

# Upcoming Events

## HAVE YOU HEARD...

### Diabetes Support Group

St. Regis Mohawk Health Services  
Admin Board Room  
Start Time: 6:30pm

1st and 3rd Wednesday of each month

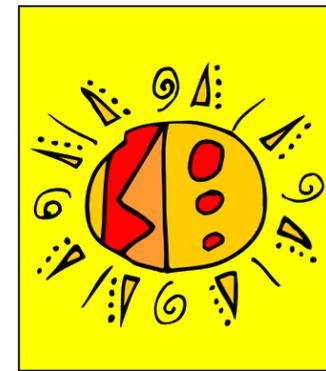
6/1 Theresa Gardner 6/15 Dr. Latreille

Open to the Akwesasne community, all ages welcome, diabetics and anyone affected by diabetes encouraged to attend.

Local health professionals will provide weekly education sessions and answer diabetes related questions.

358-6091 for more information

Guided Relaxation Session before each meeting at 6:15-6:30.



Let's Get Healthy Program  
"Tsitewatakari:tat"

## Ohiariha/June 2011

Mohawk Healthy Heart Project  
Heart to Heart Fitness Center  
358-6091

Diabetes Grant  
Former LBM Lumber Building  
358-9667

## Men's Health Week June 13-19, 2011

Men's Health Week is celebrated each year as the week leading up to and including Father's Day

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

#### Health Facts:

Men die at higher rates than women from the top 10 causes of death and are the victims of over 92% of workplace deaths. (BLS)  
In 1920, women lived, on average, one year longer than men. Now, men, on average, die almost six years earlier than women. (CDC)

[www.menshealthmonth.org](http://www.menshealthmonth.org)



#### Silent Health Crisis

There is a silent health crisis in America...it's that fact that, on average, American men live sicker and die younger than American women."  
Dr. David Gremillion

Cause & Rate <sup>1</sup>	Men	Women
Heart Disease	248.5	162.2
Cancer	220.1	153.6
Injuries	55.2	25.5
Stroke	43.9	42.6
HIV/AIDS	5.9	2.2

**Depression and Suicide:**  
Depression in men is undiagnosed contributing to the fact that men are 4 x as likely to commit suicide.  
♦ Among 15- to 19-year-olds, boys were 4 x as likely as girls to commit suicide.  
♦ Among 20- to 24-year-olds, males were 6 x as likely to commit suicide as females  
♦ The suicide rate for persons age 65 and above: men...28.5 – women...3.9.

## Father's Day June 19, 2011



Woman's Wellness Day



Heart to Heart Fitness



The Let's Get Healthy Program would like to welcome **Jamie Ross and Rachael Ward** to our staff as our **Health Promotion Specialists**

**LAST DAY Zumba Class** will be **Tuesday, May 31, 2011** to accommodate our move. Please check with staff when start up class will begin

**GUIDED RELAXATION SESSION BEFORE THE DIABETES SUPPORT GROUP MEETINGS**  
6:15-6:30PM  
**ADMIN BOARD ROOM**

Helping Build a Better Tomorrow

Let's Get Healthy Program Moving To A New Home!!

The Akwesasne Housing Authority has opened their arms to the SRMHS diabetes programs: Diabetes Grant and Mohawk Healthy Heart Project. We will be relocating both offices and all staff mid June 2011. As the move gets closer we will put radio announcements on CKON. During this transition the program may be inoperational no more than 2 weeks. The best tip we can give at this time is to keep in touch with the office. 358-9667

Diabetes Center of Excellence Groundbreaking Coming Soon..

Thanks to the hard work of many, to mention a few: Tribal leadership, the Diabetes Center of Excellence Charter, St. Regis Mohawk Health Services, SRMT-Planning and Infrastructure Department and many community supporters, federal and local funders. We are excited to begin our planning for a groundbreaking ceremony for the Diabetes Center in June 2011.

It is with great appreciation to all Akwesasne Mohawk families for their support and patience to bring this vision closer so our fight against diabetes is strengthened. Please stay tuned for updates as they arise and or stop by our offices to see the architect sketches completed to date. Niawen:Kowa-Janine Rourke-RN,

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# Gardening Corner



## Tips and Warnings on Watering your Garden

With the amount of recent rain it may not have been necessary to worry about watering your garden, but once that sun comes out you may need to find the best way to keep your garden properly watered. The soil type that you have will determine how often you need to water your vegetable garden. For example, sandy soil doesn't retain water well, so you will want to water your garden more often. Clay soils are great at holding water, so you will need to water your garden less. When the days are sunny and warm or if you live where the humidity is low you may need to water more often. Also keep in mind that if the wind blows a lot where you live, this could cause some water to evaporate before getting to the plants. Be sure to keep water off the leaves of your vegetable plants, as this can lead to disease. If it is a warm day and you notice by evening the leaves on your vegetable plants have turned brown and wilted, don't add extra water. Sometimes when plants are growing quickly the leaves get ahead of themselves and the roots cannot get them water quick enough. If this happens, you will notice by morning that the vegetable plants are lush and green.

