

Enníska/February 2025

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February is American Heart Month

American Heart Month is observed to raise awareness on the importance of a healthy heart and to encourage healthy habits that help reduce the risk of heart disease.

Every year more than 600,000 Americans die from heart disease. The number one cause of deaths for most groups, heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use

National Wear Red Day® is Friday February 7th

National Wear Red Day® is the icon day of American Heart Month. Cardiovascular disease is the No. 1 killer of women. Wear red to be seen, to be counted, to be heard, to make an impact

***We are closed Monday February 17th in Observance of
Indigenous Peoples Resiliency Recognition Day***



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Causes and Prevention of Heart Disease

Cardiovascular disease is the No. 1 killer of women, taking about 1 in 3 lives. Yet only about 44% of women in the U.S. believe the disease is their greatest health threat. It's time to focus on finding and becoming the solution. Here's what you need to know about the causes of heart disease and stroke – and ways you can prevent it.

What Causes Cardiovascular Disease?

Cardiovascular disease affects the blood vessels and cardiovascular system. Numerous problems can result from this, many of which are related to a process called atherosclerosis, a condition that develops when plaque builds up in the walls of the arteries. This buildup narrows the arteries, making it harder for blood to flow through. If a blood clot forms, it can stop the blood flow. This can cause a heart attack or stroke.

But it doesn't end there. Cardiovascular disease can take many other forms as well:

Heart failure or congestive heart failure: This means that the heart is still working, but it isn't pumping blood out of the heart as well as it should, or getting enough oxygen to the body the way it should.

Arrhythmia or an abnormal rhythm of the heart: This means the heart is either beating too fast, too slow or irregularly. This can affect how well the heart is functioning and whether or not the heart is able to pump enough blood to meet the body's needs.

Heart valve problems: This is when the heart valves are not opening enough to allow proper blood flow through the heart then out to the body. Sometimes the heart valves don't close and blood leaks through, or the valve leaflets bulge or prolapse into the upper chamber, causing blood to flow backward through them.

Stroke: This happens when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. Part of the brain cannot get the blood (and oxygen) it needs, so it and brain cells die.

Can my Risk for Heart Disease and Stroke Change?

Both men and women can be at risk for heart disease or stroke throughout their lives, but risk factors can change. For women, certain life stages such as pregnancy or menopause may impact your cardiovascular health, making it even more important to understand the causes, your personal risk factors and how to prevent heart disease and stroke.

How Can I Prevent it?

Many things can put you at risk – some you can control, and others you can't. But the key takeaway is that with the right information, education and care, cardiovascular disease in women can be treated, prevented and even ended. In fact, the majority of cardiovascular events can be prevented through education and lifestyle changes.

Here are the lifestyle changes you should make to live a longer, healthier life:

- Don't smoke or use tobacco
- Get regular physical activity
- Choose heart healthy foods
- Get enough good quality sleep
- Get regular health screening tests
- Manage stress



Knowing your family history is also a key step in prevention. Talk to your health care professional about your family medical history and any known risk factors. Don't be afraid to ask questions about your health and your risk. The more you know about what caused health issues or even the death of family members can help you prevent the same thing from happening to you!

Heart Attack

Causes of a Heart Attack

Heart attacks occur when the flow of blood to the heart is blocked by a buildup of plaque in coronary arteries. While the initial causation can often be pinned on smoking, stress, and extra weight, the fact is anyone can be at risk for a heart attack.

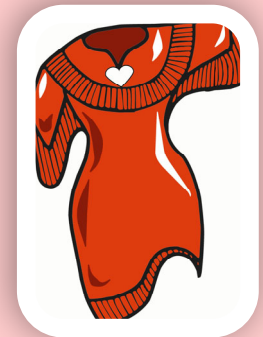
Heart disease is the No. 1 killer of women, which is why it is imperative that women learn the warning signs and symptoms, see a doctor regularly, and learn their family history.

