

# Ohiari:ha/June 2016

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.

For more information on men's health issues and health check lists, please go to:

[menshealthresourcecenter.com](http://menshealthresourcecenter.com) and [menshealthmonth.org](http://menshealthmonth.org)

Or simply make an appointment with your Primary Provider to ask questions regarding your health.



### INSIDE THIS ISSUE:

|                    |     |
|--------------------|-----|
| Nutrition Page     | 2   |
| Fitness Page       | 3   |
| Summertime Salsa   | 4-5 |
| Diabetes Over Time | 6   |
| Men's Health Facts | 7   |
| Upcoming Events    | 8   |

## Women's Health Day 2016

# Nutrition

## HOW CAN I HELP?

Indian Health Service Standards of Care and Clinical Practice Recommendations for Type 2 Diabetes states that all persons with type 2 diabetes be referred to a Registered Dietitian for Medical Nutrition Therapy at diagnosis and at least yearly, or more often as needed to meet nutrition goals.

At the Let's Get Healthy Program, we have a Registered Dietitian (RD) on staff and available for appointments at The Diabetes Center for Excellence. Heather Pontius is available for individual or small group nutrition appointments to help you meet your nutrition goals. Medical Nutrition Therapy is an evidence-based approach to nutrition counseling. The services include weight loss, weight maintenance, lifestyle adaptations, chronic disease care: heart disease, diabetes, hypertension and individualized nutrition care based on the individuals current and past medical history.

Other services the Registered Dietitian provides:

Cooking Demonstrations  
Taste Tests  
Supermarket Tours  
Education



If you have not met with our RD in a while it's time to schedule your appointment!  
Please call the office at 358-9667

## 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.

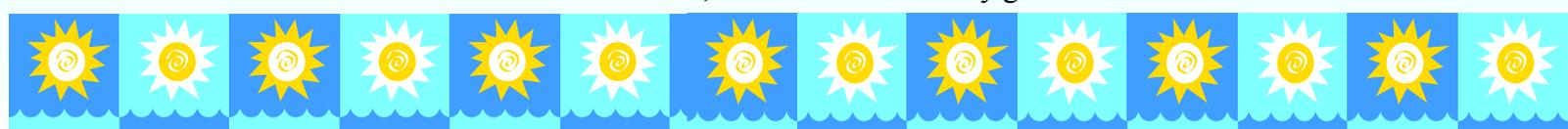
Keep cold foods cold on ice or serve in small amounts at a time.

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, visit: [www.foodsafety.gov](http://www.foodsafety.gov)



# June is Men's Health Month

## Pain Relief for Men

Men are more likely to ignore the signs of pain, or “push through the pain”, which in many cases cause injury.

Pain and injury are signs of imbalance in your body. Your muscles, joints and connective tissue are all designed to work together. If a certain area hurts, its absorbing too much force because another part of your body is not working the way it should. Here are some tips and exercises to help relieve back, knee and neck pain:

**Back Pain:** In most cases of low back pain, the cause is weak abdominals. The abdominals wrap around the torso to take pressure off the back.

**Tip:** Focus on good posture; when sitting, tense your stomach muscles like you are bracing your stomach for a punch. This will activate the abdominal muscles and relieve some back pressure.

**Knee Pain:** Knee pain is likely due to weak glutes. The glute muscle helps move and rotate the femur, which prevents your knee from collapsing while stepping.

**Tip:** Engage your glutes with simple strength exercises. Also try squeezing your glutes when climbing stairs or before taking a step.

**Neck pain:** Hiked up shoulder blades and rounded shoulders (bad posture) shorten your neck, forcing you to extend your neck forward to keep your head upright.

**Tip:** Tuck your chin in and draw shoulders downward to help relieve pressure.

**Knee pain:** Inner Thigh Squats



**Back Pain:** Ball



**Neck Pain:** Scapula mobilization

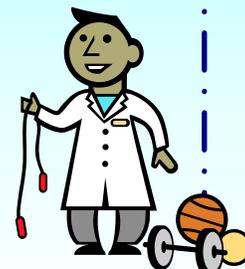


\*Consult with your doctor before engaging in any strenuous activity.  
If you feel major pain, please stop!\*

## How Women Can Help Men Stay Healthy

- 1) Watch for signs and symptoms. When a flashing light goes off in a man's car he will take it in for service immediately. But when a warning sign goes off in his body he may well ignore it. Women can help by knowing which symptoms are “flashing lights” and encourage them to get it checked out.
- 2) Talk about it: Men have trouble talking about their health problems in general, not just with their doctor.
- 3) Find out when they need a checkup. Yearly physical, screenings, eye, dental, etc. Give them reminders and keep track of appointments.
- 4) Have him write a list of questions for the doctor. The average woman asks 4 questions during a doctor's appointment; the average male asks none.
- 5) Motivate him to exercise and follow a healthy diet. Changes in diet and exercise are often most successful when a couple adopts them together.