[www.ehow.com](http://www.ehow.com)



## Gardening Resources

The Let's Get Healthy Program has a binder full of helpful gardening hand-outs on raised bed gardening, how to build a raised bed, container gardening, companion planting chart, etc. If you are interested in any of the hand-outs, please feel free to coming into the office and take a look at the binder and the staff will be more that happy to make any copies for you to take.

All material was provided by Richard Gast, Cornell Cooperative Extension, Franklin County.

## UV Protection



Protecting your skin from excessive sun exposure and UV radiation may seem like an obvious safety measure, but it's easily overlooked because your exposure level while gardening may seem significantly less than a beach excursion. Simple measures such as wearing sunglasses and a broad brimmed hat with at least a 4-inch brim to shade your face and neck. Using a sunscreen of at least an SPF of 15 or higher, even on cloudy days, is an alternative choice, especially for fair skin or if there is a family history of skin cancer. Avoid the midday sun from 10 a.m. to 3 p.m. when planning your gardening time.

[www.ehow.com](http://www.ehow.com)

# June is Men's Health Month



## The Biggest Threats to Men's Health Can Often Be Prevented.

### HEART DISEASE

Heart disease is a leading men's health threat. Take charge of heart health by making healthier lifestyle choices. For example:

**Don't smoke.** If you smoke or use other tobacco products, ask your doctor to help you quit. It's also important to avoid exposure to secondhand smoke.

**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.

**Manage chronic conditions.** If you have high cholesterol or high blood pressure, follow your doctor's treatment recommendations. If you have diabetes, keep your blood sugar under control.

**Include physical activity in your daily routine.** Choose sports or other activities you enjoy, from basketball to brisk walking.

**Maintain a healthy weight.** Extra pounds increase the risk of heart disease.

**Limit alcohol.** If you choose to drink alcohol, do so only in moderation. Too much alcohol can raise your blood pressure.

**Manage stress.** If you feel constantly on edge or under assault, your lifestyle habits may suffer. Take steps to reduce stress — or learn to deal with stress in healthy ways

### CANCER

Various types of cancer are of particular concern to men, including lung cancer, skin cancer, prostate cancer and colorectal cancer. To reduce the risk of cancer, consider these general tips:

**Don't smoke.** Using any type of tobacco puts you on a collision course with cancer. Avoiding exposure to secondhand smoke counts, too.

**Maintain a healthy weight.** Losing excess pounds — and keeping them off — may lower the risk of various types of cancer.

**Get moving.** In addition to helping you control your weight, physical activity on its own may lower the risk of certain types of cancer.

**Eat plenty of fruits and vegetables.** Although making healthy selections at the grocery store and at mealtime can't guarantee cancer prevention, it may help reduce your risk.

**Protect yourself from the sun.** When you're outdoors, cover up and use plenty of sunscreen.

**Limit alcohol.** If you choose to drink alcohol, do so only in moderation. The risk of various types of cancer — including cancer of the colon, lung, kidney and liver — increases with the amount of alcohol you drink and the length of time you've been drinking regularly.

**TAKE EARLY DETECTION SERIOUSLY.** Consult your doctor for regular cancer screenings

For more information, visit: <http://www.nlm.nih.gov/medlineplus/menshealth.html>

# Nursing Notes

## Cataract Awareness Month

**What is a Cataract?** This is when you get a clouding of the eye lens, which blocks or changes the passage of light into the eye. The lens helps to focus images onto the retina - which transmits the images to the brain.

Your vision may become blurry or dim because the cataract stops light from properly passing through to your retina.

Cataracts are a leading cause of blindness among older adults in the United States. The exact cause of a cataract is unknown but most often, is part of getting old. As you age, you are at greater risk of developing a cataract.

There are also several possible risk factors for cataracts, such as:

- ◆ Intense heat or long term exposure to UV Rays from the sun
- ◆ Certain diseases, such as **DIABETES**
- ◆ Hereditary influences
- ◆ Events before birth, such as German measles in the mother
- ◆ Long-term steroid use
- ◆ Eye injuries
- ◆ Eye diseases
- ◆ Smoking

The key to preventing vision loss is regular eye exams. If you are 65 or older, you should get a complete eye exam every one to two years, even if you have no problem seeing well.. Be sure to ask your eye doctor for a dilated eye exam.

[www.preventblindness.org](http://www.preventblindness.org)



## Diabetes and Erectile Dysfunction

Why does diabetes cause a more likely rate of erectile dysfunction (ED) in men afflicted with this debilitating and costly ailment? One of the serious effects of diabetes, however, is blood vessel and nerve damage.

