

COMMUNITY HEALTH PROGRAM

Quarterly Newsletter

Our Mission

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



Our Vision

Tsi nen:we wa'kwarihwaientakwen
Our Future Our Responsibility

Inside this month's issue

Quebec Health Cards, Food tips for quitting nicotine, Outdoor Experiences, Salmonellosis, Alcohol & Diabetes, What is a Standard Drink, Falls prevention, Kanienke:ha Flash cards

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Kanonhkwa't'sherii:io

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Like us on



July Onerahtohko:wa
2022





Quebec Health Card

ATTENTION

Need to renew your Quebec Health Insurance Card?

**RENEW
ON TIME**



If you renew on time, it is free.
The Community Health Program
will provide photos at **NO CHARGE**
to community members.

VS.

**LATE
RENEWAL**



If your card has been **EXPIRED** for
over **6 MONTHS** you will require
the following to renew:

- \$25.00 Check or Money
Order

Please ensure that you renew your Quebec Health Card on time!

The information in this flyer is for informational purposes only. The Regie de l'assurance maladie du Quebec may request additional information/documents at their discretion.

Food Tips for Quitting Healthy Eating to Handle Nicotine Cravings

Congratulations on your decision to quit smoking! Each day that you don't smoke is a small victory. Changing how you eat while you're quitting smoking can also make a huge difference to your health. Properly-timed meals packed with nutritious and wholesome foods can help maintain blood sugar levels, decrease irritability and mood swings, and help reduce your cravings for a cigarette.

Tips to lessen cravings once you stop smoking

Eat regularly

Don't go too long without eating. Skipping meals can result in overeating later in the day and irritability, which may make it harder to resist cravings. Eat three meals and one to two snacks everyday. That works out to eating about every 3-4 hours. Regular meals and snacks will maintain healthy blood sugar levels and balance your mood.

Have breakfast every day

Many people think skipping breakfast helps with weight loss, but that is not true. Research shows that skipping breakfast is linked to weight gain from making impulsive food choices that are higher in calories, fat and sugar. Eating breakfast will kick-start your metabolism and will help burn more calories throughout the day. Keep healthy convenient food items on-hand for a

quick, "on-the-go" breakfast such as yogurt, fruit, applesauce, high fibre cereal, whole grain pita and low fat cheese strings.

Choose healthy snacks

Healthy snacks are a great way to fill the gap between meals so you don't overeat at your next meal.

Snacks can:

- Help meet your daily nutrition needs;
 - Boost your energy;
 - Prevent cravings for foods higher in fat, sugar and sodium.
- Healthy snack ideas can include plain air-popped popcorn, unsalted nuts, whole grain cereal, low-fat yogurt, hummus, whole grain crackers, carrot sticks, cottage cheese, celery and apples.



Focus on higher fibre foods

Fibre is an important component of a healthy balanced diet. We get fibre from plant-based foods.

There are two types of fibre: *insoluble* and *soluble*.

“Bowel friendly” insoluble fibre contains cellulose, hemicelluloses and lignin. This type of fibre helps your digestive system process food and absorb nutrients. It helps your bowel to pass food by making stools soft and bulky.

It also helps keep you feeling full for longer and so helps to control your appetite. Sources of insoluble fibre include legumes, wholegrain breads, cereals and pastas, whole bran, oats, corn bran, nuts and seeds.

“Heart friendly” *soluble* fibre contains gums and pectin. This type of fibre lowers LDL (“bad”) cholesterol levels and controls blood sugar. It can also help prevent certain types of cancer, e.g., colon cancer. It can be found in all vegetables and fruit, oats, legumes and psyllium.

You don’t really need to worry about how much you’re getting of each type. You just want to make sure you’re getting enough. Fortunately, that isn’t hard to do. Here’s how:

- Start your day by eating a **high-fibre cereal**, one with at least four grams per serving. You can also add more fibre by topping your cereal with banana slices, strawberries or raisins.
- **Grab a fruit** as part of a meal or snack.
- Use **whole wheat pasta** or **brown rice** instead of white pasta or white rice for dinner.



- Add **lentils** or **beans** to soups, casseroles and salads.
- **Pack more vegetables** into an omelet or casserole, top your pizza with broccoli or spinach and add corn or peas to your favourite soup recipe.
- **Add ground flaxseeds** to cereal, porridge, roti or tortilla dough or dahl.

