

COMMUNITY HEALTH PROGRAM NEWSLETTER

OUR MISSION

Tsi nén:we wa'kwarihwaiéntáhkwen

Our Future – Our Responsibility

OUR VISION

With a good mind it is our responsibility to protect and exercise our inherent rights while creating sustainable partnerships and building a strong community for future generations.



Contact Us

Kanonhkwa't'sheri:io
Health Facility

31 Hilltop Drive,
Akwesasne, Quebec,
HOM 1A0

Phone: 613.575.2341
ext. 3220
Fax: 613.575.1152

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Facebook



Inside this issue:

February Green Food Bag	2
Safe Sleep Environment	2
How to Book Appointment	3
Coronavirus FAQ	4-10
Awareness through Art	11
Children Oral Health Initiative	12-13
Healthy Snacks for Children	14-15
Cold or Flu? Wash Your Hands	16-17
Expecting? Sexual Awareness	18-19
Cardiovascular Disease	20-21
Fitness Activity Benefits	22-23
Community Fitness Calendar	24



Green Food Bag/Tetewatska:hon

To order a Green Food Bag you can call or go to the Community Health office, located at the Kanonhkwat'sheri:io Health Facility.

The cost is \$10.00 per bag.

Deadline to
Order:
February 3

February Pick Up Dates

Kana:takon

Date: February 21
Time: 11am – 4pm
Place: St. Regis
Recreation

Tsi Snaihne

Date: February 21
Time: 1pm – 5pm
Place: Tsi Snaihne
Homemaker's Club

Kawehno:ke

Date: February 22
Time: 11am- 4pm
Place:
A'nowara'ko:wa Arena

A Baby's Safe Sleep Environment



1. Always place baby on back for naps and at night.
2. No smoking around baby.
3. Baby sleeps alone in crib.
4. Crib empty of toys and loose bedding.
5. Crib next to adult's bed for first 6 months.
6. Firm crib mattress, tight-fitting sheet.
7. Crib meets Canadian safety regulations.
8. Baby's face uncovered.
9. Baby in light clothing, not too hot.
10. Share this information with anyone who may care for your baby.

For more information and resources please visit:
www.publichealth.gc.ca/safesleep
www.healthcanada.gc.ca/cps
www.sidscanada.org

Public Health Agency of Canada / Agence de la santé publique du Canada

Canada



Community Health
Diabetes Services

Phone: (613) 575-2341

Ext. 3247

Fax: (613) 575-5018

Location:
Kanonkwa'tsheri:io Health
Facility
31 Hilltop Drive,
Akwesasne, QC

PREPARING FOR YOUR APPOINTMENT WITH DIABETES SERVICES

Confirm your appointment

Let your diabetes nurse, dietitian, or foot care nurse know that you will be coming for your appointment or, if you will be home for your home visit.

Bring your log-book, glucometer, or food journal with you

This will assist your diabetes team during your assessment.

Medication List

Please bring your most updated list of medications as well as any supplements that you may be taking. This will assist the diabetes team in keeping up to date on all recent medication changes, if any.

Bring any questions that you have for the diabetes team

Community Health, Diabetes services is there to assist in the management of living with diabetes. Making a list of questions that you may have is helpful in making sure that you have the information you need.

Cancellations

Please call the Community Health Diabetes Services office if you are unable to make it to your appointment. We are happy to reschedule.

Novel Coronavirus Infection: Frequently Asked Questions (FAQ)

1. What are the symptoms of 2019 Novel Coronavirus and what do I do if I suspect symptoms in myself or others?

Symptoms for the Novel Coronavirus have included:

- fever;
- cough; and
- difficulty breathing.

If you have traveled to Wuhan, China and develop symptoms of 2019 Novel Coronavirus infection, avoid contact with others and contact a health care professional.

Tell your health care professional:

- your symptoms;
- where you have been travelling or living;
- if you had direct contact with animals (for example, if you visited a live animal market);
- if you had close contact with a sick person, especially if they had a fever, cough or difficulty breathing.

2. Is there a vaccine to protect against this virus?

No, there is currently no vaccine to protect against 2019 Novel Coronavirus infection.

3. Will this year's flu vaccine protect me from this virus?

No, the flu vaccine does not protect against coronaviruses.

The flu is mainly caused by two types of viruses: influenza A and influenza B.

4. How are people being treated for this illness?

- For now, there is no specific treatment for most people with coronavirus infection. Most people with common coronavirus illness will recover on their own. Your health care provider may recommend steps you can take to relieve symptoms.
- Consult your health care provider as soon as possible if you are concerned about your symptoms, or if you have a travel history to a region where severe coronavirus infections (such as MERS-CoV) are known to occur. The sooner you get treatment, the better your chances are for recovery

5. How is the virus transmitted from person to person?

Based on emerging information, reports suggest that there has been limited person-to-person spread of 2019 Novel Coronavirus. At this time, there is no clear evidence that this virus is spread easily from person to person.

6. How likely is an infected person to die of this virus?

Most people with common coronavirus illness will recover on their own.

7. What is the incubation period of the virus?

Current information indicates that symptoms may present themselves up to 14 days after exposure to the virus.

8. Where can I find the most up-to-date information about this coronavirus?

For the latest and most up-to-date information, visit the Public Health Agency of Canada's webpage on the Novel Coronavirus (2019-nCoV). You can also follow Canada's Chief Public Health Officer, Dr. Theresa Tam, on Twitter at @CPHO_Canada.

