RSVP required**

Diaphragmatic Breathing
Progressive Muscle
Relaxation
Visualization

**Our office will be
CLOSED**

**Monday
September 4th
for
Labor Day**



September Cooking Demo

Fresh from the garden salsa

**Thursday September 7, 2017
10:00am-11:00am**

Diabetes Center for Excellence
Theatre Kitchen
RSVP Required by September 6th

(8 spots available)
518-358-9667



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

Water Aerobics
Monday 5:15- 6:15pm
(starting September 11th)
Thursday
4:30-5:15pm

Public Fitness
Tuesday & Thursday
12-1pm

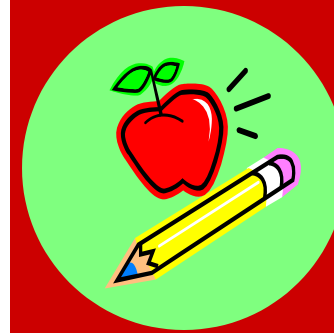
Supervised Swim
Wednesday
4:15-5:15pm
Friday
8:00-9:00am

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 and a water bottle



**Helping Build a Better
Tomorrow**



Seskehko:wa/September 2017

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

There are three raised bed gardens behind the
Diabetes Center for Excellence. We currently
have sweet corn, beans, squash, zucchini, and
bell peppers almost ready to harvest!

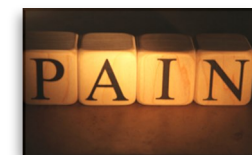


September is Pain Awareness Month

Pain is more than a symptom

- Pain affects more Americans than Diabetes, Cancer and Heart Disease combined.
- Workers lose an average of 4.6 hours per week of productive time due to a pain condition.
- An estimated 20% of adults report that pain or discomfort disrupts their sleep a few nights a week or more.
- 80% of people in the United States will experience back pain in their lifetime
- Aside from the common cold, back pain is the number one reason people visit their family doctor.

Pain Awareness Month is intended to get citizens to recognize the effects of pain and the symptoms associated with pain so that individuals can find appropriate relief and regain a strong quality of life.



<https://www.cpspain.com/pain-awareness-month/>

Article Submitted by AJ Sutter –Health Promotion Specialist



Youth Fitness Classes

Fall 2017 - 12 week session:
September 19 - December 14



Spring 2018 - 12 week session:
January 16 - April 12

Each session will require new sign ups and fitness assessments. Please remember, we require initial and final fitness assessments. Initial assessment must be completed before your child can attend classes. If your child misses the last few classes, please make an appointment with Steevi to complete the final assessment.

**4:30 - 5pm: 5 - 8yr old
5 - 5:45pm: 9 - 12yr old
5:45 - 6:30pm: 13 - 17yr old**

Registration and fitness assessments for the fall session will be held

Thursday September 14, from 4-6pm or by appointment.

For more information please call: 518-358-9667.

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Diabetes Superfoods

Ever see the top 10 lists for foods everyone should eat to superpower your diet? Ever wonder which will mesh with your diabetes meal plan? As with all foods, you need to work the diabetes superfoods into your individualized meal plan in appropriate portions. All of the foods in our list have a low glycemic index or GI (a ranking of carbohydrate-containing foods, based on the food's effect on blood glucose compared with a standard reference food) and provide key nutrients that are lacking in the typical western diet such as:

- calcium
 - potassium
 - fiber
- magnesium
 - vitamins A (as carotenoids), C, and E.

Beans Whether you prefer kidney, pinto, navy, or black beans, you can’t find better nutrition than that provided by beans. They are very high in fiber giving you about 1/3 of your daily requirement in just a ½ cup, and are also good sources of magnesium and potassium. They are considered starchy vegetables, but ½ cup provides as much protein as an ounce of meat without the saturated fat. To save time you can use canned beans, but be sure to drain and rinse them to get rid of as much sodium as possible.

