



South Dakota Urban Indian Health

Providing Healthcare for the entire family



Welcome to our winter newsletter. With typical winter temperatures here now, take care to protect your feet from the cold. Preventing injury to your feet needs to be a high priority if you have diabetes.

People with diabetes are more likely to have problems with poor circulation or a loss of sensation for temperature, pressure, or pain in their feet. Wear warm socks and good-fitting shoes or boots when you go outside in the winter. Remember that your feet may not be able to sense cold. Avoid frostbite!

- Choose socks with at least 80% cotton or wool. They absorb sweat and allow the skin to breathe better than nylon socks.
- Avoid socks with a bulky seam at the toe area or with tight elastic at the top.
- Change socks every day and change to dry socks if they become sweaty.
- ❖ Choose snow boots with a wide and deep toe box to allow room for your toes.
- ❖ Wear new boots for short periods of time (1 – 2 hours) a day. Look for red spots that may indicate a poor fit.

- ❖ Check the inside of snow boots for wrinkled linings, seams, ridges, or foreign objects that fell into them.
- ❖ Shop for boots in the afternoons when your feet tend to be the largest. This will help you avoid tight-fitting boots. You may need to cut an outline of each foot from stiff paper and insert the outline into the boots to check for a good fit if you have numb feet.
- ❖ Consider using over-the-shoe boots instead of over-the-foot boots. Loose fitting, slip-on type foot wear is not recommended because the sliding movement may create blisters, wrinkle socks or boot lining, or fail to provide good support to the foot and ankle for walking.

Do not warm cold feet by using a hot water bottle or a heating pad. They could burn your feet if you don't have temperature sensation. Use wool socks or appropriate slippers to warm your toes.



WHO ME? SEE A COUNSELOR?

By: Marilee Johnson-Geary, MA

Licensed Professional Counselor-Mental Health
Chemical Dependency Counselor - Trainee

“You must be crazy!” For many people, going for counseling is still a touchy subject. Things you might have told yourself that have prevented you from going to counseling range from “Everybody’s going to think I’m crazy.” to “I can handle it on my own.” or “It’s just a waste of time.” Well-meaning friends and family might have advised you to “Just snap out of it.” or “Be strong.” or “Get over it already.”

There are common misperceptions about counseling that most everyone has seen on television or in the movies. Just as common are the cultural messages about counseling that stigmatize mental health care. An old stereotype implies that seeking this kind of help is an indication that one is mentally or emotionally unstable or out of touch with reality. This is simply not true.

Most people in therapy are experiencing emotional pain, stress or interpersonal problems. They are still able to cope and function adequately and responsibly overall. So, the truth is that seeing a counselor does not mean that you are “crazy.” It can actually be an indication of good mental health when a person seeks help when experiencing difficulty in one aspect of life or another.

Counseling is for everyone with everyday issues. Counseling can help you put the fun and zest back in your day. It can certainly help “lighten the load” and provide a fresh look at your life.

Most therapists today are more goal-directed, approachable and have a variety of specialized skills and techniques that are effective in treating various individual, couple, and family problems. As in other professions, counselors differ in their level of competence, personal style, and special area of expertise. You may need to shop around for a therapist who is right for you.



ALL WOMEN COUNT!

South Dakota’s All Women Count! Chronic Disease Screening (AWC! CDS!) program has provided cancer screening to eligible women since 1997. In 2000, AWC! CDS! expanded the screening to include cardiovascular disease and diabetes.

Women at risk are provided with 4-sessions of lifestyle counseling that focus on disease prevention. This education is funded by AWC. Ask your provider or clinic receptionists about enrolling in the AWC!CDS! program.

February is American Heart Month, the perfect time to screen for your heart disease risk factors. Heart disease is the #1 killer of women. February is dedicated for the, Go Red for Women Campaign. National Wear Red Day for Women is Feb. 3, 2006. The American Heart Association encourages people to wear red clothing to show support for all women whose lives have been touched by heart disease or stroke.

Fiber Facts



Dietary fiber is the part of plants that our body can not digest. Plant sugars and starches are digested by the body. There are two types of fiber – insoluble and soluble – and both are very important for good health.

Insoluble fiber passes through our intestines without being digested. It is the most familiar sources of fiber: whole or cracked grains, unprocessed bran, and fruit or vegetable fibers. This fiber increases stool size and weight, therefore, helping with bowel regularity.

Soluble fiber forms a gel when mixed with liquid in the intestines. This fiber helps keep the stool soft. It is found in oats, peas, dried beans, certain fruits, and psyllium (pronounced sil'e-um). Psyllium is a grain product found in some cereals, dietary supplements, and bulk fiber laxatives. Soluble fiber has been proven to decrease blood cholesterol levels which may reduce your risk of heart disease.

Together, these two types of fiber can help manage constipation, hemorrhoids, weight, cancer, diabetes, and heart health.

Fiber is not digested or absorbed into the body. This is good news for people with diabetes because it does not provide calories or raise blood sugar. It will help you feel full which may help you eat less. Fiber

reduces the speed that food leaves the stomach and is digested. This will slow the rise in blood sugar after you eat a meal.

Each serving of fruit, whole grain, or vegetable provides 2 – 4 g (grams) of fiber. High fiber cereals and dried peas or beans can supply 6 – 8 g fiber per serving. Adults need to eat 20 – 35 g of fiber a day.

The average American only eats 12 g of fiber or less. Increase your fiber intake:

- Look for “bran, whole wheat or whole grain on food labels.
- Munch on a whole piece of fruit instead of drinking juice.
- Add berries to your cereal. Use a high fiber cereal, one that provides at least 8 g of fiber per serving.
- Eat the skin of fruits and vegetables.
- Add canned or prepared dried peas and beans to dishes such as soups, casseroles, and salads.
- Use brown or wild rice instead of white rice.
- Switch to whole-wheat pasta, flour, and crackers.

Your body needs more water as it processes more fiber. Drink 6 – 8 glasses of water every day. You need more water if you are active or sweat a lot.



SD Urban Indian Health will be closed:

January 16th – Martin Luther King, Jr. Day

February 20th – President’s Day

National Nutrition Month

“Step Up to Nutrition and Health”

March is a month dedicated to improving our nation’s nutritional intake through education and awareness. The 2006 theme is, “Step Up to Nutrition and Health”.

Many Americans do not eat in a healthy manner. We have malnutrition in our country mainly from over-nutrition and poor food choices instead of starvation that normally defines malnutrition.

Wake Up! Take care of yourself with better food choices. Step Up! Take care of yourself with more physical activity. This theme builds on the Food Guide Pyramid recommendations and reinforces the 2005 Dietary Guidelines for Americans.

Mary Stehly (Registered Dietitian) is available to help you and your family learn about healthy eating.



Aberdeen News

In honor of National Nutrition Month, Mary Stehly, RD, will present 30 minute discussions at the Aberdeen Clinic on a variety of topics. Mark your calendar and plan to attend a brown-bag lunch and educational seminar every Thursday noon.

March 2 – Dietary Guidelines for Americans

March 9 – Four Winds Model for Native Nutrition

March 16 – Gifts from the Earth

March 23 – Buffalo and Native American Wellness – part I

March 30 – Buffalo and Native American Wellness – part II

Pierre News

Winner of the Star Quilt raffle is Abram Sactineda of Fresno, California.