Canadians travelling abroad are encouraged to consult the Travel Health Notice for China on travel.gc.ca.

9. What can I do to protect myself against the virus?

Learn more about prevention and risks related to the coronavirus infection. Travellers to regions where severe coronaviruses are known to occur should take precautions against respiratory and other illnesses while travelling, and seek medical attention if they become sick.

During your trip:

- Avoid high-risk areas such as farms, live animal markets, and areas where animals may be slaughtered.
- Avoid contact with animals (alive or dead), including pigs, chickens, ducks and wild birds.
- Avoid surfaces with animal droppings or secretions on them.
- Avoid contact with sick people, especially if they have fever, cough or difficulty breathing.
- Avoid eating raw or undercooked animal products.
- Be aware of the local situation and follow local public health advice. In some areas, access to health care may be affected.

Travellers are reminded to follow usual health precautions:

- Wash your hands often
- Wash your hands often with soap under warm running water for at least 20 seconds.
- Use alcohol-based hand sanitizer only if soap and water are not available. It's a good idea to always keep some with you when you travel.

Practise proper cough and sneeze etiquette:

- Cover your mouth and nose with your arm to reduce the spread of germs.
- If you use a tissue, dispose of it as soon as possible and wash your hands afterwards.

Monitor your health:

- If you become sick when you are travelling or after you return, avoid contact with others except to see a health care professional. Tell them your symptoms; where you have been travelling or living; and whether you have had direct contact with animals (for example, you visited a live animal market) or close contact with a sick person.
- If you feel sick during your flight to Canada or upon arrival, inform the flight attendant or a Canadian Border Services Officer.

10. What are officials in China doing to address the outbreak?

China has been taking actions to identify, diagnose and contain the outbreak. Health authorities in China have undertaken prevention and control measures and are continuing to investigate the suspected source of exposure and how this virus is spread. China has been isolating suspected cases. It continues to identify and track close contacts of people who have contracted the virus to prevent spread.

China has strong public health capacities and resources to respond to and manage respiratory disease outbreaks. The World Health Organization is engaged and actively monitoring the situation in China.

Travellers

11. I travelled to Canada on a flight with many passengers who originated in China. Am I at risk?

Canada has no direct flights from Wuhan, and the volume of travellers arriving indirectly from Wuhan is low. At this time, there is no clear evidence that this virus is spread easily from person to person.

Canadians should always tell their health care providers about their travel if they become ill after returning to Canada. In particular, Canadians should tell their health care providers about their symptoms, where they have been travelling or living, and whether they have had close contact with a

symptoms, where they have been travelling or living, and whether they have had close contact with a sick person or had another high-risk exposure such as direct contact with animals or their droppings or secretions (e.g., through a visit to a live animal market or farm).

Symptoms reported among the identified cases in China are common to several respiratory illnesses. The clinical signs and symptoms are mainly fever, with some patients having difficulty breathing and chest radiographs showing invasive lesions (pneumonia) in both lungs.

12. I plan on travelling to China; how can I protect myself?

Canadians travelling abroad are encouraged to consult the Travel Health Notice for China on travel.gc.ca.

The Travel Health Notice reminds travellers to follow usual health precautions such as washing their hands often, avoiding contact with persons who are sick, and practising proper cough and sneeze etiquette.

13. I have winter travel plans (not to Asia); how can I reduce my risk of infection?

No matter where Canadians plan to travel, the Public Health Agency of Canada recommends that they consult travel.gc.ca, which is the Government of Canada's official source of destination-specific travel information. It provides important advice to help travellers make informed decisions and travel safely while abroad.

Canadians should always tell their health care providers about their travel if they become ill after returning to Canada.

14. I am a Canadian travelling abroad and am experiencing symptoms. What should I do?

Many Canadians become ill and require medical assistance when they are outside Canada. If you get sick when you are travelling, here's how to get help:

- Most major tourist hotels have in-house doctors who can provide medical care. Hotels can also arrange appointments with local physicians.
- If you have travel insurance, contact the local number you may have been given or the assistance centre in Canada, and ask for a referral.
- If you need urgent care, the best option is often the nearest hospital. In some countries, ambulances may not be common. Use whatever form of transportation you have to get to a hospital.
- If you have a medical emergency while abroad, consular officials at the nearest Canadian embassy or consulate can help.

Find out more on what to do if you experience sickness or an injury while travelling abroad.

15. If I become sick while I am travelling, will I be allowed to return to Canada?

If you become sick (e.g., fever, shortness of breath) or if symptoms of an existing medical condition worsen while travelling, and you are still sick when you return to Canada, tell a flight attendant or cruise staff, or a Border Services Officer when you arrive. They will decide whether you need further medical assessment by a quarantine officer.

If you become sick after you return to Canada or if you were sick while you were away, see a health care provider and tell them the countries you visited, and if you received medical care (for example, blood transfusions, injections, dental care, or surgery). Describe your symptoms to the health care provider before you make the appointment.

16. The Travel Health Notice says it is a Level 2. What does that mean?

A Level 2 signifies that it is recommended that Canadian travellers practise special health precautions.

