

Welcome to

The NEW You!

Providing you with information on:

N – Nutrition

E – Exercise

W – Wellness



Medicine Wheel Tradition – Circle of Life

EAST is the rising sun (yellow) – the beginning of a new day, a new start, a fresh beginning. EAST is the direction of the physical body and newness. EAST is the Season of Spring – Change. Spring gives us power to grow and awaken to newness. With a new day comes energy. We need to use this Season to make changes in our life. It is a motivating time of year to become more active and eat better. Let this Season help you make changes to improve your food choices and get more active.



Improving your health can **begin with small changes**. Don't try to do more than you and your family can cope with or discouragement may defeat your efforts. The Family Health Enewsletter – Shaping America's Health – has five simple ideas:

1. Play with kids. Play provides exercise, stress reduction, and lifts your mood. Try outdoor games and enjoy the fresh air. Playing together shows kids that physical activity is good for all ages. They learn sportsmanship, how to take turns or share, and traditional games are taught to the next generation.
2. Use a pedometer. It records the number of (approximate) steps when you are walking, shopping, working, or even dancing. Just get out and MOVE and record your steps.

South Dakota Urban Indian Health

Providing holistic care
to the entire family.

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It is recommended that we **aim for a goal of 10,000 steps a day**. If you are only taking 3000 steps a day, set a goal to improve the count by 100 steps each day. Record your steps on the calendar so you can review your progress.

3. Start your main meal with a vegetable salad. This will help you eat more vegetables and help curb your appetite for better portion control and weight management. Serve the salad first and dish up the rest of the meal after the salad is eaten. The Department of Agriculture estimates that only 38% of Americans eat enough vegetables. Use less fatty salad dressing to control calories. Add other vegetables (broccoli, cauliflower, onions, peppers, zucchini, baby carrots, tomatoes, snap peas, or corn kernels) to iceberg lettuce to improve the nutritional value of a typical tossed salad.
4. Eat breakfast. There are many simple types of breakfast items to prepare and eat quickly. Try instant oatmeal packets or other quick cooking cereals, a granola or cereal-type bar, a piece of fruit, milk or juice in a single portion container, bagels, English muffins, **small** muffins, low-fat cheese, or peanut butter. Drink a carton of milk and nibble on a portion of dry cereal that you dished up the night before. Leftover pizza, ½ sandwich, or other leftovers can serve as breakfast. Eat 2 – 3 different food groups during breakfast or your morning break.

5. Get a good night's sleep. Research has shown a link between overweight, diabetes, and sleep loss. How much sleep do you get? The average adult needs 8 hours. If you are overstressed, overweight, or sick a lot, you may not be getting enough sleep. What interferes with your sleep? Make some changes and take care of yourself.



April is National Alcohol Awareness Month

Drinking alcoholic beverages if you have diabetes can be dangerous, especially if you use insulin or take pills. The following is a summary from: Diabetes and Alcohol: How to Stay Safe, an article published on www.dLife.com.

Our liver does many things. It makes glucose (blood sugar) when necessary to help keep blood sugar in a healthy level. The liver also takes toxins or poisons out of the blood. Alcohol is like a poison to our body. The liver stops making blood sugar when a person drinks alcohol. Detoxifying the alcohol becomes a higher priority.

Therefore, eat a healthy meal while you sip on an alcoholic drink or snack during a longer period of drinking to get blood sugar from the food you eat. Low blood sugar (hypoglycemia) can occur if the liver is not helping to balance blood sugar levels. Some symptoms of hypoglycemia (confusion, dizziness, shakiness, or paleness) can be mistaken for being drunk.

Make sure a trusted friend knows you have diabetes, knows the signs of hypoglycemia, and is with you and will be sober enough to help you. Take your blood sugar meter and a snack (raisins, crackers, juice box) or glucose tabs with you for emergencies. A glucagon shot used to treat alcohol-induced hypoglycemia will not help because glucagon works by signaling the liver to make glucose and that process has been temporarily shut down by the body when alcohol is present.

Exercise lowers blood sugar. Dancing is exercise. Drinking alcohol will lower blood sugar even more. Do not exercise before you plan to drink alcohol.

Blood sugar may drop too low after you go to sleep if you have drunk several alcoholic drinks. Eat a small bowl of cereal, a piece of fruit, or ½ a sandwich before you go to bed. Set your alarm to awaken after several hours of sleep. Test your blood sugar and eat another snack if your blood sugar is low. The liver's ability to make blood sugar may be blocked for 8 – 12 hours, depending on how much alcohol was drunk. **Check your blood sugar when you drink alcoholic beverages!**

It is just best to say “NO” to alcohol if you have diabetes and suffer from neuropathy, have high triglycerides, have chronic hypertension, are pregnant or trying to get pregnant, or take other medication that may interact with alcohol.

