

* News *

OFFICE CLOSED
February 15, 2015
President's Day

Please pick up your testing supplies early!



American Heart Month Celebration: Wear Red Day
February 5, 2016
Diabetes Center for Excellence

A day full of classes, workshops and healthy luncheon!
For a full list of events check out the flyer inside!



Guided Relaxation & Diaphragmatic Breathing
By appointment with Heather Pontius, RD



Cooking Demo & Lunch served

February 18, 2016
12-1pm

30 minute Meal
Salmon and Asparagus
cooked in foil Packet



RSVP by ONLY 8 spots available.
Call 518-358-9667

Salt, Where is it?
Salt is often found hiding in our food.

- Dip mixes
- Gravy mixes
- Frozen meals
- Prepackaged sides: mac and cheese, rice sides, pasta sides
- Processed Meats: Pepperoni, Ham, Bologna, Hot dogs, Spam
- Sauces: Spaghetti sauce, soy sauce

Exercise Classes:

Move For Health
Nurse supervised exercise classes
Must be enrolled in LGHP.
Monday-Thursday
8-9am 9-10am 10-11am 11-12pm

Body Works
Monday & Wednesday
4:15-5:00pm

After Hours Fitness
Monday & Wednesday
5:15-6pm

Power Hour
Tuesday & Thursday
12-1pm

Club Circuit
Friday
9:00-9:45am

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

Please wear comfortable clothes and bring clean/dry sneakers and a water bottle



Helping Build A Better Tomorrow



Enniska/February 2016

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

February is American Heart Month

Get Healthy with Life's Simple 7

This simple, seven-step list has been developed to help improve your heart health.

1. **Get Active** If you get at least 30 minutes of moderate physical activity each day (like brisk walking), five times per week, you can almost guarantee yourself a healthier and more satisfying life while lowering your risks for heart disease, stroke and diabetes. Children need 60 minutes of exercise a day- every day
2. **Control Cholesterol** Your liver and your body's cells make up about 75% of the cholesterol in your blood. The American Heart Association recommends the following: Eat healthy foods that are low in cholesterol, trans fats and saturated fats. A diet high in fiber also helps keep cholesterol levels controlled. Schedule a cholesterol screening and stay current on your health check ups. Get active. When you exercise, you increase your body's ability to make good cholesterol. Maintain a healthy weight.
3. **Eat Better** A healthy diet is one of your best weapons for fighting cardiovascular disease. When you eat a heart healthy diet (foods low in saturated and trans fat, cholesterol, sodium and added sugars and foods high in whole grain fiber, lean protein, and a variety of colorful fruits and vegetables) you improve your chances for staying healthy!
4. **Manage Blood Pressure** High blood pressure is the single most significant risk factor for heart disease. When your blood pressure stays within a healthy range, you reduce the strain on your heart, arteries and kidneys which keeps you healthier longer. Good news! High blood pressure is manageable. Whether your blood pressure is high or normal, the lifestyle modifications listed here may reduce your blood pressure without the use of prescription medications: eating a heart healthy diet, which includes reducing sodium, enjoying regular physical activity and maintaining a healthy weight, managing stress, limiting alcohol and avoiding tobacco products.
5. **Lose Weight** If you have too much fat- especially if a lot of it is at your waist- you're at high risk for such health problems as high blood pressure, high blood cholesterol and diabetes. And you're not alone! More than 2/3 of our American adult population is overweight, with 1/3 of us in the obese category. These statistics are especially concerning since obesity is now recognized as a major, independent risk factor for heart disease.
6. **Reduce Blood Sugar** If your fasting blood sugar level is below 100, you are in the healthy range. If not, your results could indicate diabetes or pre-diabetes. Lowered blood sugar helps protect your vital organs. When you reduce excessive sugars, you are giving yourself the best chance at a healthy life. The American Heart Association considers diabetes one of the six major controllable risk factors for cardiovascular disease.
7. **Stop Smoking** Smoking damages your entire circulatory system and increases your risk for coronary heart disease, hardened arteries, aneurysm and blood clots. Like a line of tumbling dominoes, one risk creates another. Blood clots and hardened arteries increase your risk for heart attack, stroke and peripheral artery disease. Smoking can also reduce your good cholesterol (HDL) and your lung capacity, making it harder to get the physical activity you need for better health.

www.heart.org

Heart Disease is the No.1 Killer of Women!

WEAR RED DAY 2016!

The first Friday of February is designated as Wear Red Day. Each year, Wear Red Day is celebrated to bring awareness to women and heart disease.

By wearing **RED** on **February 5th**, you are joining The Let's Get Healthy Program in our fight to keep our women of Akwesasne healthy.

One day each year what you wear really does matter.

For full schedule of events, please see our flyer on page 6.