The most important precautions recommended for travellers to prevent respiratory and other illnesses while travelling include:

- avoiding high-risk areas (such as farms, live animal markets and areas where animals may be slaughtered);
- avoiding contact with animals, their droppings or secretions;
- avoiding touching faces or eyes;
- consistently using good hand hygiene measures, which include frequent handwashing with soap and water; and
- maintaining good respiratory etiquette, such as covering your mouth and nose with your arm/sleeve when coughing and sneezing, disposing of any used tissues as soon as possible, and following with handwashing or use of alcohol-based hand sanitizers where soap and water are not available.

For travellers who become ill during or soon after their travel, masks may be appropriate to prevent the spread of the illness to others. In particular, symptomatic patients may be asked to wear a mask to protect visitors and other patients in triage and health care settings, while they are waiting for or receiving treatment.

Travellers or returned travellers who become ill should tell their health care provider their symptoms, travel history and any high-risk exposure history (such as contact with animals or close contact with a sick person).

A notice at this level is often issued if there is an outbreak in a limited geographic location, a newly identified disease in the region, or a change in the existing pattern of disease.

Learn more about the different risk levels associated with travel health notices.

Government of Canada actions

17. What actions are being taken at Canadian airports and borders to stop the virus from entering Canada?

- New measures have been implemented at three Canadian airports—Toronto, Montréal and Vancouver international airports—to help identify any travellers returning to Canada who may be ill and to raise awareness among travellers about what they should do if they become sick. Any travellers coming to Canada who may have been in Wuhan would typically enter Canada through one of these three international airports.
- Travellers going through these airports will see additional signage in French, English and Chinese asking them to alert a Border Services Officer should they have any flu-like symptoms. Additional information will be available advising travellers what they should do if they become sick.
- Travellers will need to respond to a health screening question that has been added to electronic kiosks for all international travellers at these airports. This question is available in 15 different languages.
- In general, when a traveller shows signs and symptoms of an infectious disease upon arrival in Canada, Border Services Officers or airport and airline staff contact a Public Health Agency of Canada (PHAC) Quarantine Officer following a preliminary screening of the traveller based on criteria developed by PHAC (e.g., fever or signs of fever, coughing, difficulty breathing, rash and other symptoms).
- The PHAC Quarantine Officer then performs a more detailed assessment. If deemed necessary, the Quarantine Officer can then take the appropriate measures to address the potential public health risk, such as ordering the traveller to be transported to hospital to undergo a medical examination or to report to the local public health authority.
- Travellers who do not show signs or symptoms of illness will receive a handout advising them to follow up with their health care provider and provide their symptoms, travel history and any high-risk exposure history (such as contact with animals or close contact with a sick person) if they develop symptoms.

These measures complement routine traveller screening procedures already in place to prepare for, detect and respond to the spread of serious infectious diseases into and within Canada.

18. What will be done to protect Canadians during the Lunar New Year travel period?

Canadians travelling abroad are encouraged to consult the Travel Health Notice for China on travel.gc.ca, which includes information for individuals travelling to and returning from China, including recommendations for travellers to Wuhan City.

Note that Canada has no direct flights from Wuhan, and the volume of travellers arriving indirectly from Wuhan is low.

19. What actions will be taken if there is suddenly a spike in case numbers in the United States or Europe?

The health and safety of Canadians is our priority, and Canada is continually assessing the risk to Canadians. At this time, the overall risk to Canadians is assessed as low. This is based on the fact that Canada has no direct flights from Wuhan and that the volume of travellers arriving indirectly from Wuhan is low. In addition, there is no clear evidence that this virus is spread easily from person to person.

PHAC is continuing to collaborate with partners internationally. It is also sharing information and working with federal, provincial and territorial partners and public health authorities to maintain Canada's preparedness to mitigate the risk of spread of this virus should it present in Canada.

Reprinted from:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/frequently-asked-questions.html>



Event sponsored by
MCA Community Health Program



Akwesasne Winter Carnival 2020

AWARENESS THROUGH ART

Discover your inner creative spirit.

Paint with talented local artist, Tammy King

February 14, 2020 | **February 15, 2020**

5-7 p.m.

Ages 16+

1-3 p.m.

Ages 8+

Location: Bee Creative Art Studio

(174 Cook Rd)

Space is Limited

Register at MCA Community Health
Office (613) 575-2341 ext. 3220.

CHILDREN'S ORAL HEALTH INITIATIVE

SUSAN MONTOUR
DENTAL HYGIENIST



WENONATI6@OUTLOOK.COM

613-575-2341 EXT.3224



MCA COMMUNITY HEALTH
PROGRAM



PARENTS / CAREGIVERS

She:kon,

MCA Community Health Program is happy to announce the launch of the Children's Oral Health Initiative!

I look forward to meeting you and your children and would like to thank you in advance for participating. A signed permission form is all that is needed.

Participating in the program will not interfere with your child's benefits at their regular dentist. **I strongly recommend all children continue to see their dentist twice a year for regular checkups.**

The program is an extra service that is available to your child at no charge.

Look at it as a fun dental experience for young children in a relaxed setting. Our goal is to catch decay at the earliest stage and promote optimal oral health through education. The program serves children aged 0-7. Free services include:

- Dental Screening
- Fluoride Varnish
- Presentations/Activities
- Information for parents, caregivers and pregnant women and more...



