

* News *

Men's Game Night!

June 24, 2015
3:00pm to 6:00pm
Akwasasne Office of the Aging
Presentation by
Urologist Dr. Thompson on Men's Health

The Office of The Aging and Clarkson Physical Therapy students will be hosting "Men's Game Night" on Wednesday, June 24 from 3:00pm to 6:00pm. The event will include games, information sessions from local health care providers, and the Clarkson University Doctoral of Physical Therapy students. Drop in anytime for a fun filled night of competition, prizes, food, and knowledge.

Special Guest: Dr. Thompson who specializes in Urology will be presenting on Men's Health and Prostate Health from 5:30pm to 6:00pm.

In celebration of
Men's Health Awareness Month
The Let's Get Health Program presents



Good luck and best wishes to
Mary Terrance
The new Recreation
Coordinator for the
Saint Regis Mohawk
Tribe.
You will be truly
missed!

"Just For Men"
2 opportunities to get all your men's
health questions answered

Monday June 22, 2015
At the
Diabetes Center for
Excellence

10am
Guest Speaker
Dr. Gerry Lauzon

6:00pm
Guest Speaker
Dr. Drago Banu

*Healthy refreshments, prizes, and
"Q & A" sessions.

Exercise Classes: Move For Health

Nurse supervised exercise
classes
Must be enrolled in LGHP.
Monday-Thursday
8-9 9-10 10-11 11-12

Community Classes: Club Circuit

Wednesday 12:05-12:50pm
Friday 9:00-9:45am
Steevi King

Body Works

Monday and Wednesday
4:30-5:15pm
Jessica Hopps

Water Aerobics

Wednesdays & Thursdays
5:00pm
Sylvie Marion

All exercises classes offered
by the
Let's Get Healthy Program
are free.

Ages 18 years and older.

Please wear comfortable
clothes and bring clean/dry
sneakers.



Helping Build A Better
Tomorrow



Ohiari:ha/June 2015

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.

Please join the Let's Get Healthy Program for 2 opportunities to get all your men's health questions answered. "Just For Men", on Monday June 22, 2015, at the Diabetes Center for Excellence at 10am and 6pm. We will have healthy refreshments, guest speakers and prizes. .

Women's Health Day 2015



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Nutrition

What is the Difference Between Juicing and Blending?

Juicing/blending/smoothies are all popular topics of conversation lately at LGHP. This article will help breakdown the difference between juicing and blending, it will also highlight the pros and cons of each.

Juicing (raw juice) For juice you use a JUICER

Separates the juice from the fiber, leaves behind, skins, fiber, seeds and hulls making them low in fiber.

More veggies per serving

Quicker absorption of nutrients and sugar -can cause quick elevation in glucose levels.

Instant "rush" of energy as it is a more pre-digested food.

Often low in protein.

Only fruits and vegetables are used in juices.

Blending (smoothies) For smoothies you use a BLENDER

Combines all parts of the fruit and vegetables including, skins, fiber, seeds, hulls making them higher in fiber.

Less clean up since there is no waste of fiber.

Slower absorption of nutrients and sugar -more stable glucose levels due to increase fiber and addition of protein.

Feel fuller longer.

Protein and healthy fats can be added to smoothies making the a meal replacement.

Benefits of both include increased fruits and vegetables at meals or snacks. Both juices and smoothies can reduce cravings for processed or high sugar foods.

Overall, smoothies are better than juices if you desire to keep glucose levels consistent or are looking for a meal replacement as you can add vegetables, protein and healthy fats to a smoothie.

For smoothie ideas check out the Summertime Recipes in the centerfold.

Keep Your Foods Safe This Summer

With Memorial Day behind us, we have officially kicked off the summer season. With summer comes picnics, barbeques and parties. Be sure to keep your food and your family safe this summer.

When bringing food to a picnic or summer party:

Use an insulated cooler filled with ice or frozen gel packs to keep your cold foods cold.

Foods that should be kept cold include raw meats, cut up fruit or vegetables, dairy products and summer salads that contain eggs, mayo, dressings, cheese or meats.

A cooler that is filled maintains its temperature longer than a cooler that is only partially filled.

Keep your food and your coolers out of the direct sun and refill with cold ice packs or ice.

When serving food outdoors:

Food should never be left out for more than ONE HOUR. That is from the time it's put on the table to the time it takes to put it away in a fridge or back into a cold cooler.

Keep cold foods cold on ice or serve in small amounts at a time.

Keep hot foods hot, once food has been cooked on the grill it should be kept at a temperature of 140 degrees F.