Dark Green Leafy Vegetables Spinach, collards, kale – these powerhouse foods are low in calories and carbohydrate (another word for sugars and the main source of energy for the body), carbs get digested quickly and easily into glucose. Carbs are the foods that affect blood glucose the most. Examples of carbs are fruits, starchy vegetables, breads, pastas, rice, sugar, syrup and honey.

Citrus Fruit Grapefruit, oranges, lemons and limes. Pick your favorites and get part of your daily dose of soluble fiber and vitamin C.

Sweet Potatoes A starchy vegetable packed full of vitamin A and fiber. Try in place of regular potatoes for a lower GI alternative.

Berries Which are your favorites: blueberries, strawberries or another variety? Regardless, they are all packed with antioxidants, vitamins and fiber. Make a parfait alternating the fruit with light, non-fat yogurt for a new favorite dessert.

Tomatoes An old standby where everyone can find a favorite. The good news is that no matter how you like your tomatoes, pureed, raw, or in a sauce, you’re eating vital nutrients like vitamin C, iron, vitamin E.

Fish High in Omega-3 Fatty Acids Salmon is a favorite in this category. Stay away from the breaded and deep fat fried variety... they don’t count in your goal of 6-9 ounces of fish per week.

Whole Grains It’s the germ and bran of the whole grain you’re after. It contains all the nutrients a grain product has to offer. When you purchase processed grains like bread made from enriched wheat flour, you don’t get these. A few more of the nutrients these foods offer are magnesium, chromium, omega 3 fatty acids and folate. Pearled barley and oatmeal are a source of fiber and potassium.

Nuts An ounce of nuts can go a long way in providing key healthy fats along with hunger management. Other benefits are a dose of magnesium and fiber. Some nuts and seeds, such as walnuts and flax seeds, also contain omega-3 fatty acids.

Fat-free Milk and Yogurt Everyone knows dairy can help build strong bones and teeth. In addition to calcium, many fortified dairy products are a good source of vitamin D. More research is emerging on the connection between vitamin D and good health.

Some of the above list can be tough on the budget depending on the season and where you live. Look for lower cost options such as fruit and vegetables in season or frozen or canned fish. Foods that every budget can live with year round are beans and rolled oats or barley that you cook from scratch.

Learn more about how to include these and other healthful foods into your meals. The American Diabetes Association's book *What Do I Eat Now?* provides a step-by-step guide to eating right.



MEDICATION OPTIONS IN DIABETES

Submitted By: Janine Rourke, RN

The good news for persons with diabetes is that there are many medication options to offer tight blood sugar control and lower the risk for diabetes complications such as kidney, eye, nerve, small and large blood vessel damage. The other key point is that the state of diabetes is complex and must be individualized and persons with diabetes may need a combination of different classes of diabetes medications to achieve good control of blood sugar fluctuations resulting from food, exercise, stress, other medications. (Please Note - I left out INSULIN by injections for another day of discussion!!)

Match the best answer for the main “mechanism of action” of classes of diabetes medications.

1) This CLASS OF DIABETES MEDICATION is to INHIBIT carbohydrate digestion to delay and lessen the rise in post meal glucose levels.

ANSWER: _____

2) This CLASS OF DIABETES MEDICATION is to INCREASE insulin sensitivity to decrease blood glucose levels.

ANSWER: _____

3) This CLASS OF DIABETES MEDICATION is to ENHANCE function of both the alpha and beta cells to improve glucose uptake of your cells and decrease glucose production.

ANSWER: _____

4) This CLASS OF DIABETES MEDICATION as “short-acting” agents increase insulin secretion in your body and decrease blood glucose in people with capacity to produce insulin.

ANSWER: _____

5) This CLASS OF DIABETES MEDICATION is to INCREASE insulin secretion in people with capacity to produce insulin and to lower the blood glucose levels.

ANSWER: _____

6) This CLASS OF DIABETES MEDICATION is to INCREASE insulin sensitivity to increase glucose uptake and reduce blood glucose levels.