Source: Male Health Center

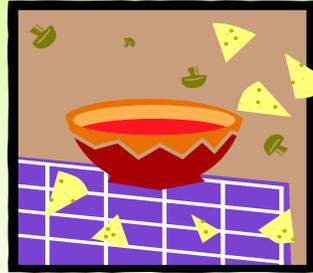


# Summertime

## Quick-Easy-Fresh Salsa

### INGREDIENTS:

- 4 Tomatoes, washed, seeds removed and chopped
- 1 Sweet bell pepper, seeds removed and chopped
- 1 Jalapeño pepper, seeds removed and chopped
- 1/4 cup red onion chopped
- 1 Garlic clove, minced
- 1 TBSP Olive oil
- 1 TBSP fresh parsley, minced
- 1 TBSP fresh cilantro, minced
- 2 TBSP Lime juice
- Ground black pepper and salt to taste



### DIRECTIONS:

- Place peppers, jalapeños, onion and garlic in food processor and pulse/chop into small pieces, remove from processor into mixing bowl. Add tomatoes and mix well. Add olive oil, parsley, cilantro, lime juice, black pepper and salt to taste.
- For a chunky salsa do not mix in the processor. Chill in the refrigerator for up to 2 days. Serve chilled with homemade chips or whole grain tortilla chips.
- Can also be used on chicken or in place of salsa in any recipe.

## Fruit Salsa

### INGREDIENTS:

- 2 kiwis peeled and diced
- 1 cup strawberries, stems removed, diced
- 1 apple cored and diced
- 1 cup pineapple, peeled, cored and diced
- 3 TBSP Low Sugar Fruit Preserves
- 1 TBSP Agave nectar
- 1 TBSP lime juice
- 1 TBSP orange juice
- Sprinkle of cinnamon-optional*

### DIRECTIONS:

- In a mixing bowl mix all the fruit together.
- In a smaller bowl whisk together fruit preserves, agave nectar, lime juice, orange juice and cinnamon.
- Pour over fruit. Cover and refrigerate until ready to serve.
- Serve chilled with cinnamon pita chips or cinnamon graham cracker sticks.

**TRY THIS:**  
Try using other fruit or berries.  
Try using different flavored preserves.  
Make it tropical  
(pineapple, mango, peach, cantaloupe)  
Make it spicy  
(strawberry, kiwi, peach: use seeded  
jalepeno, cilantro, lime juice  
and red onion do not use orange juice,  
preserves or agave)



# Time Salsa

## Pineapple Mango Salsa

### Ingredients:

- 1 cup fresh pineapple, chopped
- 1 cup fresh mango, chopped
- 1/2 cup red onion, minced
- 1 clove garlic, finely minced
- 1 jalapeño, cut in half, seeds removed and finely minced
- 1 TBSP lime juice
- 1 teaspoon olive oil
- 1/2 teaspoon cumin powder
- 2 TBSP fresh cilantro, rinsed and chopped
- Ground black pepper as desired

### Directions:

- Add all ingredients together in a mixing bowl.
- Mix well and let sit in the fridge for 20 minutes to allow the flavors to blend together.
- \*Use gloves when chopping jalapeños.
- \*\*To make as a salad add 1 cup cooked, cooled wheat berries or quinoa.

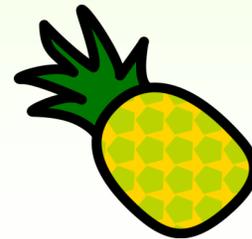
### Tips & Tricks:

Use as a side dish.

Accompany with fish or chicken.

Use as a dip with tortilla chips.

Add leftovers to make a salad with wheat berries or quinoa.



## Peach Salsa

### Ingredients

- 1 lb tomatoes, diced
- 1 bell pepper (4 oz), seeded and finely diced
- 2 jalapenos, seeded and finely diced
- 1 medium onion, finely diced
- 1 1/2 lbs peaches, diced
- 1/2 bunch cilantro, chopped
- 2 Tbsp lime juice
- 1 1/2 tsp salt, or to taste
- 1/4 tsp freshly ground black pepper or to taste

### Directions

1. Chop tomatoes and transfer them to a large bowl
2. Finely chop seeded bell pepper and jalapeños. Finely chop onion and transfer all your veggies to the large bowl
3. Dice the peaches. You may dice the peaches in various sizes. No need to peel them. You won't notice them and the color is prettier with the peel on. Transfer peaches to your bowl
4. Add 1/2 bunch Chopped cilantro, 2 Tbsp lime juice, 1/4 tsp pepper. Fold everything together until well mixed and enjoy with your favorite tortilla chips or serve with fish or pork.