Always use a clean plate and tongs when serving food that is cooked. Keep raw and cooked foods and utensils separate. For more information: www.foodsafety.gov



Men's Health Facts



Silent Health Crisis

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

Health Facts:

Men die at higher rates than women from the top 10 causes of death and are victims of over 92% of workplace deaths.

In 1920, women lived, on average, one year longer than men. Now, men, on average, die almost five years earlier than

Prevention:

Women are 100% more likely to visit the doctor for an annual examination and preventative services

Cause & Rate	Men	Women
Heart Disease	228.6	143.0
Cancer	211.6	146.8
Injuries	51.1	24.6
Stroke	39.7	37.8
Suicide	19.2	4.9
HIV/AIDS	4.4	1.7



Men as Victims of Homicide

The chance of being a homicide victim, places males at higher risk than for females.

1 in 179 for Males

1 in 495 for Females

Depression & Suicide

Depression in men is undiagnosed, contributing to the fact that men are 4x's as likely to commit suicide

- ◆ Among 15 to 19 year olds, boys were 4 x's as likely as girls to commit suicide
- ◆ Among 20 to 24 year olds, males were 6x's as likely to commit suicide as females



To learn more, call:

Men's Health Network
P.O. Box 75972
Washington DC 20013
202.543.MHN.1 (6461) x 101

info@menshealthnetwork.org
www.menshealthnetwork.org

Question: What are erection problems?

Answer: A man has erection problems if he cannot get or keep an erection that is firm enough for him to have sex. Erection problems are also called erectile dysfunction or impotence.

Erection problems can occur at any age. But they are more common in older men, who often have other health problems. Treatment can help both older and younger men.

If you are experiencing any symptoms of erection dysfunction, talk to your medical provider for treatment options.



AADE7 Self-Care Behaviors

Problem Solving

What do you do when you have a problem like low blood sugar (hypoglycemia)? Do you know what caused it? How can you help reduce the risk of it happening in the future?

Everyone encounters problems with their diabetes control; you can't plan for every situation you may face. However, there are some problem-solving skills that can help you prepare for the unexpected—and make a plan for dealing with similar problems in the future.

Some of the most important problem-solving skills for diabetes self-care are learning how to recognize and react to high and low blood sugar levels and learning how to manage on days when you are sick.

Your diabetes educator can help you develop the skills to identify situations that could upset your diabetes control.

DID YOU KNOW?

Skipping meals and snacks, taking too much diabetes medication, engaging in physical activity and drinking too much alcohol can all cause you to experience low blood sugar problems.

TRUE OR FALSE?

Nobody has perfect diabetes management.

TRUE. You are not perfect—no one is. There WILL be problems and challenges. The important thing is to learn from each situation—what caused your blood sugar to go above or below target, and what you can do to improve your diabetes self-care.

Submitted by: Heather Garrow, Program Director

Article created by: *American Association of Diabetes Educators*



Quick Tips to Beat Low Blood Sugar

- ◆ Do not go more than 5 hours without eating during your waking hours.
- ◆ Limit your alcohol consumption. Learn how it interacts with your medications and how it affects your blood sugar. When you do drink alcoholic beverages, don't drink on an empty stomach.
- ◆ If you do have a problem with your diabetes control, don't beat yourself up over it—solve it and learn from it! Talk to your health care provider and LGHP Nurse Case Manager—they can help come up with a solution.

Tips For Your 50's and Beyond

Recharge Your Brain

Adults who devoted 4 days a week to an hour of moderate aerobic exercise (running, stair climbing, or riding a stationary bike) had more blood flow in their dentate gyrus, the area of the brain where memories are formed, according to a 2007 Columbia University study. Increased blood flow may signal the growth of new brain cells, a process known as neurogenesis, says Adam M. Brickman, Ph.D., a neuropsychologist and coauthor of the study. It's also possible, he says, that exercise stimulates the release of a growth factor in the brain tied to neurogenesis. Another study found that people who did resistance training once a week saw a 12.6 percent jump in a performance on memory tests.

Slow Your Cells' Aging Process

The cells of people with high omega-3 levels age more slowly, according to research from the University of California at San Francisco. Researchers aren't sure why, but it may have to do with the anti-inflammatory properties of omega-3 fatty acids. "Many of the conditions associated with aging—arthritis, cardiovascular disease, Alzheimer's—are related to chronic inflammation," says Bowerman. She advises eating cold-water fish (mackerel, salmon) twice a week, and taking 2 grams a day of a fish-oil supplement.