Fluoride varnish is a concentrated gel that is painted on the teeth with a small brush. It makes the outer layer of teeth stronger and can stop small cavities that have started. Because such a tiny amount of fluoride is used almost none is swallowed so it is safe for use on babies first tooth.

It is well tolerated by children of all ages and is considered a safe treatment option for your child.

Feel free to contact me for more information. I work part time and may have a local helper to work with. Nia:wen

News from Akwesasne Children's Oral Health Initiative (COHI)

By: Susan Montour, Dental Hygienist

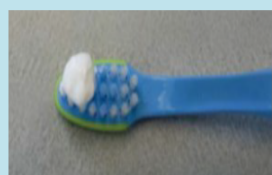
Children's Oral Health Initiative

Toothpaste Guidelines For Children 6 years and under

Once baby's first tooth erupts, begin brushing at least 2 times a day with fluoridated toothpaste.



For children 2 years old and under,
use a small amount of toothpaste
= grain of rice



For children 3-6 years old,
use a pea-sized amount of toothpaste

Teach children to spit out excess toothpaste, avoid rinsing mouth with water after brushing teeth.

Brushing should be supervised, checked and completed by an adult.

Toothpaste should be applied by an adult.

Store toothpaste in a location where children cannot reach it.

Did you know that you can catch a cavity?



The first sign of a cavity is a dull or chalky white spot. At this early stage, fluoride varnish can help repair the weak spot and stop a cavity in its tracks. That is why a dental screening before age one is so important. Cavities can start with a child's first tooth and cause pain, difficulty eating and sleeping. That's why once a month, parents should lift their child's upper lip to check the teeth for any changes in the color of the teeth. If you see white lines, yellow or brown spots contact a dental professional right away. Unfortunately, many children experience their first cavity before age 4.

The Children's Oral Health Initiative is a new program that is available to all Akwesasne children aged 0 – 7. Our goal is to catch decay at its earliest stage and provide helpful tips to parents on how to care for children's teeth in the long run. The program is also available at health centers, during vaccination clinics and community events.

Are you a parent that has postponed taking their child to dentist for fear their child won't cooperate in the dental chair? Don't fret I can help with that! A licensed dental hygienist can do a quick **dental screening** right in school or daycare. The service is convenient for parents. The hygienist will let you know in writing the results of your child's screening and if they need treatment by a dentist.

Also, participating in the program will not affect your benefits at your dentist. It is an extra service available to your child provided at no charge. We encourage all children continue to see their dentist twice a year for checkups and more often if treatments are needed.

Think of our program as an early introduction to the dental experience. Our goal is to make it as relaxed and fun as possible. Often a dental storybook is read to the children before I begin any tooth checks. It really helps them cooperate to be able to quickly check their teeth. Children are rewarded with a sticker for being brave and receive a new toothbrush each time I see them. Fluoride varnish is then applied to help protect and strengthen the teeth. It is a very safe treatment and well tolerated by babies and children.

So when that permission form comes around inviting you to participate in *The Children's Oral Health Initiative*, sign up! It's a great opportunity for the child and family to learn more about dental health.



The Great Pouch Debate

Kids Are Getting VEGGIES!



Purees offer a safe start to eating solid foods, but ultimately, we want to practice chewing and swallowing foods in whole form. Research shows babies who linger on purees are at risk for developing a feeding disorder.

Don't let convenience hurt feeding development.

No Prep Required!



Peeling carrots, snapping green beans & using kid-safe knives for cutting up an apple teaches kids about whole foods—what they feel like, what they smell like & what they look like—which leads to kids venturing to taste them.

Don't let convenience hurt feeding development.

Less Mess!



Less mess means less interaction with the sensory system. Pouches inhibit interaction with most of the sensory properties of food. Kids need to get messy to become adventurous eaters.

Don't let convenience hurt feeding development.

Use pouches OCCASIONALLY for your convenience.



SOLVE PICKY EATING
MelaniePotock.com

#pouchesareforparents

Healthy Snack Ideas for Toddlers & Children

Try to limit the use of food pouches to occasional events, and not daily. Use them for travel, or as a quick on-the-go snack when sitting down is simply not the best option or possible. Its best to make sure your child's diet offers a variety of colour, textures and smells. Let them explore the world through food !

Trying new textures

It is important for baby to try different textures. This helps baby learn to chew, swallow and enjoy the same food the family is eating.

Baby needs pureed food only for a short time. Between 6 and 7 months, baby can progress from purees to well-mashed and soft-cooked finger foods.

At 7 to 9 months of age, babies like to start to feed themselves. Encourage self-feeding and finger foods as soon as baby shows interest. Continue to offer food on a spoon as baby learns to eat. If you wait too long to feed lumpy, solid foods it may be harder for baby to accept new textures of foods. It may also increase the risk of feeding difficulties later on.

At 12 months of age, baby should be eating with the family and enjoying the same variety of healthy foods that the family is eating.

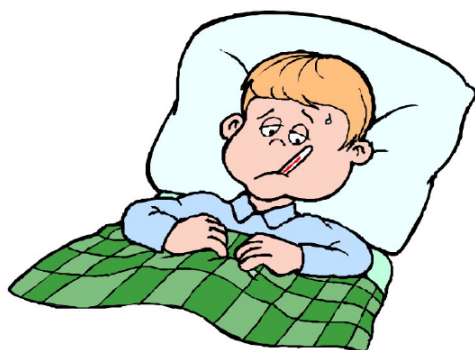
Babies may gag or spit out food when learning to eat. This is normal, simply try offering the food at another meal. Don't be discouraged.