# Diabetes Over Time

A FOUR PART SERIES: PART 3-TRANSLATION OF THE DIABETES LANGUAGE.

In my hands is a book called the “Diabetes Dictionary”. It contains definitions of words that are often used when talking or writing about diabetes. First thought among many could be; “well that sounds like a book for medical professionals”. But no, this book was designed for people who have diabetes and their families and friends with basic information about the disease, its long-term effects and its care. Also, in this book (and yes I counted them all), from A-Z, there are a total of 364 word definitions!! So I challenge every person with diabetes, how many words are in your diabetes vocabulary today? Next, how comfortable are you in saying these words out loud? And even more so, how confident are you to use these words at your next conversation with your health care providers?

I ask you, with Number 1 being “I am not confident at all” to Number 10 being “I am very confident”. Enter a number that best describes your confidence to speak the diabetes language between 1 and 10 \_\_\_\_\_. I choose not to make assumptions for any reader, but as a Diabetes Nurse Educator-How can I help you? Let me offer a starting point for many Akwesashro:non with diabetes and their families and friends. For sure, there could be words within any definition that may need more defining!-My point is: All questions are welcome-just ask!!

## DIABETES WORDS/TERMS: ENDOGENOUS INSULIN

**DEFINITION:** This is when insulin is made automatically in your body. Insulin is a hormone made in the BETA cells within the Islets of Langerhans located in your pancreas. When things are working well, insulin is secreted (squeezed out) from your pancreas in two phases as a response to stimulation from rising glucose levels (when you eat!!). The rest of this definition is easily shown in a simple diagram- stay tuned for a Diabetes 101 Group Education Class...coming soon at the Diabetes Center for Excellence- HINT, HINT!!.

**THE POWER OF EDUCATION:** Now, the above definition is a mouthful for sure!! But the definition of Endogenous Insulin provides so much understanding to explain why diabetes medications of today are complex, numerous, act in different ways in the body and for many persons with diabetes, are often better served as a combination of diabetes medications. For example, the definition of “endogenous insulin” sends a message that the production of insulin in our own bodies is complex and has many stages of being produced, released and transported in the body. But just as important to recognize is how one’s own insulin gets “accepted or not accepted” by the billions of cells within the body. That’s the real story to learn more especially for Native American persons with Type 2 Diabetes. The experts today constantly try to remind everyone of the damage high blood sugars cause. And with unfortunate frequency, high blood sugar levels tend to not send us the typical messages of pain to warn us something is wrong. So over time, the damage from diabetes can sneak up on a person.

Well, I think that’s enough for today, but I leave you with these words to ponder; ALBUMINURIA, AUTONOMIC NEUROPATHY, HEMOGLOBIN A1C, BOLUS, EXOGENOUS, GLUCONEOGENESIS, RETINOPATHY... A Diabetes Educator has all these words and more in our back pocket. Let us help translate what will be most helpful to your health visit and build your way to diabetes control and good health.

## 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.

# 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 women. (CDC)

## Prevention:

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

## To learn more, call or visit:

Men's Health Network  
P.O. Box 75972  
Washington DC 20013  
202.543.MHN1 (6461) x 101

[info@menshealthnetwork.org](mailto:info@menshealthnetwork.org)  
[www.menshealthnetwork.org](http://www.menshealthnetwork.org)

## 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



## 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.

# \*News\*

**Want to know how the  
Let's Get Healthy Program  
can help you on your health journey?**

Join us for a Community Open House  
**Wednesday June 15<sup>th</sup>**  
&  
**Tuesday June 21<sup>st</sup>**  
**4:30-7:30 pm**  
at the



Diabetes Center for Excellence  
66 Business Park Road  
Akwasasne NY 13655

Meet the staff to learn what preventive and diabetic services we offer, tour the building, enjoy some light refreshments, prizes and **MORE!!!!**

For more information, please call the  
Let's Get Healthy Program office at 518.358.9667

**The  
Let's Get Healthy Program Office will be closed on  
Thursday June 30th  
for  
Staff training  
The office will reopen on  
Friday July 1st.  
We apologize for any inconvenience**



## Exercise Classes:

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

## Community Classes

**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**