Choose water first to quench your thirst

Staying hydrated will help you feel less tired, irritable and hungry. Enjoy a glass of low fat white or chocolate milk or fortified soy beverage or 100% fruit or vegetable juice. Try sparkling water or low sodium club soda with a slice of lemon, lime or orange for a bubbly low calorie beverage.

Keep your mouth and hands busy

In the past, smoking cigarettes kept your hands and mouth very busy a lot of the time. Now, as you are stopping smoking, it may be helpful to keep your hands and mouth busy in other ways – at least for the first six (6) months or until your cravings have decreased.

Here are some ideas:

- snack on foods that are crisp, crunchy and take a long time to chew such as low sodium (salt) pretzels, plain air-popped popcorn, whole grain crackers, raw cut up vegetables, e.g., carrots, red and green pepper, celery, zucchini sticks, cucumber slices, and fresh fruit
- drink water, sip on it when you have a craving
- chew sugar-free gum
- suck on a mint toothpick



Playing outside is fun and inexpensive. Checkout this list of outdoor experiences for children and families by SuperHealthyKids.com

1. Organize an outdoor playdate.
2. Let your kids plant a mini-garden.
3. Help your kids build a fort outside with a rope and an old sheet.
4. Go for regular walks, bike rides or runs as a family.
5. Have a picnic lunch at the playground or park.
6. Eat dinner on your porch, deck or in your backyard.
7. Create an outdoor scavenger hunt where your kids collect items from nature.
8. Make a bucket list of different parks you want to try and visit.
9. Go on a bug hunt!
10. Turn your yard into an obstacle course.
11. Blow gigantic bubbles.
12. Make Sidewalk Art.
13. Make a boat to float down a stream.
14. Use an outdoor toy rotation strategy. Kids are lot more excited to play with toys they haven't seen in a while or can't access. Divide your outdoor toys into 3 bins, and have one big bucket of toys out at a time. For example bubbles, balls, kites, jump ropes, skateboards, water squirters.
15. Make an outdoor activity jar. This helps with kids who have a hard time thinking of things to do, or making decisions. Write different activities on popsicle sticks. Let your kids choose an activity and then head outside. Make the activities easy to act on – go to the park for 15 minutes, water the plants, set up a water shooting range, pick a dandelion bouquet, draw something with sidewalk chalk. There are so many fun ideas!
16. Outside art projects.



Photo by Allison Archer on Unsplash



Photo by Leo Rivas on Unsplash



Photo by Sanjuti Kundu on Unsplash

17. Star gaze, or look for shapes in clouds.
18. Have a bonfire. Make sure you practice good fire safety habits and supervise all campfire activities. But this is a great way to bond with your family, create memories and enjoy the outdoors.
19. Clean up Litter. Kids can be surprisingly passionate about caring for mother nature (and proud of their efforts!) You can also make it a game: a mission to save the planet!
20. Find a local 'pick your own' and let your kids pick produce straight from the plant.
21. Photograph nature. Let our kids borrow your phone camera and see how many different types of wildlife they can find and photograph.
22. Play with water.



Photo by [MI PHAM](#) on [Unsplash](#)



Salmonellosis: Salmonella are a group of bacteria that is commonly found in the intestines of animals and birds. Salmonella bacteria can cause salmonellosis, one of the most common types of food poisoning. One could get salmonellosis by eating food contaminated by feces, from contact with an infected person, and from contact with animals, birds or reptiles.



What are the common food sources?

Raw and undercooked meats (especially poultry, e.g., chicken, turkey, duck); Raw and undercooked eggs; Unpasteurized milk and milk products (e.g., cheese); Unpasteurized juice; Raw vegetables and fruit; Spices; Nuts

What are the symptoms and health effects?

You may develop these symptoms 12 to 72 hours after you are exposed to salmonella bacteria, and they could last for up to five days: Sudden headache, Fever, Stomach cramps, Diarrhea, Nausea, Vomiting (sometimes).

Most people recover without any long-term health problems. However, sometimes the salmonella bacteria can enter your bloodstream, causing a much more severe illness. Children, the elderly and those with weakened immune systems may experience more severe illness.

What should I do if I have it? Drink lots of fluids and get lots of rest; See a doctor if your symptoms are severe. You may be given antibiotic treatment; Children, the elderly and those with weakened immune systems should see a doctor because they may need treatment or hospital care.

How can I protect myself and others?

- Avoid unpasteurized milk and milk products.