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From The Heart

Heart Attack, Stroke and Other Cardiovascular Diseases are America's Number 1 killer

A physically inactive lifestyle is a risk factor for coronary artery disease and stroke. Regular, moderately intense vigorous physical activity (like brisk walking) done for 30 minutes at least 5 days a week helps prevent heart and blood vessel disease. The more activity, the greater your benefits.

Most Common Heart Attack Warning Signs

- ♥ Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain
- ♥ Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach, nausea/vomiting
- ♥ Shortness of breath. This feeling often comes along with chest discomfort. But it can also occur without chest discomfort
- ♥ Other signs may include breaking out in a cold sweat, nausea or lightheadedness

Most Common Stroke Warning Signs

F.A.S.T. is an easy way to remember the sudden signs of a stroke. When you can spot the signs, you'll know that you need to call 9-1-1 for help right away. **F.A.S.T.** is:

F **Face drooping**— does one side of the face droop or is it numb? Ask the person to smile. Is the person's face uneven?

A **Arm weakness**— Is one arm weak or numb? Ask the person to raise one or both arms. Does one arm drift downward?

S **Speech difficulty**— Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence like "The sky is blue." Is the sentence repeated correctly?

T **Time to call 9-1-1** —If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time, so you'll know when the first symptoms appeared.

5 Quick Tips for Managing Your Weight

1. **Keep portions small.** A reasonable portion is usually 1/2 to 1 cup— about the size of a woman's fist. A serving of meat or fish should be the size of a deck of cards (about half the size of your fist) For plain vegetables, including salads without dressing, have as much as you want!
2. **Control your hunger with low-calorie, filling foods.** High-fiber foods like fruits and vegetables can provide a feeling of fullness and also digest slowly.
3. **Keep track of what you eat.** Studies show that keeping a food log or diary can help you lose weight and keep it off.
4. **Make trade-offs to cut down on fat and sugars.** Foods high in fat and sugar are usually high in calories too, but you don't have to give up your favorite foods. Learn to make trade-offs. If you want to indulge in your favorite dessert, eat a lower calorie meal.
5. **Enjoy more physical activity.** Regular physical activity is important for keeping your heart healthy and may

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.

Women and Heart Disease: Here are the Facts!

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 dies from breast cancer each year, heart disease claims the lives of 1 in 3. 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? - American Heart Association

New Faces!

Please welcome Janine Rourke, RN, BSN as the Let's Get Healthy Program's Diabetes Nurse Case Manager.

"I received an Associate Degree in nursing from SUNY Canton Agricultural and Technical College in 1984. Licensed as a Registered Professional Nurse-New York State in same year. Received a Baccalaureate Degree in Nursing from SUNY College of Technology— Utica NY in 1996. Work experiences through the St. Regis Mohawk Tribe and Mohawk Council of Akwesasne show past positions as a Diabetes Grant Coordinator, Mohawk Healthy Heart Project Director, Director of Nurses— Outreach Nursing Supervisor and Program Supervisor— Akwesasne Diabetes



Education Center. Other work experiences include Civil Service RN II-NYS Department of Corrections and various work settings in hospital and private duty.

Primary career focus has been in the field of diabetes prevention and management for over 20 years. Past certifications are noted as a Certified Diabetes Educator, Sexual Assault Nurse Examiner, CPR/First Aid Instructor in Acute Coronary Life Support (ACLS). Also registered to practice as a nurse in the provinces of Ontario and Quebec.

Through this current position as a Diabetes Nurse Case Manager-Itsetwatakari:tat- Let's Get Healthy Program, it is my mission to meet a professional career goal by providing direct clinical diabetes self-management services for persons with diabetes and those at risk."

American Heart Month Celebration

Wear Red Day Events

Please join us in celebrating American Heart Month! This celebration is a day to bring awareness to women's heart health and the positive steps you can take to reduce your risk of heart disease.

Wear your red and come check out a day full of exercise classes, health screenings, relaxation sessions, and luncheon. All activities will be at the Diabetes Center for Excellence.

Friday February 5, 2016

Schedule of Activities:

9:00-9:45: Club Circuit Fitness Class

10:00-11:00: Theresa Gardner, FNP, Heart Health Q & A

11:15-12:00: Guided Relaxation

12:00-12:45: Fitness Class

Heart Health BINGO

1:00-2:00: Cooking Presentation with Lunch served

Each class you attend you will be entered to win prizes!

The more classes you attend the more chances you get!

You can come to one, a few, or all of the sessions.

Please bring clean, dry sneakers and wear comfortable clothes.

For More Information: 518-358-9667

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, 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 American Heart Association



From The Heart

Schedule Your Well-Woman Visit Today!