Finger foods

Almost any healthy food can be made into a good finger food, just make sure to cut the food into bite-sized pieces. Here are some ideas:

- soft ripe peeled fruit (banana, pear, peaches, plums, mango, cantaloupe, kiwi)
- soft cooked vegetables (carrots, sweet potato, turnip, zucchini, broccoli)
- dry toast strips
- shredded or cubed cheese
- tender cooked meat cut up
- cooked beans and lentils
- tofu
- cooked pasta or cut up casserole





Is it Cold or the Flu?

Adapted from kidshealth.org

Your child has a sore throat, cough, and high fever. Could it be the flu? Or just a cold?

The flu usually makes kids feel worse than if they have a cold. But it's not always easy to tell the difference between the two.

Colds or Flu: Symptoms Guide

Answer these questions to see if your child has the flu or a cold:

Flu vs. Colds: A Guide to Symptoms		
Questions	Flu	Cold
Did the illness come on suddenly?	Yes	No
Does your child have a high fever?	Yes	No (or fever is mild)
Is your child's energy level very low?	Yes	No
Is your child's head achy?	Yes	No
Is your child's appetite less than normal?	Yes	No
Are your child's muscles achy?	Yes	No
Does your child have chills?	Yes	No

If most of your answers are "yes," chances are your child has the flu. If your answers are mostly "no," it's probably a cold.

When should you call the Doctor?

If you have doubts, it's best to call the doctor.

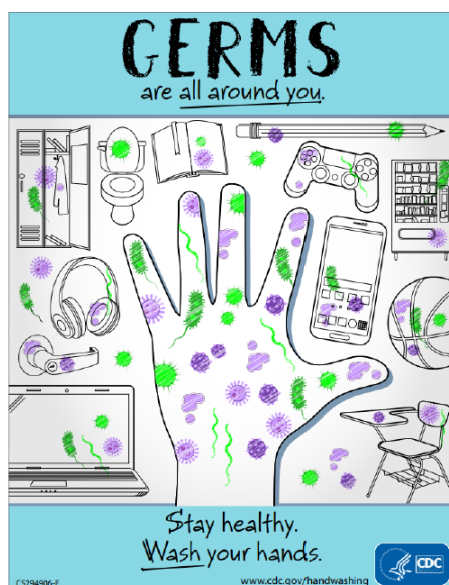
Important to seek medical care right away if your child:

- Seems to be getting worse
- Has trouble breathing
- Has a high fever
- Has a bad headache
- Has a sore throat
- Seems confused



What can Parents do?

- Prevention is the best medicine. Get Flu vaccine
- Teach children good hand washing habits to stop the spread of germs.



Handwashing can prevent

1 in 3
cases of diarrhea

1 in 5
respiratory infections,
such as a cold or the flu

Wash Your Hands

Before you:

- Eat
- Cook or touch food



After you:

- Go to the bathroom
- Cough or blow your nose
- Touch pets
- Play outside
- Are with someone who is sick



Wash Germs Down the Drain

1. Turn on warm water.
2. Rub soap on both sides of your hands and fingers and around your nails.
3. Sing "Happy Birthday" twice while washing your hands, about 20 seconds total.
4. Rinse the soap off your hands, then turn off the water.
5. Dry your hands with a paper towel or air dryer.



KidsHealth

KidsHealth.org

Washing your hands **keeps germs away** from you and people around you.

Wash Your Hands After...

1



Playing with
pets

2



Using the
bathroom

3



Sneezing, blowing
your nose &
coughing

4

AND Before...



Touching a cut or
open sore

5



Playing outside

6

AND Before...



Eating

Developed by University of Nebraska-Lincoln Extension in Lancaster County and Lincoln-Lancaster County Health Department



Expecting a Baby?

The months before the birth of your baby are very special.

Regular visits to your health care provider is important for your health and your baby's health.

It is also important to know about the programs and services in the community that are also helpful to pregnant women.

The MCA Community Health Program offers the following services just for you:

- Individual or Group sessions to learn “what to expect” and tips for having a healthy pregnancy.
- Individual or Group sessions to prepare for giving birth.
- Scheduled home visits with a nurse to learn about the journey to parenthood and beyond.
- Breastfeeding education sessions.
- Healthy eating ideas from a Registered Dietician
- Healthy Babies Healthy Children home visiting services to learn about newborn care, infant massage and parenting.
- Access to Tahonata'karita'kie Healthy Arrivals Programs which is prenatal food vouchers to help you access healthy foods.

To access any of the services listed about, please contact MCA Community Health Program at (613) 575-2341 ext 3220.



Sexual and Reproductive Health Awareness Week

February 10-14, 2020

This is a yearly campaign designed to raise awareness on sexual and reproductive health and to promote resources to improve community health in Canada.

This year's theme is: Sex-Ed keeps us healthy



Myths about Sex-Ed

Taking from Action Canada for Sexual Health and Rights

Sex-ed encourages kids to have sex earlier and have more risky sex.

FALSE

Here's what's true: there is strong scientific consensus around how providing young people with information and services related to sexual and reproductive health does NOT increase sexual activity.

Instead, young people who have access to comprehensive sex-ed report feeling more empowered about their sexuality, delay sexual initiation and use contraception at higher rates.

