

Welcome to

The NEW You!

Providing you with information on:

N – Nutrition

E – Exercise

W – Wellness

South Dakota Urban Indian Health

Providing holistic care
to the entire family.

Fall 2007 - Issue 008



Medicine Wheel Tradition – Circle of Life

WEST is the setting sun (black) – as light fades, an awareness of gradual change surrounds us. WEST is a time to prepare and to finish things before winter. WEST is a time to harvest – gather in ourselves and family and work together to prepare for the next Season. It is hard work and team efforts are important. We need to use this Season to prepare for changes. As the gradual change surrounds us in nature, we must use this time to make gradual changes in our lifestyle – more autumn walking and eating root vegetables harvested from our gardens.



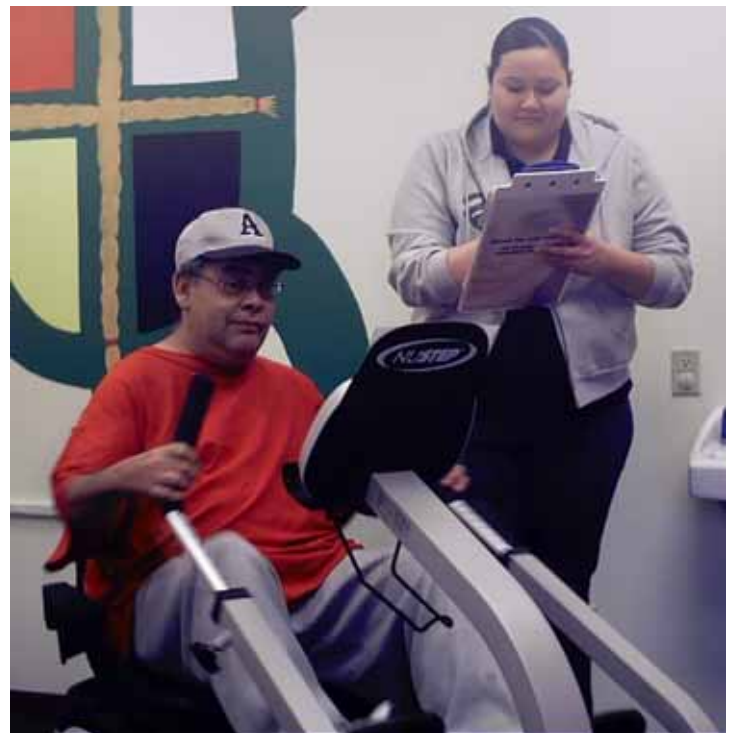
Keya Grant Makes Fall and Winter Exercising Easier.

When early evening darkness, cold outside temperatures, or slippery side-walks tempt you to stop walking for exercise, turn to the UIH clinics in Aberdeen and Pierre for help.

Regular exercise plays a big role in weight control and diabetes prevention. The Keya Grant furnished exercise rooms with state of the art exercise machines. We have tread mills, elliptical machines, stretch mats, recumbent bikes, and recumbent stair machines for you to use.



Native American clients with diabetes or at high risk for developing diabetes are eligible for this program. Call the Aberdeen or Pierre clinic to set up a time to meet with an athletic trainer and get your personal exercise program started.



Keya participant, Marty LaRoche, uses the recumbent bicycle during his exercise session at the Aberdeen UIH Clinic. Tasha Gillis, Physical Activities Assistant, records his progress on his individualized training log.

SDUIH's 30th Anniversary Marked With Pierre Clinic Expansion



October 2007 marks SDUIH's 30th year of service to clients. Our staff looks forward to providing many more years of quality health care. Pierre's clinic expansion will add exam rooms, community meeting space, office space, and a Keya Grant exercise room. Staff hope that construction will be finished and the new clinic space in use by the end of October 2007.



DASH to Health This Fall

The Dietary Approaches to Stop Hypertension diet will help prevent or reduce high blood pressure. It is rich in fruit and vegetable servings. Low-fat dairy products and small portions of lean meat create a moderate total fat intake, but the diet is low in saturated fat and cholesterol. It is most effective when sodium intake is reduced. The following tips summarize the DASH diet recommendations.

- Be spicy instead of salty. Flavor foods with herbs, spices, lemon juice, lime juice, vinegar, or salt-free seasoning blends. Avoid spices with "salt" as part of their name.
- Use low-fat fresh meats instead of canned, smoked, or processed meats in recipes.