What exactly is the Well-Woman Visit? It's an annual physical and discussion about your health that all women should get to help identify serious health concerns before they become life threatening – such as heart disease and stroke. Your Well-Woman visit will be tailored to your age, family history, past health history, and need for preventive screenings. Some services – such as checking your blood pressure, height, weight, and temperature – will be provided as needed, based on your medical and family history. (For example, if you had your cholesterol and blood sugar levels checked last year and they were normal, you likely will not need to have these screening tests done every year.) The exam will also screen for other health problems that are unique to women including mammograms for breast cancer, pap smears for cervical cancer, prenatal care, bone-mass measurements for osteoporosis; plus “gender-neutral” screenings and services such as colon cancer screening, obesity screening and counseling, and shots to prevent flu, tetanus, and pneumonia.

It may take more than one visit to get all of your recommended screenings and services. For instance, if your health care provider recommends a mammogram or colonoscopy, those services will be scheduled for a later time.

But since heart disease is the No. 1 killer of women, and kills more women than all forms of cancer combined, the Well-Woman Visit should have a special emphasis on detecting the early signs of heart disease. The American Heart Association estimates that 80% of all cardiovascular disease may be preventable, and it's always better to prevent it than treat it after it becomes life threatening. You can expect your Well-Woman Visit to include tests such as cholesterol screening, body mass index, blood pressure, and other evaluations specifically designed to help assess your heart health. It's a great way to help lower your risk of heart attack or stroke, and give you an added boost for your peace of mind.

Why is the Well-Woman Visit something you should schedule every year? There are lots of good reasons. If you go several years between physical exams, you run the risk of a health problem going undetected and causing your body far more damage than if you catch it early. Annual physical exams also strengthen the relationship between you and your regular physician, helping your doctor be better informed on what's going on with your health and in your personal life.

American Heart Association

Physical Activity Prolongs Your Optimal Health

Your body needs regular physical activity for strength, stamina and to function well. For each hour of regular exercise you get, research indicates you'll gain about two additional hours of life expectancy, even if you don't start until middle age. Moderate exercise, such as brisk walking for as little as 30 minutes a day, gives you these benefits:

- Improves blood circulation, which reduces the risk of heart disease
- Keeps weight under control
- Helps in the battle to quit smoking
- Improves blood cholesterol levels
- Prevents and manages high blood pressure
- Prevents bone loss
- Boosts energy level
- Helps manage stress
- Releases tension
- Counters anxiety and depression
- Helps you fall asleep faster and sleep more soundly
- Improves self image
- Increases muscle strength, increasing the ability to do other physical activities
- Reduces coronary heart disease in women by 30-40 percent
- Reduces risk of stroke by 20 percent in moderately active people and by 27 percent in highly active ones

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





Cook Healthy, Eat Healthy



Avocado Salsa

Ingredients:

- 16 -6 inch corn tortillas, each cut into 6 wedges
- 1/2 15.5 ounce can no-salt-added black beans, rinsed and drained
- 1 medium cucumber, peeled, seeded and finely chopped
- 1 medium rib of celery, finely chopped
- 1 small bell pepper, finely chopped
- 2-3 Tbsp. chopped fresh cilantro
- 2 Tbsp. lime juice
- 1/8 tsp. crushed red pepper flakes
- 2 medium avocados, diced



Nutrition:

Serving size 1/4 cup salsa and 6 chips

Calories: 108
Sodium: 88 mg
Carbohydrates: 46g
Protein: 3g

Directions:

1. Preheat oven to 350
2. Arrange half the tortilla wedges in a single layer on a large baking sheet. Bake for 10 minutes, or until lightly golden. Transfer to a serving bowl. Repeat with remaining tortilla wedges.
3. In a medium serving bowl, stir together beans, cucumber, celery, bell pepper, cilantro, lime juice and red pepper flakes. Using a rubber scraper, fold in the avocados. Serve with the tortilla wedges.

Almond Snack Mix

Ingredients:

- 1/3 cup unsalted whole almonds
- 2/3 cup bite-size multi-bran or whole wheat cereal squares
- 1/2 cup low-fat granola cereal without raisins
- 1/4 cup dried apricot halves, cut into strips, or golden raisins
- 1/4 cup dried cranberries

Directions:

1. Preheat oven to 350. Spread almonds in a single layer on an ungreased baking sheet. Bake for 5-10 minutes or until lightly toasted, stirring once or twice to ensure even baking. Transfer to a plate to cool completely.
2. Pour the cooled almonds into a large bowl. Stir in the remaining ingredients.