- **Clean** vegetables and fruit before you eat them.
- **Clean** your hands with hot soapy water, especially after playing with pets, after using the washroom and after touching raw meat.
- **Separate** raw meat and raw eggs from other food.
- **Heat** meat (especially poultry) and eggs thoroughly while cooking. Use a food thermometer.
- **Avoid** bare hand contact with ready-to-eat and ready-to-serve foods.
- **Do not** work when you have these symptoms.

Alcohol and Diabetes

As a general rule, there is no need to avoid alcohol because you have diabetes.

You should not drink alcohol if you:

Are pregnant or trying to get pregnant.

Are breastfeeding

Have a personal or family history of drinking problems

Are planning to drive or engage in other activities that require attention or skill

Are taking certain medications. Ask your pharmacist about your medication.

Consider the following questions when deciding what is best for you.

1. Is my diabetes under control?
2. Am I free from health problems that alcohol can make worse such as disease of the pancreas, eye disease, high blood pressure, high triglycerides, liver problems, nerve damage or stroke?
3. Do I know how to prevent and treat low blood sugar?

If you answered “no” to any of these questions, you should speak with your diabetes educator or health care professional before drinking alcohol.

If you answered “yes” to all the questions, it is OK to drink alcohol in moderation.

Moderate alcohol intake is limited to 2 standard drinks/day or less then 10 drinks/week for women; and limited to 3 standard drinks /day or less then 15 drinks /week for men.

The recommendation is the same for people who are not living with diabetes. For people with high blood pressure, alcohol should be limited to 1 drink/day for women and 2 drinks/day for men.

What is a “Standard Drink” ?

1 Standard Drink (10g of alcohol) –

Beer 341ml (12fl.oz) of regular strength beer (5% alcohol)

Spirits 43ml (1.5fl.oz) of spirit (40% alcohol)

Wine 142ml (5fl.oz) of wine (12% alcohol)

Diabetes canada clinical practice guidelines recommend that:

- People with type 1 diabetes should be aware that moderate consumption of alcohol with or 2 to 3 hours after, an evening meal may result in delayed low blood sugar (hypoglycemia) the next morning after breakfast, or up to 24 hours after alcohol consumption. This also applies to people with type 2 diabetes who are on insulin or insulin secretagogues.
- Alcohol should be limited to 2 standard drinks/day and or less than 10 drinks/ week for women, and limited to 3 standard drinks/day or less than 15 drinks/week for men.
- People living with diabetes should discuss alcohol use with their diabetes health care team.



Before drinking alcohol	While drinking alcohol	After drinking alcohol
Eat regular meal, take medication, check blood sugar levels. Have glucometer with you.	Eat Carbohydrate rich foods while drinking. (Chips, French fries, bread)	Tell a responsible person you have drinking they should watch for low sugar symptoms
Always have a treatment for low blood sugars (glucose tabs, regular soda or juice)	Always pour your own drinks. Use less alcohol and stretch your drinks with sugar free mixes	Check your blood sugar before bed. Have some carbohydrates snack if blood sugar is low.
Who ever you are with make sure they know YOUR symptoms of low blood sugar. So they can help you.	Drink slowly, make your second drink without alcohol.	Set an alarm to have a responsible person wake you up through the night and early morning. A delayed low blood sugars can occur up to 24 hours.
Beware that glucagon, a treatment for low blood sugar will not work when there is alcohol in body. Make sure someone knows how to call 911		You need to get up the next day for any food, meds or insulin. Missed medication can lead to DKA and ketones.

Any question on this or other diabetes concerns give us a call at 613-575-2341 ext 3247 to speak with a certified diabetes educator.

*resources taken from Diabetes canada website .

Fall Prevention in the Home



Bathroom

Install non-slip tape in tubs and shower.

Bedroom

Ensure adequate lighting and clear walkways.

Living Room

Secure area rugs and remove cords from pathways.

Kitchen

Have all ingredients and appliances within reach.



Make sure every room in the house has adequate lighting.



Install rails around stairs and staircases.



Clean up spills immediately.



Talk to your physician about medications and vision concerns about dizziness or balance issues.

Akenhnhà:ke Nikahá:wi

Summer Time



Ioráhkote



Io'tarihen



Tewaninehkara'wá:nions



Enkiatá:wen



A'tste Taiatewa'tská:hon



Enkahón:takshon



Entewatathoseroten



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Enkathónrowe'