

# Health News

## AHKWESASNE DIABETES WORKSHOP

**KANATAKON** -- The Kanatakon Recreation Center was the site for the annual diabetic workshop on March 27, 1996. Over 100 Ahkwesasnon participated in the educational workshop. The speakers were from the health programs of the Kanonhkwasheriio.

The first event of the day started with an exercise session with CHR Joan Mitchell. Joan emphasized the need for eating the right foods and exercise, exercise, exercise. The exercises Joan did with the participants were all done from the chair. The exercises included your eyes, neck, arms, legs, feet and of course, your tummy. The exercise session was for 30 minutes.

A person should exercise at least 3 times a week for 30 minutes and if you can exercise every day then so much the better for your health.

The pharmacist, Gus Pyke, talked about diabetic medications - pill and insulin. He explained why someone uses pills or why someone may need insulin. Mr. Pyke also showed the participants two new diabetic instruments - the new elite blood sugar monitor and a new pen type to give insulin. As Mr. Pyke said, "the pharmaceutical companies are always developing and improving medical supplies." Mr. Pyke also encouraged the people to come to the pharmacy and pick up containers (free) to use for syringes. This is a preventative measure so no one can pick up a syringe, use it, and contact hepatitis or aids.

The coordinators of the workshop - CHN, CHR program and the Prevention Program work-

**Gus Pyke, pharmacist, explaining about diabetic medications and diabetic monitoring machines.**

ers, thought of everything. There were two snack breaks and a lunch. Diabetics can eat a traditional meal such as hash, fried bread and corn soup as long as exchanges and amounts are taken into consideration. The food was delicious as was the service. The home support program served the food and helped wherever needed.

The nutritionist, Lucy Smith, talked about food planning, amounts and the importance of eating at the same time each day. She

explained about the new food pyramid and how it works. The nutritionist answered any questions that were put forth. It was emphasized that your food plan does not need to be restrictive but can include your traditional foods. One just needs to plan and to remember the food exchange.

The final speaker of the day was Dr. Thomas Britz, internist. Dr. Britz, is a well-known doctor in the

field of diabetes. He talked about the disease and the importance of monitoring your diabetes and maintaining good control. How do you maintain good control? According to Dr. Britz, "following your food plan, seeing your physician and exercise, exercise, exercise. If you can exercise two time a day, seven times a week then do it."

The diabetic's goal is to have blood sugars that are or nearly always at the same amount. When asked at what age should you not

exercise, Dr. Britz responded "ten minutes after you are dead." The participants enjoyed the humor and everyone understood the importance of exercise.

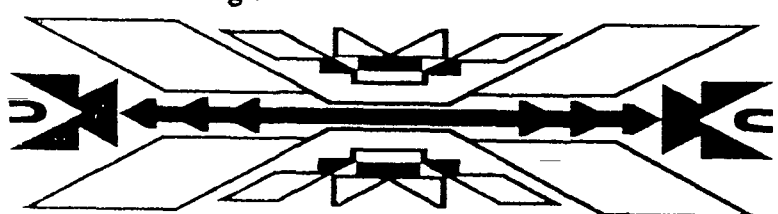
Diabetes is at epidemic proportions on First Nations/Indian reserves throughout Canada and the United States. Diabetes was not known to the Indian communities until 1940 but since that time diabetes among Indians has doubled, if

not quadrupled, in the years to follow, explained Alethea Kewayosh who conducted a diabetic study for the Assembly of First nations. A National Indigenous Diabetes Association has been organized as a result of the concern over the continuance of diabetes in Indian communities.

The workshop was well attended, informational and, most importantly, showed the need for educating the diabetic and his/her family and friends. The coordinators did an excellent job in helping the community of Ahkwesasne learn about the disease of diabetes and how, as a diabetic, you can have a healthy lifestyle through your food plan, medical help and exercise.

The Prevention Program workers, home support, nurse program and CHR's practiced many hours and presented a skit about Granny who was diabetic and her granddaughter who took care of her. The actors were good, the story line excellent and the end result - profound. We all need to take care of each other and ourselves in order to live a healthy life and whether young or old we need to eat right, take our medication and exercise.

A diabetic support group meets every third Monday of the month at the St. Regis Mohawk clinic. The CHN program and CHR program can help with educational materials and support services. The CHR program provides exercise programs: walking chair aerobics, water aerobics and line dancing. Call these programs for further information.



### Breastfeeding Week of S.D.G. & Akwesasne

"For a Healthy Community"

May 6th - 10th, 1996

#### Participate in our Breastfed Baby Photo Contest

During the Breastfeeding week, the Breastfeeding Network of S.D.G. and Akwesasne is organizing a breastfed baby photo contest. To participate, you must have a baby that is presently breastfeeding or one that has been breastfed in the last year.

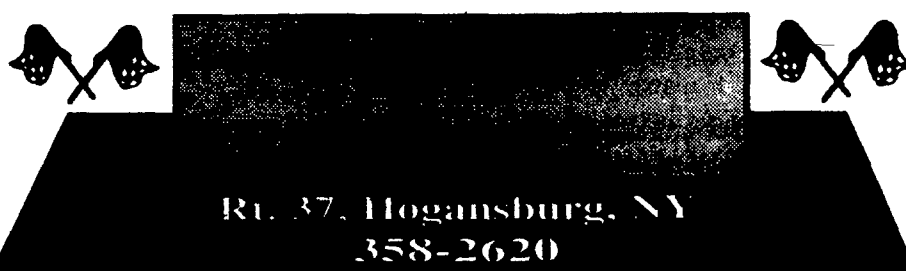
You just have to leave a photo of your baby at the KANONHK-WA'TSHERI:IO Health Centre (Medical Building) or at a pediatrician's office before noon April 30th, 1996. The draw for the winning photo will be held at the Hotel-Dieu Hospital on May 1, 1996 at noon. A prize will be issued to the winner parent. In return, we would appreciate your permission to let us use your photo for publicity. Good Luck!

#### BREASTFEEDING IS THE BEST!

N.B. Due to the large participation, we will not return the pictures.

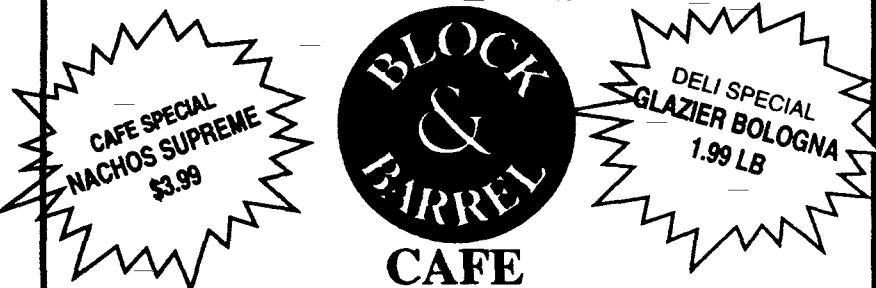
Breastfeeding Network of S.D.G. and Akwesasne

Rebecca Runions - Winner 1995



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### DELICATESSEN



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#### SPEEDWAYS MONITOR DISCOUNT OUTLET

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MONITOR 441	\$1299.00
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