ANSWER: _____

7) This CLASS OF DIABETES MEDICATION is to slow down how quickly food leaves your stomach and helps keep the liver from releasing too much sugar into your blood.

ANSWER: _____

THE KEY TO ANSWERING THE ABOVE QUESTIONS IS TO HAVE A GOOD UNDERSTANDING FOR NORMAL FOOD BREAKDOWN IN YOUR BODY USING THE FOLLOWING TERMS:

- Glucose Uptake
- Insulin Sensitivity
- Insulin Production

HINT-See your diabetes nurse educator or dietitian for a short review of the body’s anatomy and physiology.

ANSWER KEY: CLASSES OF DIABETES MEDICATIONS:

- 1) Alpha-glucosidase Inhibitors

2) Biguanides

3) DPP-4 Inhibitors
- 4) Meglitinides

5) Sulfonylureas

6) Thiazolidinediones
- 7) GLP-1



What do you know about your cholesterol?

What is cholesterol?

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.

How do you know if your cholesterol is high?

High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if it is not enough, through medications.

It's important to check your cholesterol levels. High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States.

How often should you have your cholesterol checked?

The National Cholesterol Education Program (NCEP) recommends that adults aged 20 years or older have their cholesterol checked every 5 years. Preventive guidelines for cholesterol screening among young adults differ, but experts agree on the need to screen young adults who have other risk factors for coronary heart disease: obesity, smoking, high blood pressure, diabetes, and family history.

Less than half of young adults who have these risk factors don't get cholesterol screening even though up to a quarter of them have elevated cholesterol. A simple blood test called a lipoprotein profile can measure your total cholesterol levels, including LDL (low-density lipoprotein, or "bad" cholesterol), HDL (high-density lipoprotein, or "good" cholesterol), and triglycerides. The following chart shows optimal lipid levels for adults:

Desirable Cholesterol Levels

Total cholesterol	Less than 170 mg/dL
Low LDL ("bad") cholesterol	Less than 110 mg/dL
High HDL ("good") cholesterol	35 mg/dL or higher
Triglycerides	Less than 150 mg/dL



Can children and adolescents have high cholesterol?

Yes. High cholesterol can develop in early childhood and adolescence, and your risk increases as your weight increases. In the United States, more than one-fifth (20%) of youth aged 12–19 years have at least one abnormal lipid level. It is important for children over 2 years of age to have their cholesterol checked, if they are overweight/obese, have a family history of high cholesterol, a family history of heart disease, diabetes, high blood pressure, or certain chronic condition (chronic kidney disease, chronic inflammatory diseases, congenital heart disease, and childhood cancer survivorship).

The National Cholesterol Education Program has developed specific recommendations about cholesterol treatment for people at increased risk, such as those with a family history of high cholesterol or heart disease.

If you have high cholesterol, what can you do to lower it?

Your doctor may prescribe medications to treat your high cholesterol. In addition, you can lower your cholesterol levels through lifestyle changes:

- Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains).
- For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week. For those aged 6-17, getting 1 hour or more of physical activity each day.
- Maintain a healthy weight. Don't smoke or quit if you smoke.



https://www.cdc.gov/cholesterol/cholesterol_education_month.htm

Article submitted by: Cherie Bisnett, RN

Fitness Page

What is a muscle cramp?

Muscle cramps are sudden, involuntary contractions that occur in various muscles. These contractions are often painful and can affect different muscle groups and usually disappear on their own, but are rarely serious enough to require medical care. However, see your doctor if your cramps:

- Cause severe discomfort
- Are associated with leg swelling, redness or skin changes
- Are associated with muscle weakness
- Happen frequently
- Don't improve with self-care
- Aren't associated with an obvious cause, such as strenuous exercise



Causes

Overuse of a muscle, dehydration, muscle strain or simply holding a position for a prolonged period can cause a muscle cramp. In many cases, however, the cause isn't known.