- Taste foods before reaching for the salt shaker. Table salt is 40 % sodium. One teaspoon of salt contains about 2000 mg of sodium; a low sodium diet limits sodium to 1500 – 2400 mg/day.
- Eat smaller portions at meals. Snack on raw fruit, fresh vegetable, or low salt & low fat snacks between meals.
- Choose lower sodium convenience foods. Read the nutrition label on frozen, bottled, canned, or packed items. How many mg of sodium does your TV dinner or can of soup contain?
- Start your day with a high fiber (5 – 8 g fiber/serving) cereal. Check the label for sodium content.
- Cook rice, pasta, and hot cereals without added salt. Instant or flavored pasta and rice mixes are higher in salt.
- Buy fresh, frozen, or canned "no-salt-added" vegetables.
- Drink water, diet soda, or club soda instead of regular soft drinks which are high in sugar.
- Limit use of high sodium condiments such as catsup, BBQ sauce, meat rubs, marinades, and pickles.
- Eat less processed foods, fast food and restaurant meals to reduce sodium, fat, and calorie intake.

Follow these delicious ways to DASH down high blood pressure. Call Mary Stehly, RD, at (605) 225-1538 for help with nutrition questions or to get your own individualized DASH diet plan. Log on to the National Heart, Lung, and Blood Institute's Internet site for information, sample meals, and recipes.

nhlbi.nih.gov/hbp/prevent/h_eating/h_eating.htm



November is American Diabetes Month

Living well with diabetes involves a balance between food, activity, and medications. Routine blood sugar checks give you information about how well that balance is working. The more often you test your blood sugar, the more information about that balance you get. It is recommended that people using insulin test 3 – 4 times a day. Blood sugars should be tested 1 – 2 times a day if your diabetes is controlled with diet, activity, and oral medication. Check your blood sugar at different times during the day. You won't always feel different if your blood sugar level becomes high or low.

What to Do with Your Blood Sugar Reading?

Testing blood sugar is a powerful tool for your balancing act. It shows you how your body reacts to food, activity, medicine, stress, and illness. To help keep the balance you should record your blood sugar levels, look for trends, and think about what that blood sugar number tells you. It is time to be a detective.

Ask yourself some questions about why your blood sugar level is high or low.

- Did I skip a meal or snack?
- Did I do less physical activity than usual? More exercise?
- When/how much medicine did I take?
- How much carbohydrate did I eat?
- Am I under more stress or ill?
- Has my routine or medication changed?
- Is my meal plan and usual activity level controlling the blood sugar level?
- Is a change in meal time, food amount, or activity needed?

High or low blood sugar levels indicate that changes in food choices (or amounts), level of physical activity, or change in the amount of medication taken are needed. Food diaries and exercise logs are great tools to use along with frequent blood sugar testing to help you see how lifestyle changes affect your blood sugar.

Your health care team can help you gain better balance. We can teach you about how to

manage or meet the challenge of your diabetes balance act. If your diabetes seems out of control or if you want to learn more about how to successfully manage your diabetes every day, contact your UIH clinic. We have a diabetes education program available or staff can visit with you about a specific area of concern. Take the responsibility to learn how you can help yourself manage diabetes. Talk with your health care team. Read pamphlets and magazines about diabetes.

Improving the balance between food, activity, and medication will help you get greater energy, a healthier life, and reduce your risk of developing complications from diabetes. Let us help you with education and routine check ups.



SDUIH Clinics will be closed:

October 16 (afternoon) – 19th for
SDUIH Annual All-staff Meeting

November 12th for
Veteran's Day

November 22nd - 23rd for
Thanksgiving

December 25th for
Christmas Day

January 1st, 2008 for
New Year's Day



South Dakota Urban Indian Health, Inc.

Pierre Clinic

1714 Abbey Road
Pierre, SD 57501
Ph: 605-224-8841

Aberdeen Clinic

1315 6th Ave SE, Suite # 6
Aberdeen, SD 57401
Ph: 605-225-1538

Sioux Falls Clinic

320 S. 3rd Ave, Suite B
Sioux Falls, SD 57104
Ph: 605-339-0420

October is National Fire Safety Month

One out of every five homes in the USA has a smoke alarm in it that doesn't work. Go check your smoke alarm right now. Is there a battery in it? Test it. Replace the battery if it is a regular 9V battery. If you received a smoke alarm or a new Lithium ULTRALIFE battery from SDUIH's Circle of Life program in the past 2 years, the ULTRALIFE battery lasts 10 years. Test the Lithium battery but do not replace it if it passes the test.

Contact your UIH clinic if you or someone you know needs a smoke alarm. Staff will install alarms and assist with youth education on fire safety and home escape routes.