Relax Your Arteries

Regular aerobic exercise can delay and may even reverse aging in your arteries, concluded a 2008 review in the *Journal of Applied Physiology*. Study coauthor Douglas R. Seals, Ph.D., a professor of kinesiology and applied physiology at the University of Colorado at Boulder, explains how: Exercise boosts your heart rate, which increases blood flow. A better blood flow creates more friction on the blood vessels' inner lining (a.k.a. the endothelial layer), which, in turn, stimulates the production of nitric oxide. This improves the ability of your arteries to dilate and confers other benefits as well, like reducing inflammation and oxidative stress, protecting your arteries from developing disorders. New research indicates that high intensity aerobic intervals appear to deliver greater endothelial benefits than steady-state aerobic training, according to a study published in the *Journal of the American College of Cardiology*.

Fight Age with Muscle

After 50, the sedentary man's muscle loss speeds up and he then loses about 10 percent of his muscle mass every decade. This leads directly to osteoporosis. If you've been lifting weights, keep it up. If you haven't, start now—it's not too late. American College of Sports Medicine guidelines cover strength training for people over 65. Your workout should also involve more balance moves to strengthen your feet, ankles, and core and to straighten your posture

Men's Home Fitness Exercises for Men Over 50



As men age, their testosterone levels start to decrease. Testosterone is the hormone responsible for muscle growth, meaning that once you're over 50, you lose muscle, your metabolism slows down and you gain fat. However, according to dietitian Ryan Andrews, co-founder of Precision Nutrition, this isn't a foregone conclusion. Exercising gives testosterone levels a huge boost and halts this decline. You don't need a gym. A few simple body-weight exercises that you can do at home is more than enough

Lunges

Many men over 50 suffer from joint aches and pains, particularly around the knees, hips and ankles. This is due to a weakening of the tendons, ligaments and muscles. While leg exercises like squats will help this, single leg exercises, such as lunges are even better, says corrective exercise specialist Mike Robertson. By training each leg individually, you improve balance, proprioception, muscular strength and joint mobility. Do four sets of 10 to 12 lunges per leg, using just your body weight

Pushups

If there's one area of the body where adding muscle can drastically improve a man's physique, it's the chest, and pushups are the ideal home exercise for this. Use a shoulder-width hand spacing and descend as far as you can using good form. Keep your elbows tucked in and don't let your hips sag. If your elbows flare, you risk shoulder injuries and by letting your hips sag, you're not activating your core. Build up to doing three sets of 15 full reps

Plank

The plank is the ultimate core exercise. While people often choose sit ups and crunches to work the abdominals, these actually focus on the hip flexors and may strain the lower back. Planks, on the other hand, train your core muscles for their main function -- stabilization. Ensure that your hips, upper back and head are in a straight line, and that your hips aren't too close to the floor or pushed up in the air. Squeeze your stomach tight and hold the position for as long as possible. Once you can do one minute, try planks with your feet elevated on a chair or low step



I met William Loran for the first time on 12/3/2014 when he first found out he was a type II diabetic. When I asked him how he felt receiving this diagnosis he replied casually, "Oh, I expected it, my family has a big history of diabetes." At that time his A1C was 10.4 and he was started on Metformin 500mg daily and increased to 1000mg daily. His goal was to control his diabetes through dietary changes, begin to exercise and get off his medications. Slowly he began to lose weight and his blood sugars started to creep down. We followed up monthly for diabetes case management, he was weaned off the Metformin completely after 4 months. On 3/16/15 his A1C had dropped to 7.2!!! His blood pressure also was coming down and his medications for hypertension was decreased. When asked how he was able to do this so quickly Bill said, "At first I thought diabetes had taken away my super powers and I wanted it back. It's back now and it's because I changed my eating habits, decreased the amount of coffee I was drinking and started drinking more water. I am diligent about exercising everyday even if I only have time for ten minutes at night."

Submitted by: Cherie Bisnett, BSN, RN

Summertime Recipes

Chicken Waldorf Salad

Recipe obtained and adapted from EatingWell



Ingredients:

- 1/3 cup olive oil mayo
- 1/3 cup plain Greek yogurt
- 2 tsp lemon juice
- 3 cups chicken breast, cooked, cooled and chopped (or use leftovers)
- 1 medium red apple, diced
- 1 cup red or green seedless grapes, halved
- 1 cup celery, thinly sliced
- 1/2 cup walnuts, chopped
- Romaine, watercress, or red leaf lettuce, washed and patted dry
- Whole grain pita bread

Directions:

- In a small bowl whisk mayo, yogurt and lemon juice together. In a large bowl add chicken, apples, grapes, celery and 1/4 cup of the walnuts mix together. Add the mayo dressing and mix well. Cover and refrigerate until ready to serve, at serving time top with remaining 1/4 cup of walnuts. Serve chilled over a bed of romaine, watercress, or red leaf lettuce with a whole grain pita bread.