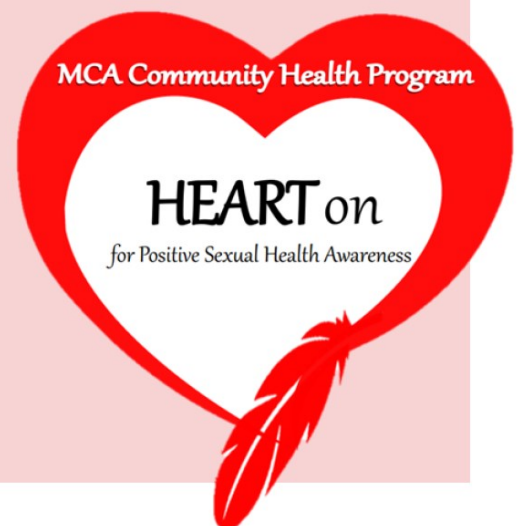
Myth: Sex-Ed is just about sex

Truth: Sex-ed teaches young people about health and sexuality which is not just "sex." Sex-ed teaches us about our bodies and how they work, and how to form and maintain healthy relationships of all types – from friendships to romantic partnerships. This sets us up for better health and better quality of life for the rest of our lives.

When done right, sex-ed means having the information and skills you need to make healthy choices, take care of your body and treat yourself and others with respect.

As a society, it means we address big issues like rising rates of STIs, discrimination, and gender-based violence.

Getting that kind of education can change our lives in so many deep ways



SMOKING AND CARDIOVASCULAR DISEASE



This fact sheet is for public health officials and others who are interested in how smoking affects the heart and circulatory system. Smoking is very dangerous to cardiovascular health.

WHAT YOU NEED TO KNOW ABOUT SMOKING AND CARDIOVASCULAR DISEASE

Smoking is a major cause of cardiovascular disease (CVD) and causes approximately one of every four deaths from CVD, according to the 2014 Surgeon General's Report on smoking and health. CVD is the single largest cause of death in the United States, killing more than 800,000 people a year. More than 16 million Americans have heart disease. Almost 8 million have had a heart attack and 7 million have had a stroke.

Even people who smoke fewer than five cigarettes a day may show signs of early CVD. The risk of CVD increases with the number of cigarettes smoked per day, and when smoking continues for many years. Smoking cigarettes with lower levels of tar or nicotine does not reduce the risk for cardiovascular disease.

Exposure to secondhand smoke causes heart disease in nonsmokers. More than 33,000 nonsmokers die every year in the United States from coronary heart disease caused by exposure to secondhand smoke. Exposure to secondhand smoke can also cause heart attacks and strokes in nonsmokers.

HOW SMOKING HARMS THE CARDIOVASCULAR SYSTEM

Chemicals in cigarette smoke cause the cells that line blood vessels to become swollen and inflamed. This can narrow the blood vessels and can lead to many cardiovascular conditions.

- **Atherosclerosis**, in which arteries narrow and become less flexible, occurs when fat, cholesterol, and other substances in the blood form plaque that builds up in the walls of arteries. The opening inside the

arteries narrows as plaque builds up, and blood can no longer flow properly to various parts of the body. Smoking increases the formation of plaque in blood vessels.

- **Coronary Heart Disease** occurs when arteries that carry blood to the heart muscle are narrowed by plaque or blocked by clots. Chemicals in cigarette smoke cause the blood to thicken and form clots inside veins and arteries. Blockage from a clot can lead to a heart attack and sudden death.
- **Stroke** is a loss of brain function caused when blood flow within the brain is interrupted. Strokes can cause permanent brain damage and death. Smoking increases the risk for strokes. Deaths from strokes are more likely among smokers than among former smokers or people who have never smoked.
- **Peripheral Arterial Disease (PAD)** and peripheral vascular disease occur when blood vessels become narrower and the flow of blood to arms, legs, hands and feet is reduced. Cells and tissue are deprived of needed oxygen when blood flow is reduced. In extreme cases, an infected limb must be removed. Smoking is the most common preventable cause of PAD.
- **Abdominal Aortic Aneurysm** is a bulge or weakened area that occurs in the portion of the aorta that is in the abdomen. The aorta is the main artery that carries oxygen-rich blood throughout the body. Smoking is a known cause of early damage to the abdominal aorta, which can lead to an aneurysm. A ruptured abdominal aortic aneurysm is life-threatening; almost all deaths from abdominal aortic aneurysms are caused by smoking. Women smokers have a higher risk of dying from an aortic aneurysm than men who smoke. Autopsies have shown early narrowing of the abdominal aorta in young adults who smoked as adolescents.



Plaque narrows vessels, so less blood can flow through. When a clot forms on one of these narrow places in an artery around the heart, the heart muscle becomes starved for oxygen. This can cause a heart attack.

QUITTING SMOKING CUTS CVD RISKS

Even though we don't know exactly which smokers will develop CVD from smoking, the best thing all smokers can do for their hearts is to quit. Smokers who quit start to improve their heart health and reduce their risk for CVD immediately. Within a year, the risk of heart attack drops dramatically, and even people who have already had a heart attack can cut their risk of having another if they quit smoking. Within five years of quitting, smokers lower their risk of stroke to about that of a person who has never smoked.

