

Welcome to

South Dakota Urban Indian Health

The NEW You!

Providing you with information on:

N – Nutrition

E – Exercise

W – Wellness



Review Your “ABCs”

The American Diabetes Association has developed this handy ABC hint list to help you take care of your diabetes and complete yearly health screens or tests. The hints actually cover A – I!

A for A1c (Hemoglobin A-one-C) test, Aspirin, and Albuminuria. The A1c blood test is recommended every 3 to 6 months. It measures your average blood sugar during the past 3 months. Below 7 % is the goal. Ask your provider if you should take a daily aspirin to help prevent heart attacks and strokes. Children and young adults should not take aspirin without a provider’s order. A yearly microalbumin-to-creatinine urine test measures the protein in your urine; a reading below 30 ug/mg is the goal. Early detection and treatment of kidney disease may prevent the need for kidney dialysis or transplantation.

B for Blood Pressure. Blood Pressure should be taken with each medical visit. High blood pressure makes your heart work hard and can cause damage to your kidneys and eyes. A healthy blood pressure goal is below 130/80.

C for Cholesterol. Yearly cholesterol screens look at your risk of saturated fat and cholesterol deposits building up in your arteries. The “bad” or “Lousy” cholesterol – LDL (Low Density Lipoprotein) is a big blockage concern. Blockages cause circulation problems and increase risk for heart attacks and strokes. The LDL goal is below 100 mg/dl.

Providing holistic care
to the entire family.

Spring/Summer 2008 - Issue 010



D for Diabetes Education. Help your provider help you. Learn about diabetes management; how food, exercise, and medicine affect diabetes control.

E for Eye Exam. Yearly eye exams can catch diabetic eye disease. Early treatment may prevent blindness. Tell your eye doctor you have diabetes.

F for Foot Care. Check your feet every day; both the top and bottom of your feet. If you have nerve damage and can’t feel your feet, your feet can’t tell you about sore areas. Ask your provider to check your feet at every visit and complete an extensive foot exam every year.



G for Glucose (blood sugar) Monitoring.

Test your blood glucose frequently so you know how your glucose level changes during the day. Ask your provider or diabetes educator how to use your food, exercise, and medicine to better control your glucose level.

H for Healthy. Stay healthy. For people with diabetes, getting the flu or pneumonia can lead to serious health complications. Avoid them with yearly flu vaccinations. Your provider may also recommend a pneumonia vaccination.

I for Identifying Special Medical Needs. Tell your provider about health concerns or health changes you have noticed. Medical evaluation and treatment can start quicker with good communication and may help prevent health complications from occurring.

Catch Your Dream Youth Group Awarded Community Grant



The Aberdeen Catch Your Dream (CYD) Youth Group was awarded a \$1000.00 Community Grant from Wal-Mart in July 2008 to support our Native Youth Reading Circle. Pictured left to right are: Michelle Urevig, Support Manager at Aberdeen Wal-Mart, Marilyn Jones Olson, Assistant Teacher, Denise Zahn, SDUIH employee and CYD liaison, Bobbi Piasecki, Teacher/Community Facilitator, Bobbi Jo Piasecki, and AJ Leal, CYD participants.

The Reading Circle meets every Thursday afternoon at 3:00 in the summer and at 3:30 during the school year. After a healthy snack, children in grades 1—5 spend time reading Native American based stories, completing arts and crafts projects, and learning basic Lakota words. The Reading Circle provides mentoring experience for high school students from the New Beginnings Center, Aberdeen Central's Native American Student Association, the Juvenile Detention Center, and Girl Scouts working on their Community Service badges. Call Bobbi at (605) 216-8116 or contact SDUIH at (605) 225-1538 to register your child for the Native Youth Reading Circle.

The Community Grant will be used for reading, reference, and language books; arts & craft supplies; healthy snacks, and other supplies.

The “cool” cucumber is a low calorie refreshing treat. Try this summer time recipe.

BLT Cukes

(Recipe from the Diabetic Cooking Magazine)

1 8-10 inch cucumber
3 slices crisp cooked bacon or turkey bacon, chopped
1/4 cup diced tomato
1/2 cup finely chopped lettuce and baby spinach or
other leafy green vegetable mix
1 1/2 Tbsp nonfat mayonnaise
Pinch of salt
1/4 tsp black pepper
1 Tbsp minced parsley or green onion

1. Combine bacon, tomato, greens, seasonings, and parsley or onion with the mayonnaise.
2. Peel cucumber. Trim off ends and slice in half lengthwise. Scoop out seeds and discard them. Place cucumber in glass dish.
3. Divide BLT mixture between halves. Chill until serving time. Slice into 2 inch segments and serve.

Help Children to **M E N D** Their Ways

I X U O
N E T I
D R R N
C I G
I T
S I I
E O T
N

The number of overweight and obese children continues to rise in the USA. Poor food choices and lack of adequate physical activity are the two main problems with weight control for children and adults. Parents can influence healthy lifestyle choices for their children. The sooner families improve their health choices, the better. Most overweight kids grow into overweight adults.

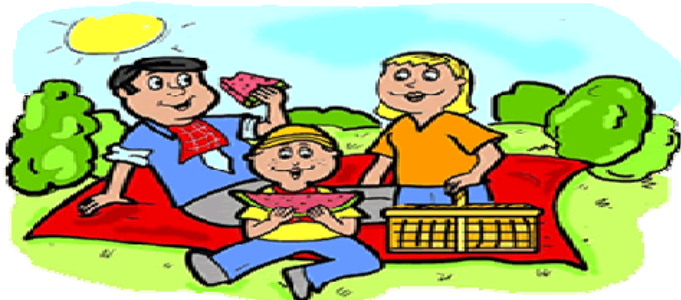
M—Adults need to learn about healthy lifestyles and teach children about how to care for their body and **mind**. Focus on finding positive things to talk about. We need to use our mind, our brain, to make healthy decisions and care for our body.

E—Be active every day. Make a point of playing with your children every day with physical activity or supporting them with age-appropriate sports. Make **exercise** fun!

N—Healthy **nutrition** choices involve making smart food selections and eating reasonable food portions. Talk to your children about why you serve the foods you do. Introduce different foods to your children during their early years. Have them taste small bites of all foods prepared for the meal. Let them see you eat and enjoy these unfamiliar foods. It may take several tries for children and adults to get over their fear of unfamiliar foods. Don't stop introducing new foods after one or two disliked bites. Many kids will accept foods after seeing adults eat the food and trying a tiny bite themselves several times. Taste appreciation changes over time. Adults may enjoy foods they once disliked.

D—Children mimic adults; they do what they see others do. Practice healthy lifestyle choices at home. Your kids will adopt your way of "**doing it**".

Show children how to MEND their ways by setting a good example.



SDUIH Clinics will be closed on

September 1, 2008

For Labor 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

Congratulations SDUIH

All three UIH clinics were recently fully accredited as Integrated Diabetes Education Recognition Programs (IDERP) by the Indian Health System. This means our Diabetes Education Program meets national standards in teaching diabetes self-management.

This success of our high quality diabetes program shows how committed we are to our client's health of mind, body, and spirit.

If you or family members have diabetes and would like to participate in the education program, contact your UIH clinic or health care provider.