Check with your provider or pharmacist because alcohol:

- Causes nerve damage and can make diabetic neuropathy worse.
- Impairs the liver's ability to clear fat from the blood which may increase triglyceride level.
- Has been shown to raise blood pressure levels.
- May damage a developing fetus.
- Is not recommended with some medication.
- Should be avoided if a person has liver disease, peptic ulcers, pancreatitis, or gastritis.

Alcohol is not a food nor does it provide any nutritional value. It has 7 calories/gram. Some mixed drinks include high sugar ingredients which quickly increase calories.

Beverage	Serving Size	Exchange Group
Regular beer	12 oz	1 starch and 2 fats
Light beer	12 oz	2 fats
Martini	4 oz	5 fats
Wine, dry	4 oz	2 fats
Wine Cooler	4 oz	2 starch and 1 fat

Be careful if you drink alcoholic beverages. Using alcohol if you have diabetes can lead to unhealthy situations. Eat meals and snacks, test your blood sugar, and be alert for hypoglycemia.



Celebrating 30 Years

South Dakota Urban Indian Health, Inc celebrates its 30th Anniversary in October 2007. We are thankful for those who served before us and look forward to providing high quality health care for years to come.



June is National Dairy Month

The milk (dairy) group is an important part of healthy eating. Dairy foods are a good source of calcium, phosphorus, protein, potassium, vitamin A, vitamin B12, riboflavin, niacin, and vitamin D. Eat or drink three servings of dairy products daily to help you better manage your weight; reduce your risk of osteoporosis, certain cancers, and high blood pressure; and protect your bone mass.

Dairy foods are the most important source of calcium in our diet. Calcium, along with vitamin D, helps to build strong bones. It is also used for muscle contractions, hormone production, and in the nervous system. It is important for all ages (not just growing kids) to get adequate calcium from the diet or supplements.

Age	Recommended Ca Intake
3 years and under	500 mg
4 – 8 years	800 mg
9 – 18 years	1300 mg
19 – 50 years	1000 mg
50 + year	1200 mg

A serving of dairy food is 1 cup of milk, fortified soy milk, or fortified orange juice; 1 cup of yogurt; or 1 ½ oz of hard cheese like Swiss, Colby, cheddar, Monterey Jack, or Mozzarella.

Many adults have a poor calcium intake if they limit or avoid dairy foods because they have problems digesting them. A majority of Native Americans suffer from a problem called Lactose Intolerance (LI). Their body does not make enough lactase, an enzyme that breaks down lactose, the natural sugar in milk, so it can be absorbed out of the digestive tract and into the blood stream. LI results when lactose is not digested.

A person suffering from LI may experience cramps, nausea, bloating, gassiness, or diarrhea 30 minutes to 2 hours after eating or drinking dairy foods. The symptoms and severity of the symptoms depends on what food is eaten, how much is eaten, and the age of a person. LI is not the same as an allergy to milk. An allergy involves the immune system and LI involves the digestive tract.

We can not improve the body’s ability to make more lactase enzyme but we can improve LI or maintain a healthy calcium intake by including: dietary changes, lactase and calcium supplements, and possible probiotics use.

1) Diet. Yogurt and hard cheeses (Swiss, Cheddar) are often better tolerated because some of the lactose is broken down as the products are made. Drink smaller amounts (4 – 6 oz) of milk with a meal to improve tolerance by slowing down the digestive process. Buy lactose-reduced or lactose-free products.

2) Supplements. Lactase enzyme tablets and drops are available in over-the-counter pharmacy areas. Follow package directions and dosage recommendations. Calcium Citrate and Calcium Carbonate are the most common forms of over-the-counter calcium supplements. The Fact Sheet on Calcium, produced by the Office of Dietary Supplements of the National Institutes of Health, recommends spacing calcium supplements throughout the day to **avoid taking more than 500 mg of calcium at one time**.

3) Probiotics. Probiotics are living organisms usually present in your intestines. They help maintain a healthy digestive system. Yogurt containing “active culture” provides a healthy type of bacteria. Probiotics are available as supplements.



SDUIH will be closed

May 28th for Memorial Day

Special Remembrance and Prayers for all Native American men and women who have served in the Armed Forces



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**

The mobile mammography unit will be at the Pierre UIH Clinic April 17 – 19, 2007 and the Aberdeen UIH Clinic April 24 – 26, 2007 to do a free mammography for eligible women.

The Keya Program – Long Life for Good Health – at the Aberdeen UIH Clinic offers Native American clients with diabetes or at high risk for developing diabetes a unique exercise opportunity. A physical trainer will design an exercise program using our treadmill, recumbent bike, elliptical machine, and recumbent stair machine in the private exercise room.

Call the clinics for more information.