Symptoms of a Heart Attack

Heart attack symptoms can differ for men and women, but the most common symptom for both is chest pain. Women might also have non-chest pain symptoms and less obvious warning signs. Below are a list of symptoms to look out for:

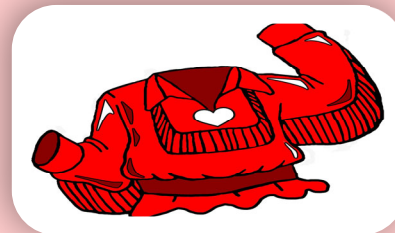
Symptoms in Women

- Chest pain, but not always
- Pain or pressure in the lower chest or upper abdomen
- Jaw, neck or upper back pain
- Nausea or vomiting
- Shortness of breath
- Fainting
- Indigestion
- Extreme fatigue



Symptoms in Men

- Squeezing chest pressure or pain
- Jaw, neck or back pain
- Nausea or vomiting
- Shortness of breath



Why it's Important to Know the Symptoms of a Heart Attack

Women who consider themselves healthy often misdiagnose the symptoms of a heart attack because they don't think it could happen to them. That is why it's crucial to learn about heart disease and stroke, know your numbers, live a heart-healthy lifestyle and be aware of the risk factors of heart disease.

What To Do During a Heart Attack? If you experience any of these signs or symptoms:

- Dial 911 immediately, don't ignore your pain or discomfort. Every minute matters when it comes to getting treatment for heart attacks
- Never delay calling 9-1-1 to take aspirin or do anything else you think might help
- Don't drive yourself to the hospital. The ambulance is the best and safest way to get there. Emergency medical services workers will start lifesaving treatments right away

Try to stay as calm as possible and take deep, slow breaths while you wait for the emergency responders

Heart Health

We've all seen the movie scenes where a man gasps, clutches his chest and falls to the ground. In reality, a heart attack victim could easily be a woman, and the scene may not be that dramatic. Although men and women can experience chest pressure that feels like an elephant sitting across the chest, women can experience a heart attack without chest pressure. Instead they may experience shortness of breath, pressure or pain in the lower chest or upper abdomen, dizziness, lightheadedness or fainting, upper back pressure or extreme fatigue.

Can a Heart Attack Feel like the Flu?

Even though heart disease is the No. 1 killer of women in the United States, women often chalk up the symptoms to less life-threatening conditions like acid reflux, the flu or normal aging. There are still many women who are shocked that they could be having a heart attack.

How Common are Heart Attacks?

A heart attack strikes someone about every 43 seconds. It occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely. This happens because the arteries that supply the heart with blood can slowly narrow from a buildup of fat, cholesterol and other substances (plaque).

Why are Women at Increased Risk of Heart Attack?

Many women think the signs of a heart attack are unmistakable but in fact they can be more subtle and sometimes confusing. You could feel so short of breath, as though you ran a marathon, but you haven't made a move.

Some women experiencing a heart attack describe upper back pressure that feels like squeezing or a rope being tied around them. Dizziness, lightheadedness or fainting are other symptoms to look for.

Many women take an aspirin if they think they are having a heart attack and never call 9-1-1. They think the

Heart Benefits of Exercise

Understanding just how physical activity benefits your heart can be strong motivation to get moving. Here are some benefits:

- ♥ **Exercise lowers blood pressure**
- ♥ **Weight loss is key to weight control**

Being overweight puts stress on the heart and is a risk factor for heart disease and stroke. Being physically active is an essential component for losing weight and even more important for keeping it off

- ♥ **Exercise strengthens muscles**

Exercise improves the muscles' ability to draw oxygen from the circulating blood, reducing the workload on the heart

- ♥ **Exercise can help you quit smoking**
- ♥ **Exercise can stop or slow the development of diabetes**

Strength training and regular aerobic exercise can reduce the risk of developing diabetes by over 50%. It allows the muscles to better process glycogen, a fuel for energy, which when impaired, leads to excessive blood sugars

- ♥ **Exercise lowers stress**
- ♥ **Exercise reduces inflammation**

Regular exercise reduces chronic inflammation. This is an important factor for reducing the adverse effects of many diseases.