Although most muscle cramps are harmless, some may be related to an underlying medical condition, such as:

- **Inadequate blood supply.** Narrowing of the arteries that deliver blood to your legs (arteriosclerosis of the extremities) can produce cramp-like pain in your legs and feet while you're exercising. These cramps usually go away soon after you stop exercising.
- **Nerve compression.** Compression of nerves in your spine (lumbar stenosis) also can produce cramp-like pain in your legs. The pain usually worsens the longer you walk. Walking in a slightly flexed position — such as you would use when pushing a shopping cart ahead of you — may improve or delay the onset of your symptoms.
- **Mineral depletion.** Too little potassium, calcium or magnesium in your diet can contribute to leg cramps. Diuretics — medications often prescribed for high blood pressure — also can deplete these minerals.

Risk factors

Factors that might increase your risk of muscle cramps include:

- **Age.** Older people lose muscle mass, so the remaining muscle can get overstressed more easily.
- **Dehydration.** Athletes who become fatigued and dehydrated while participating in warm-weather sports frequently develop muscle cramps.
- **Pregnancy.** Muscle cramps also are common during pregnancy.
- **Medical conditions.** You might be at higher risk of muscle cramps if you have diabetes, or nerve, liver or thyroid disorders.

Treatment

You can usually treat muscle cramps with self-care measures. There are some stretching exercises that can help you reduce your chances of getting muscle cramps. Making sure you stay well-hydrated also can help.

Prevention

These steps may help prevent cramps:

- **Avoid dehydration.** Drink plenty of liquids every day. The amount depends on what you eat, your sex, your level of activity, the weather, your health, your age and medications you take. Fluids help your muscles contract and relax and keep muscle cells hydrated and less irritable. During activity, replenish fluids at regular intervals, and continue drinking water or other fluids after you're finished.
- **Stretch your muscles.** Stretch before and after you use any muscle for an extended period. If you tend to have leg cramps at night, stretch before bedtime. Light exercise, such as riding a stationary bicycle for a few minutes before bedtime, also may help prevent cramps while you're sleeping.

Submitted by:
Jessica Hopps,
Health Promotion Specialist





Harvest Time Recipes

What are zoodles?

You may have heard the word “zoodles” and wondered what is that! Zoodles are vegetables that have been spiralized into long strands, using a spiralizer. They are a great alternative to pasta and a fun and easy way to increase the amount of vegetables you eat. Zoodles are typically made from hearty vegetables like summer squash, zucchini, sweet potatoes, cabbage, cucumber, beets or carrots and are a lower carb alternative. They are a whole food option, with no other ingredients or processing necessary. They can be cooked or uncooked depending on the use or the texture that you prefer. Usually a spiralizer will have different attachments for different size zoodles or ribbons.



You can even use them to make salads which adds variety to your meals. Kids love helping to use a spiralizer and with adult supervision it is a great way to teach some basic kitchen skills. They might even try a new veggie if it's in fun spirals!

Cucumber Salad with Lemon Vinaigrette

Ingredients:

- 1 seedless English cucumber, cut into zoodles or ribbons using a Spiralizer
- 1 bell pepper, seeded and chopped
- 1 cup grape tomatoes, washed and sliced lengthwise
- 1/4 cup Kalamata olives, pitted
- 1/4 cup red onion, thinly sliced
- Juice from half a fresh lemon
- 2 TBSP olive oil
- 2 ounces fresh reduced fat feta cheese, cut into cubes
- Ground black pepper, to taste
- 1 TBSP fresh oregano leaves, minced

Directions:

Place cucumber, bell pepper, grape tomatoes, olives and red onion in a bowl. Whisk the lemon juice, olive oil and black pepper together and drizzle over the vegetables. Toss with fresh oregano. Top with fresh feta cheese and additional lemon slices if desired. Serve room temperature or chilled.