For more information on smoking and heart health, see the 2014 Surgeon General's Report at surgeongeneral.gov (publications and reports). For free help to quit smoking, call 1-800-QUIT-NOW or go to smokefree.gov or cdc.gov/tips.

Most people find a combination of resources works best. Many smokers do not quit on their first attempt. Many need several tries to successfully quit. But the benefits are well worth it. Keep trying.



SAVE YOUR
HEART
AVOID THE SMOKE

Smoking damages the heart and blood vessels very quickly, but the damage is repaired quickly for most smokers who stop smoking. Even long-time smokers can see rapid health improvements when they quit. Within a year, heart attack risk drops dramatically. Within five years, most smokers cut their risk of stroke to nearly that of a nonsmoker. Even a few cigarettes now and then damage the heart, so the only proven strategy to keep your heart safe from the effects of smoking is to quit.

RESOURCES FOR QUITTING

- Call 1-800-QUIT-NOW.
- www.smokefree.gov
- www.cdc.gov/tips



Centers for Disease
Control and Prevention
Office on Smoking
and Health

Getting Motivated

If you are having trouble getting interested in physical activity, try to imagine the good things about being more active.

Find two good things on the list below that would motivate you to be more active. Post these around the house to help remind you of why you are getting active!

It will make me feel better.	<input type="checkbox"/>
I will look better.	<input type="checkbox"/>
I will have more energy.	<input type="checkbox"/>
I will feel better about myself.	<input type="checkbox"/>
I will sleep better.	<input type="checkbox"/>
It will help me manage my weight.	<input type="checkbox"/>
It will make me healthier.	<input type="checkbox"/>
I will have fun.	<input type="checkbox"/>
It will help me manage stress.	<input type="checkbox"/>
I will be able to work without tiring.	<input type="checkbox"/>
It will give me more self-confidence.	<input type="checkbox"/>
I will feel stronger.	<input type="checkbox"/>
My blood sugar will improve.	<input type="checkbox"/>
Any other	<input type="checkbox"/>



Ways to Increase Physical Activity Throughout the Day:

- Take the stairs (instead of elevators and escalators).
- Shovel or sweep your own walkway, driveway, or deck (take lots of rest breaks, and do not push too hard).
- Carry your own grocery bags.
- Avoid sitting for long periods of time.
- Get up and stretch every 20-30 minutes at work or while watching TV.
- Garden.
- Join bowling, curling, or other recreational group.

Ways to Get in More Walking:

- Walk to do your errands. If it is too far, park 2 – 3 blocks away and walk from there!
- Push-mow your own lawn.
- Walk to get the mail/newspaper.
- Take a dog for a walk.
- Walk around the mall or recreation facility.
- Wear a pedometer, and gradually increase the steps you take each day.

Remember:

Becoming more physically active can be a challenge! Many people do not know where to start.

- **Start right here, right now.**
- **Start slowly; have fun.**
- **Ask your diabetes care provider to help you with the first steps.**

When you start small with something you feel you can really do, you will feel better; then you can do more. There are tips on the back of this sheet to help you identify some common barriers to being active and ways to overcome them.

What is Physical Activity?

Physical activity is any form of movement that causes your body to burn calories. This can be as simple as walking, gardening, cleaning house, and many other activities you may already do!

Physical Activity and Diabetes

During a physical activity, active muscles use up sugar (glucose) as a source of energy. Regular physical activity helps to prevent sugar from building up in your blood.

Lack of Physical Activity

is one of the major risk factors for type 2 diabetes.

Many people do not get enough physical activity to be healthy in today's society. Technology and modern living have removed many regular forms of physical activity from our daily lives.

- Cars replace walking and biking.
- Elevators and escalators replace stairs.
- Dishwashers replace doing dishes by hand.
- Computers replace manual labour.
- Snow blowers and ride-on lawn mowers replace physical yard work.
- TV and computer games replace fun physical activities for both children and adults.

Because of modern living, it is important to think about being physically active each day.

Adding more physical activity to your day is one of the MOST IMPORTANT things you can do to help manage your diabetes and improve your health.

Check out the other parts of this handout to find out more about how physical activity can help you prevent and manage diabetes.

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Benefits of Physical Activity



DIABETES CANADA

diabetes.ca | 1-800 BANTING (226-8464) | info@diabetes.ca

DIABETES CANADA

Benefits of Physical Activity

What are the short-term benefits of INCREASING my physical activity?

- Lowers your blood sugar within 1 hour.
- Gives you more energy and strength during the day.
- Decreases stress, anxiety, and fatigue.
- Improves relaxation and sleep.
- Improves confidence and well-being.
- Lets you have fun and involve family and friends.

What are the long-term benefits if I keep at it?

- Improved blood sugar control.
- Helps to maintain or lose weight.
- Lowered blood pressure.
- Stronger bones and muscles.
- Lower risk of diabetes complications such as eye, heart, and kidney disease.
- Improved quality of life.

Getting Started

Did you know that being physically active does not have to start with a formal exercise program?

There are lots of things you can do to get moving – they will all benefit your health. The key is to simply start moving a little bit more.

Instead of using a car, a computer, or a machine, use your own body to do things. You will be investing in your health each time you do!

Start small by trying to do a little more physical activity at least a few days of the week. Choose something that you might enjoy. For example, if you like the outdoors, try a nature walk or gardening. You can build up to doing more physical activity as you feel comfortable.