Fitness

National Wear Red Day® is Friday February 7th
Join us in celebrating American Heart Month

Elder Fitness Class: 9:00 - 9:30 am

A low-impact class with a variety of exercises designed to increase muscular strength, range of movement, balance and activities for daily living

Informal Q&A with our Registered Dietitian, Camilla Henry: 9:30 - 10:00 am

Blood Pressure & Blood Glucose screening: 8:00 am - 2:00 pm

Receive a prize ballot for participating in any of the events & wear **RED** for an additional entry

February Fitness Challenge

Join us for "FAB AB FEBRUARY".

Roll the dice each day to determine the abdominal exercise. Reps increase each week.

Congrats to the 130 participants of our January "ROCK 2025" Challenge. Job well done!

**FEBRUARY 4-
MARCH 27**

INTRO TO FITNESS

AGES 12-15

**LET'S GET HEALTHY FITNESS CENTER
TUESDAY & THURSDAY
4:15-5:00PM**

Instructor led sports and fitness activities designed to teach proper form, use of gym equipment and fun games to get moving

**REGISTER NOW!
CALL (518)358-9667**

**Starting in April
Ages 8-11**

Recipes

Roasted Red Pepper & Tomato Soup

Ingredients:

- 4 red bell peppers, seeded and halved
- 6 tomatoes, cored and halved
- 1 medium onion, quartered
- 4 garlic cloves, peeled
- 2 TBSP olive oil
- 4 C vegetable broth
- 1/2 tsp salt & pepper
- 1/4 C tomato paste
- 1/2 tsp Italian seasoning
- 1/2 tsp paprika
- Optional: fresh basil

Nutrition Facts

Calories: 128

Total Fat: 6g

Carbs: 18g

Protein: 3g

Sugar: 11g

Sodium: 526mg



Directions:

Preheat oven to 375 F. Place red peppers, tomatoes, onion, and garlic on a large half sheet baking pan. Toss with olive oil, salt, and pepper. Arrange the tomatoes and bell peppers with the cut-side up. Bake for 45 minutes, until vegetables are tender.

In a medium saucepan, heat the vegetable broth on medium heat. Add the roasted vegetables, tomato paste, Italian seasoning, paprika. Stir to combine. Simmer for ten minutes.

Transfer the soup to a food processor or blender, purée the soup and transfer back into the pot. Or puree the soup directly in the pot using an immersion blender. Cook on low heat for another 5 minutes. If you want a thicker consistency, cook for a few minutes longer. Season with salt and pepper, to taste.

Ladle the soup into soup bowls and garnish with fresh basil, if desired.

**Roasting the vegetables creates an incredible depth of flavor that is more intense and delicious.*

Honey Soy-Glazed Salmon

Ingredients:

- 3/4 lbs. wild-caught salmon fillet
- Olive oil cooking spray
- 1 TBSP honey
- 1 TBSP soy sauce (reduced-sodium)
- 1 pinch salt & pepper

Nutrition Facts

Calories: 300

Total Fat: 12g

Carbs: 12g

Protein: 39g

Sugar: 5g

Sodium: 336mg



Directions:

Rinse salmon and pat dry with a paper towel. Heat a nonstick skillet over medium-high heat, and spray with olive oil spray. Brown salmon 2 minutes; turn and brown 1 minute. Season the cooked sides with salt and pepper.

Lower heat to low, cover, and let cook 7-8 minutes. Remove from heat.

Mix honey and soy sauce together. Pour over the salmon, cover, and let sit 1 minute. Serve.