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

Chili-Cheese Stuffed Mushrooms

Ingredients:

- 24 medium button mushrooms, stems discarded
- Cooking spray
- 1 4-ounce can chopped green chiles, drained
- 1/2 cup shredded low-fat sharp cheddar cheese

Directions:

1. Preheat oven to 400. Line a baking sheet with aluminum foil.
2. Place the mushrooms with the stem side down on the foil. Lightly spray the mushrooms with cooking spray.
3. Bake for 10 minutes
4. Transfer the baking sheet to a cooling rack. Turn the mushrooms over. Fill each with the chiles. Sprinkle with the cheddar.
5. Bake for 5 minutes, or until the cheddar is melted. Remove from the oven and let stand for 3 minutes so the flavors will blend.

Spinach Stuffed Baked Salmon

Ingredients:

- 1 tsp. olive oil
- 2 ounces of spinach
- 1 tsp. grated lemon zest
- 1/4 cup chopped, roasted red bell peppers, rinsed and drained if bottled
- 1/4 cup fresh basil, coarsely chopped
- 2 Tbsp. chopped walnuts
- Cooking spray
- 4 salmon filets, (about 4 ounces each), rinsed and patted dry
- 2 Tbsp. Dijon mustard (lowest sodium available)
- 2 Tbsp. plain dry bread crumbs (lowest sodium available)
- 1/2 tsp. dried oregano, crumbled
- 1/2 tsp. garlic powder
- 1/8 tsp. pepper

Directions:

1. In a large skillet, heat the olive oil over medium heat, swirling to coat the bottom. Cook the spinach and lemon zest for 2 minutes, or until the spinach is wilted, stirring constantly. Transfer to a medium bowl. Stir in the roasted red peppers, basil and walnuts. Let cool for 5 minutes
2. Preheat oven to 400. Line a baking sheet with aluminum foil. Lightly spray the foil with cooking spray.
3. Cut a lengthwise slit in the side of each filet to make a pocket for the stuffing. Be careful not to cut through to the other side. With a spoon or your fingers, carefully stuff a scant 1/2 cup spinach mixture into each filet. Transfer to the baking sheet. Using a pastry brush or spoon, spread the mustard over the fish.
4. In a small bowl, stir together the remaining ingredients. Sprinkle over the fish. Lightly spray with cooking spray.
5. Bake for 12-14 minutes, or until the fish is cooked to the desired doneness and the filling is heated through.



Nutrition:

Serves 4

Calories: 208
Sodium: 280 mg
Carbohydrates: 6 g
Protein: 27g

Steak Salad with Spicy Ranch Dressing

Ingredients:

- Cooking spray
- Pepper to taste
- 1 1-pound flank steak, all visible fat discarded
- 1/4 cup low-fat buttermilk
- 1/4 cup salsa (lowest sodium available)
- 2 Tbsp. light mayonnaise
- 2 Tbsp. fat-free sour cream
- 6 ounces mixed salad greens
- 10 ounces frozen corn, thawed
- 1 large tomato, chopped
- 1/4 cup coarsely chopped cilantro



Nutrition:

Serves 4

Calories: 282
Sodium: 349 mg
Carbohydrates : 23g
Protein: 28g

Directions:

1. Lightly spray the grill rack with cooking spray. Preheat grill on medium-high
2. Sprinkle pepper on both sides of the steak.
3. Grill the beef for 4 minutes on each side for medium rare, or until almost the desired doneness (beef will continue to cook during the standing time). Transfer to a cutting board. Let stand for 15 minutes. Thinly slice the beef across the grain.
4. In a small bowl, whisk together buttermilk, salsa, mayonnaise and sour cream.
5. Arrange salad greens on plates. Top with the corn, tomato and beef. Drizzle about 3 Tbsp. of dressing over each salad. Garnish with cilantro.

Garlic Potatoes with Fresh Herbs

Ingredients:

- 1 pound boiling or baking potatoes, with or without the skins
- 3 large garlic cloves, peeled but left whole
- 1 1/2 tsp. fresh olive oil
- 1 tsp fresh lemon juice
- 1/2 tsp. balsamic vinegar
- 1/4 tsp chopped fresh rosemary
- 1/4 tsp. chopped fresh oregano
- 1/8 tsp pepper (white preferred)

Directions:

1. Fill a large saucepan with enough water to cover the potatoes. Bring to a boil over high heat. Cut the boiling potatoes in half or baking potatoes in quarters. Add the potatoes and garlic to the boiling water and return to a boil. Boil for about 30 minutes, or until the potatoes are soft all the way through when tested with a knife. Using a slotted spoon, transfer the potatoes to a medium bowl and the garlic to a small plate, reserving the potato water.
2. Mash the garlic cloves. Add to the potatoes, combining lightly with a potato masher or large fork until coarse-textured. (Don't use a food processor) Stir in the remaining ingredients, adding a little hot potato water if needed for the desired consistency. The texture should remain coarse.



Nutrition:

1/2 cup per serving

Calories: 106
Sodium: 80 mg
Carbohydrate: 21g