Identifying Barriers to Physical Activity

A barrier is something that stops you from doing what you want to or should be doing.

Using the space below, list your top three barriers to physical activity. You can do this on your own or with the help of a diabetes care provider.

The top three barriers that stop me from being physically active are:

- 1.
- 2.
- 3.

It is good to think of ways to overcome your barriers to physical activity. This can help you turn your barriers from mountains into molehills.

Tips to Overcoming Barriers

This section lists the strategies to overcome the most common barriers to physical activity.

- Check the three barriers that match your list.
- Try the tips provided to overcome your three barriers.
- If you don't see your barriers listed here, ask your diabetes care provider for ways to help.



☐ I have no time.

- ✓ Every minute of physical activity has health benefits, especially for people with type 2 diabetes.

Start with 5 to 10 minutes at a time; at different times throughout the day. This may be all you need to get going.

☐ I am too tired.

- ✓ Regular physical activity will give you more energy and help you sleep better.

It may be hard to get started, but once you start, you'll feel better. In the end, it will be worth the effort.

☐ I do not have the motivation.

- ✓ Start with 5 minutes of physical activity, and allow yourself to stop if you are not enjoying it.

That way you can at least start, and once you are into it, you may want to keep going.

☐ It costs too much to join a gym.

- ✓ You do not need a gym membership or a personal trainer to be active.

You can do simple things around the house or in your neighborhood that do not cost money – go for a short walk, or start a project in your yard.

☐ I cannot be physically active on my own.

- ✓ Start by sharing your activity plans with friends or family.

You may be surprised by the support you receive. Doing your activity with others can help to get you started and keep you going. Your local recreation centre or staff at your Diabetes Centre may also be able to help you find activity partners.



Tips to Address Concerns About Diabetes and Physical Activity

☐ I am afraid of health complications.

- ✓ Light to moderate physical activity

(such as walking, working around the house, and gardening) are safe and important ways to manage your diabetes. Start slowly and you will see benefits develop over time.

☐ I am afraid of injury or re-injury.

- ✓ Take care of any injuries.

It is difficult to be active if you are hurting. See your doctor or physiotherapist about any nagging pains that may limit your physical activity. Remember to take good care of your feet, and always wear proper foot wear.

☐ I am afraid of getting low blood sugar.

- ✓ Plan ahead.

It is unlikely that you will have lows if you eat regularly and monitor your blood sugar. Always carry a form of quick-acting sugar with you such as hard candy. Discuss how to avoid lows with your diabetes care provider.

When choosing a barrier to work on, it is good to work on one at a time. Pick one to focus on each week for the next three weeks, and see how you do! Sometimes changing your thoughts about barriers to physical activity is all you need to get going.

February 2020 MCA Community Health Fitness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>  <p>MCA COMMUNITY HEALTH PROGRAM 813-575-2341 EXT. 3220</p> </div>				
<p>3 Sit and Be Fit@Tision 930am</p> <p>Balanced Body 10– 10:30 am @ Tri District elders</p> <p>Cardio Blast 5-6 pm @ Snbye Rec</p> <p>Yoga 6-7 pm @ Snbye Recreation</p>	<p>4 Walk Strong 10– 10:45am @Tri District Elder Fitness–</p> <p>Dumbbell Strength 5-6 pm @ Snbye Recreation</p>	<p>5 Core Strength 5-6 pm @Snbye Rec</p>	<p>6 Balanced Body 10– 10:30 am @ Tri District elders</p> <p>Circuit Training 5-6pm @Snbye Rec</p>	7
<p>10 Sit and Be Fit@Tision 930am</p> <p>Balanced Body 10– 10:30 am @ Tri District elders</p> <p>Cardio Blast 5-6 pm @ Snbye Rec</p> <p>Yoga 6-7 pm @ Snbye Recreation</p>	<p>11 Walk Strong 10– 10:45am @Tri District Elder Fitness–</p> <p>Dumbbell Strength 5-6 pm @ Snbye Recreation</p>	<p>12 Core Strength 5-6 pm @Snbye Rec</p>	<p>13 Balanced Body 10– 10:30 am @ Tri District elders</p> <p>Dodgeball Pins @ Snbye Rec 5-6pm (Winter Carnival)</p>	14
<p>17</p> <p>FAMILY DAY</p>	<p>18 Walk Strong 10– 10:45am @Tri District Elder Fitness–</p> <p>Dumbbell Strength 5-6 pm @ Snbye Recreation</p>	<p>19 Core Strength 5-6 pm @Snbye Rec</p>	<p>20 Balanced Body 10– 10:30 am @ Tri District elders</p> <p>Circuit Training 5-6pm @Snbye Rec</p>	21
<p>24 Sit and Be Fit@Tision 930am</p> <p>Balanced Body 10– 10:30 am @ Tri District elders</p> <p>Cardio Blast 5-6 pm @ Snbye Rec</p> <p>Yoga 6-7 pm @ Snbye Recreation</p>	<p>25 Walk Strong 10– 10:45am @Tri District Elder Fitness–</p> <p>Dumbbell Strength 5-6 pm @ Snbye Recreation</p>	<p>26 Core Strength 5-6 pm @Snbye Rec</p>	<p>27Balanced Body 10– 10:30 am @ Tri District elders</p> <p>Circuit Training 5-6pm @Snbye Rec</p>	28