The same elevated blood glucose levels that cause blood vessel and nerve damage in other parts of the body can also lead to complications in blood flow and nerve damage to the penis. If you couple this damage with other ailments, such as heart disease, high blood pressure or high cholesterol, the chance of acquiring ED increase significantly.

Often ED is the first symptom that men may notice and the one that leads them to the doctor in the first place. Only after they have sought medical help for ED do they also receive a diagnosis of diabetes. At least 50% of men with diabetes will suffer from ED within 10 years of diagnosis.

The longer a man has diabetes, the more likely he will suffer from ED. Also if blood glucose levels have not been well controlled throughout the illness, blood vessel and nerve damage will be greater. A man with diabetes who also smokes increases the risk of developing ED.

[www.diabeteserectiledysfunction.com](http://www.diabeteserectiledysfunction.com)

# Twilight Fun Run Series

## 4th Annual Twilight Fun Run/Walk Series

Family Health



Less TV Time

Stay Fit

Sponsored By:

The Mohawk Healthy Heart Project

**\*All ages welcome\***

Where: **St. Regis Mohawk School**

When: Mondays: Summer 2011

July 11-July 18-July 25-

August 1-August 6-August 16-

August 22-August 29

Time: Registration 5:45pm—6:00pm

Events start at 6:00pm

Events: 1/4 mile, 1/2 mile, 1.5 miles and 3.0 miles

\*Participate in 5 of 8 events—receive a T-Shirt\*

For More Information: Call 358-6091

# June is Hamburger Month

## Turkey Burger

### Ingredients:

3lbs ground turkey  
 ¼ cup Panko bread crumbs  
 ¼ cup finely diced onion  
 2 egg whites, lightly beaten  
 ¼ cup chopped fresh parsley  
 1 clove garlic, peeled and minced  
 1 tsp salt  
 ¼ tsp black pepper

### Nutrition Information:

208 calories  
 11g fat  
 308mg sodium

Makes 12 burgers

### Directions:

1. In a large mixing bowl, combine turkey, bread crumbs, diced onion, egg whites, parsley, garlic, salt, and pepper.
2. Form into 12 patties.
3. Cook the patties on a grill or in a medium skillet over medium heat, turning once, to an internal temperature of 180 degrees F.

Submitted by Heather Garrow

## Fresh Ground Beef

The Prepackaged trays of ground hamburger meat at supermarkets may be convenient, but it's true mystery meat, usually made from a blend of beef scraps of dubious quality and age. While at the meat counter pick a fresh beef and ask the butcher to grind it for you on the spot; it's the single best way to instantly improve the quality of your hamburgers. When it comes to balancing flavor with an appropriate amount of fat, sirloin and brisket are the best picks in the meat case.

*Cook This Not That*

## Chicken Burger with sundried tomato aioli:



### Ingredients:

2 Tbsp olive oil mayonnaise  
 2 Tbsp chopped sundried tomatoes  
 Juice of ½ lemon  
 2 cloves garlic, finely minced  
 1 Tsp chopped fresh rosemary  
 Salt and black pepper  
 1 lb lean ground chicken  
 4 whole-wheat buns  
 2 cups arugula, or mixed greens

### Nutrition Information:

330 calories  
 14g fat  
 (3 grams saturated)  
 730 mg. sodium

Makes 4 burgers

### Directions:

1. In a mixing bowl, combine the mayonnaise, sundried tomatoes, lemon juice, garlic, and rosemary. Season with a pinch of salt and black pepper. Set the aioli aside.
2. Preheat a grill, grill pan, or cast-iron skillet. Combine the ground chicken with ½ teaspoon salt and ½ teaspoon black pepper and mix gently. Without overworking the meat, form into four patties until the chicken just comes together.
3. When the grill or skillet is hot (if using a skillet, add a touch of oil), add the burgers. Cook on the first side for 5 to 6 minutes, until a nice crust develops. Flip and cook for another 3 to 4 minutes, until the burgers are firm but ever so slightly yielding to the touch and cooked through. Remove the burgers. While the grill or pan is hot, toast the buns.
4. Layer the bottom buns with arugula, top each with a burger, then slather with aioli. Add the bun tops and serve.

Submitted by Heather Garrow

Condiment	Calories	Fat	Sodium	Carb	Sugar
Ketchup 1 tbsp.	15		190mg	4g	4g
Mayo 1 tbsp.	90	10g	90mg	0g	0g
Lt. Mayo 1 tbsp.	45	5g	125mg	1g	0g
Mustard 1 tsp.	0	0	60mg	1g	0g
Pickle 2 Sndwch Slice	0	0	210mg	1g	0g
Hamburger Relish 1 tbsp.	19	0	164mg	5g	0g
American Cheese 2% ! slice	45	3g	280mg	2g	1g

www.myfitnesspal.com