Tip: Cut the “noodles” into 6 inch pieces before mixing. It will be easier to eat this way. You could also use a Greek or red wine vinaigrette if you do not have fresh lemon.



Low Carb Tomato Basil Zoodle Salad

Makes: 6- 1 cup servings

Ingredients (salad)

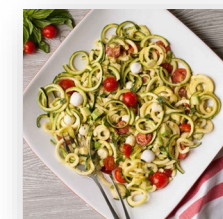
- 1 zucchini, made into spirals using a spiralizer
- 1 cup cherry tomatoes, cut in halves
- 1/2 cup fresh mozzarella, cut into bit size cubes or use pearl size mozzarella balls
- 1/4 cup fresh basil, washed, patted dry and chopped

Ingredients (dressing)

- 1/4 cup extra virgin olive oil
- 2 TBSP balsamic vinegar
- 1/4 tsp garlic powder or 1 clove fresh garlic, minced
- 1/4 tsp ground black pepper

Directions:

Gently toss all salad ingredients together. In an airtight container mix salad dressing. Pour desired amount of dressing over salad and toss gently.



TRY THIS:

Swap out balsamic vinegar for white balsamic vinegar
Add other fresh herbs like oregano or thyme
Add grilled chicken, shrimp or chickpeas for protein.

Tomato, Eggplant, Zucchini Bake

Ingredients:

- 3 medium zucchini
- 1 small/medium eggplant
- 1 pint cherry tomatoes
- 1 Tbsp. extra virgin olive oil
- 4 large cloves garlic, minced
- 1/4 tsp. kosher salt
- 1/4 tsp. ground black pepper
- 2/3 cup freshly grated parmesan cheese
- 1/4 cup chopped fresh basil, divided
- 1/4 cup chopped fresh parsley, divided



Directions:

Preheat oven to 350. Lightly grease a 1/2 quart casserole dish with olive oil. Quarter then cut the zucchini into half inch cubes. Slice the eggplant into rounds then cut into 3/4 inch pieces. Halve the tomatoes and add to bowl along with zucchini and eggplant. Drizzle veggies with olive oil then add garlic, salt and pepper, top with 1/3 cup of parmesan. Lightly toss to distribute the olive oil. Transfer the vegetables to the greased baking dish. Bake for 25 minutes, cover the pan with aluminum foil, then continue baking for 10-20 additional minutes, until vegetables are soft. Top with remaining Parmesan cheese, basil and parsley. Best served warm.

Parmesan, Tomato, Zucchini, Squash Bake

Ingredients:

- 2 medium zucchini, sliced
- 2 medium squash, sliced
- 5 medium tomatoes, sliced
- 1/2 cup freshly shredded parmesan cheese
- 1/2 tsp. black pepper
- 3/4 tsp. garlic powder
- 3/4 tsp. onion powder
- 1/2 tsp. Italian seasoning

Directions

Preheat oven to 375

In a baking dish, arrange zucchini, yellow squash, and tomatoes in an alternating pattern.

Top with cheese and spices. Place into oven and bake for 25-30 minutes or until soft.



Fresh From the Garden Salsa

Ingredients:

- 2 medium cucumbers, peeled, seeded and chopped
- 2 medium tomatoes, seeded and chopped
- 1/2 cup green bell pepper, seeded and chopped
- 1 small yellow onion, chopped
- 1 clove garlic, minced
- 1 Jalapeno, seeded and minced *-use gloves when cutting jalapeno*
- 2 TBSP lime juice
- 2 TBSP fresh parsley, washed, patted dry and minced
- 2 TBSP fresh cilantro, washed, patted dry and minced
- Ground black pepper, as desired

Directions:

- Mix all ingredients together and gently stir. Store in an airtight container in the refrigerator for up to 2 days.
- Serve chilled with whole grain tortilla chips.
- Serve as a side dish or make it a main course by serving with cooked quinoa and grilled shrimp.



This Month's
Featured
Recipe for the
Cooking Demo