Recipes

Crockpot Spinach Lasagna

Ingredients:

9 lasagna noodles (gluten-free)
24 1/2 oz. jarred pasta tomato sauce (lower sodium)
1 package frozen spinach (10-ounce, chopped, thawed and drained)
1 1/4 C part skim mozzarella cheese (shredded, divided)
1 C low-fat ricotta cheese
nonstick cooking spray
1/4 C Parmesan cheese (freshly grated)



Nutrition Facts

Calories: 180

Total Fat: 6g
Carbs: 22g
Protein: 10g
Sugar: 5g
Sodium: 315mg

Directions:

Spray a crock pot with cooking spray. In a medium bowl, mix together ricotta cheese, Parmesan cheese, 1/4 cup mozzarella cheese and spinach. Spread 1 cup pasta sauce on bottom of crock pot. Arrange 3 noodles side by side on top of sauce, break noodles apart to fit, if needed.

Spread about 1/3 cup of ricotta-spinach mixture on top of noodles. Repeat layering with pasta sauce, noodles and ricotta spinach mixture 2 more times. Top with remaining pasta sauce and canned tomato sauce. Sprinkle top with 1 cup mozzarella cheese. Place cover on crock pot. Cook on low setting for 2-3 hours or until done (cooking times vary based on crock pot).

*This recipe was tested with gluten-free lasagna noodles, but whole-wheat lasagna noodles could be used.

Vegan Mock "Tuna" Salad Sandwich

Ingredients:

1 can (14 oz) chickpeas (garbanzo beans), drained and rinsed
Juice of 1/2 lemon + some zest if you like
1/4 - 1/3 C vegan mayo
1/4 C celery, chopped
1/4 C red onion, chopped
1/4 - 1/2 tsp garlic powder
Himalayan salt & cracked pepper, to taste
Dash of cayenne, optional

Nutrition Facts

Calories: 154

Total Fat: 4g
Carbs: 24g
Protein: 8g
Sugar: 5g
Sodium: 250mg



Directions:

Drain and rinse chickpeas, place in a medium-size bowl, and roughly mash about 3/4 of the chickpeas with the back of a fork or potato masher until desired consistency.

Add the rest of the ingredients and mix well, adding any extra ingredients you like. Alternatively, you can use a food processor to start with the beans, pulse a few times, and add the remaining ingredients, pulsing again a few times until the desired consistency. Serve chilled or at room temperature. Serve on whole grain bread or lettuce greens.

Fitness Room

The fitness room is open

Monday - Thursday: 8:00 am to 5:00 pm

& Friday: 8:00 am to 2:00 pm

You do not need any prior appointments or clearance, you will complete a questionnaire and be assessed at your first visit. This is an "open gym" concept. Use any cardio or strength machines and fitness equipment at your own pace. Our Health Promotion Specialists are available to assist and for any questions.

Remember to bring clean, dry shoes and a refillable water bottle.

Should you have any questions, or if you would like to schedule your 1st visit, you may call Megan Bushey at (518) 358-9667 or email Aaron Jock, Health Promotion Specialist: Aaron.jock@srmt-nsn.gov

Classes: All fitness levels welcome

ELDER FITNESS: Monday, Wednesday & Friday, 9:00 - 9:30 am

A low-impact class with a variety of exercises designed to increase muscular strength, range of movement, balance and activities for daily living.

LUNCH CRUNCH: Monday - Thursday, 12:15 - 12:45 pm

A 30 minute session to burn fat and increase strength. Each class will vary and will leave you feeling energized and refreshed.

TONE & SCULPT: Monday, 4:15 - 5:00 pm

This class will focus on building core strength, toning muscles, and burning fat through resistance training and cardio.

YOUTH FITNESS: Tuesday & Thursday, 4:15 - 5:00 pm

Instructor led sports and fitness activities designed to teach proper form, use of gym equipment and fun games. **Ages 12-15. Please call to register your child.*

BOOT CAMP: Wednesday, 4:15 - 5:00 pm

This class strings together circuits of intense exercises for about 30 to 60 seconds each, pausing for only a few seconds between exercises. The idea is to burn fat, strengthen muscles and build endurance.



American Heart Association®



**Working Together
Today to Build a
Better Tomorrow**