TIME SAVER! Chicken can be cooked ahead of time, poaching chicken is the fastest way to cook thoroughly, place chicken in a pan and add enough water to just cover each piece. Cover and bring to a boil, reduce heat and simmer for 10-15 minutes or until each piece is cooked through and no longer pink in the middle. Save unused chicken in the fridge for nights when it's too hot to cook!



Berry and Spinach Smoothie

Ingredients:

- 1/2 cup any frozen or fresh berries
- 1/2 cup unsweetened almond milk or skim milk
- 1/4 teaspoon vanilla extract
- 1/2 to 1 cup frozen or fresh spinach
- 1 teaspoon honey/agave nectar or sweetener
- ice cubes if desired.

Directions:

In a blender or food processor add all ingredients. Cover and blend on high speed for 30 seconds or until smooth. You may have to add more liquid. Serve immediately. ENJOY!

Make it a Meal:

- Add a scoop of protein powder, uncooked oats and milled flax seeds. A balanced meal that has fruit, dark leafy greens, dairy, protein, whole grains and healthy fats.



It's too hot to cook!
Try these recipes instead!

Grilled Vegetable Kebabs

Ingredients:

- Fresh vegetables of your choice.
- Zucchini (8 to 10 inches long)
- Summer squash (8 to 10 inches long)
- Red onion
- Grape tomatoes
- Colored bell peppers
- Fresh white or portabella mushrooms

Directions:

- Pre heat the grill and clean well with a grill brush.
- If using bamboo skewers, soak in water for 20 minutes.
- Clean all vegetables well.
- Cut into same size cubes.
- Add vegetables to stainless steel or bamboo skewers.
- Place skewers on the grill, turning often until vegetables are tender but not mushy.
- Enjoy warm!

Tips and Tricks:

Clean mushrooms using a damp paper towel, never immerse mushrooms in water or run them under water.

Cut vegetables the same size for even cooking.

Keep the same type of vegetable on one skewer to ensure even cooking.

If using a marinade add a small amount of low sodium marinade to a zip top bag and add vegetables.

Do not over marinate as it will make your vegetables soft/mushy before cooking.

Wrap up leftover grilled vegetables in a whole grain tortilla or pita with low fat shredded cheese. Enjoy warm or cold.

1 pound raw chicken breast yields about 2.5 cups cooked chopped chicken.



Strawberry and Mixed Greens Salad

Ingredients:

- 1/2 cup toasted walnuts/pecans
- 4 cups (or more) mixed salad greens/baby spinach
- 2 cups fresh strawberries, rinsed & sliced
- 1 cup fresh blueberries, rinsed and patted dry

Directions:

In a large salad bowl, toss together the salad greens, strawberries and blueberries. Top with the toasted walnuts/pecans. Serve with homemade balsamic dressing or light balsamic dressing.

*To toast walnuts heat a dry skillet on medium heat, add walnuts/pecans and stir until fragrant. Let walnuts cool at room temperature while you prepare the salad.

Optional: glazed walnuts— toast walnuts and while toasting add a sweetener. (honey, maple syrup, agave nectar or brown sugar) stir often and cool to room temp.

Make it a meal: serve with baked chicken or broiled fish and brown rice.

Try This: add reduced fat crumbled feta cheese or reduced fat sharp cheddar cheese.

Try with grapes, shredded carrots or purple cabbage.

Try Your Own Smoothie Flavors:

Pumpkin spice-pumpkin puree, maple syrup, pumpkin pie spice, Greek yogurt, skim milk

Carrot Cake- carrot, ginger, vanilla extract, cinnamon, walnuts, Greek yogurt, skim milk

Green Power- kiwi, green tea, lime and spinach

Apple Pie- apples, cinnamon, honey, vanilla, banana and unsweetened almond milk

Almond Joy- Greek yogurt, banana, almond extract, cocoa powder, coconut flakes, unsweetened almond milk

Beets and Berries- Beets, spinach, blueberries, agave or other sweetener and white/green tea
Always save over ripe bananas for smoothies. Peel and place in a zip top bag in the freezer. Try adding spinach to smoothies for extra dark green vegetables.

Yogurt and Dill Cucumber Salad

Ingredients:

- 1-2 English cucumbers, washed and thin sliced
- 2 TBSP rice wine vinegar
- 1/4 cup plain Greek yogurt
- 1 TBSP fresh dill, washed and chopped
- 1/4 tsp ground black pepper

Directions:

In a medium size bowl mix all ingredients except cucumber. When yogurt mix is done, add cucumber and serve.

TRY THIS!

- Try adding other fresh herbs.
- Add minced garlic and a squeeze of fresh lemon juice.
- If you like zucchini try mixing cucumbers and zucchini for a different texture.
- If you don't like Greek yogurt use 2 TBSP plain yogurt and 2 TBSP low fat sour cream.

