

# HERKIMER COUNTY OFFICE FOR THE AGING

# NUTRITION NEWS

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## Managing Multiple Health Conditions

AUGUST 2024

As we age, the chances of dealing with a chronic illness greatly increases. And sometimes, these conditions occur in combination with other chronic illnesses. This can make treating the illness more complicated. It is important that all individuals who are part of the health care team are in constant and direct communication with each other. This can include multiple physicians, as well as pharmacists, therapists, dietitians, and the patient and caregivers.

Because many of the more common disease processes that we see today are at least linked to diet and intake, it makes sense that if one has a poor diet, they are more at risk for a number of medical problems. For example, being overweight or obese greatly increases your chances of suffering from cardiovascular disease (including hypertension, stroke, and heart attack), diabetes, and even certain types of cancers.

In other circumstances, the treatment for a chronic condition can essentially “create” a secondary chronic condition. Being treated for breathing difficulties (such as

emphysema or chronic obstructive pulmonary disease) with a steroid such as prednisone can cause some individual’s blood sugars to become elevated.

The good news is that treatment of these conditions is always improving and can be managed effectively through regular follow up with a team of physicians. And even with multiple chronic conditions, you can live an active, long life. Being involved in your care and advocating for effective, efficient treatment can ensure the best quality of life even while managing your illnesses.

Cardiovascular disease is a broad term that can include a number of conditions and illnesses. It can include hypertension (high blood pressure), high cholesterol, heart arrhythmias, acute myocardial infarcts (or heart attacks), TIAs or strokes.

You can control six major independent risk factors for coronary heart disease:

- ◆ Cigarette and tobacco smoke
- ◆ High blood cholesterol

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### Monthly Exercise

#### Sit to Stand

**Helps with getting up & down from a chair or toilet & in & out of a car.**

1. Stand up slowly from a chair, keeping your knees slightly apart.
2. Then lower yourself back down into the chair
3. Repeat 5 times.
4. Use chair with armrests if this hurts your knees.



- ◆ High blood pressure
- ◆ Physical inactivity
- ◆ Overweight or obesity
- ◆ Diabetes

Except for the first risk factor, they are all influenced by diet. Both the American Heart Association as well as the American College of Cardiology recommends the DASH diet. This diet emphasizes fruits, vegetables, whole grains, low fat dairy products, poultry, fish, and nuts. This diet has been proven to lower blood pressure and cholesterol, and is associated with a lower risk of several types of cancers, heart disease, stroke, heart failure, kidney failure, and diabetes. The DASH diet has also been shown to improve blood glucose in diabetics when followed closely.

All foods can fit in the DASH diet. Eggs are a great source of protein that can be included in the meat category. While individuals with coronary artery disease may need to limit their intake of egg yolks, it is widely believed that 2-3 egg yolks per week are safe. Red meat can also be included in the meat category. Even hamburger is now available in cuts that are up to 93% lean. Skinless chicken and turkey are great options, and the omega-3 fatty acids found in fish are also thought to contribute to staving off heart disease.

Fruits and vegetables are nutrient dense, meaning they contain a lot of vitamins and minerals in a small amount of calories. They also contain fiber which can lower your cholesterol by binding to it and removing it from the body. They are naturally low in sodium and fat, and while they contain carbohydrates, they are still an integral part of a diabetic diet as well.

Lastly, people are often successful on the DASH diet because it is a diet based on

moderation. It includes a number of different food groups, and no groups of food are strictly forbidden on this diet. This principle helps to promote compliance. The diet contains a combination of vitamins, minerals, and even healthy fats that may contribute to the patient feeling full. This also contributes to a patient's ability to follow this diet for the long term.

The DASH diet resembles the recommendations put forth by the Food Guide Pyramid. Aim for 4-5 servings each of fruits and vegetables; lean meats, poultry, fish, and low fat dairy products should be consumed 2-3 times daily. For more information, visit [dashforhealth.com](http://dashforhealth.com).

Renal diseases affect the kidneys and are often seen in combination with a host of other conditions. Some renal conditions can be acute and others can be chronic. Impaired blood flow to the kidneys (which can lead to kidney failure) can be caused by a number of different factors including: blood pressure medications, heart attack, heart disease, infection, liver failure, use of aspirin, ibuprofen, or naproxen; severe allergic reaction, severe burns, or severe dehydration.

Damage to the kidneys can also lead to kidney failure. The following can cause damage to the kidneys: blood clots around the kidneys, cholesterol deposits that block blood flow, infection, lupus, medications including certain chemotherapy drugs, antibiotics, and dyes used for imaging, multiple myeloma, scleroderma, and toxins.

One of the leading causes of kidney disease is complications from diabetes. And of the easiest ways to control diabetes is through a well controlled diet.

The key to controlling your blood sugar is to be consistent with your carbohydrate intake. Eventually all carbohydrates are broken down into sugar. Carbohydrates are the body's main energy source and come from a variety of

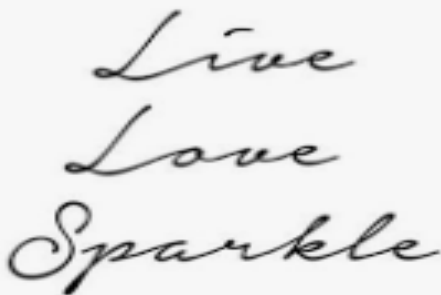
foods. Starches, such as rice, pasta, potatoes, cereal, and bread are very high in carbohydrates, as are most fruits. Most vegetables are fairly low in carbohydrates, with the exception of “starchy” vegetables, such as corn or peas. Meat, however, has no carbohydrates in it at all.

We all need a certain number of carbohydrates in our diet every day, even diabetics. Understanding what an acceptable portion size is can also help control your blood sugars. Focusing on the amounts of foods consumed rather than eliminating entire groups of food from your diet can help you comply with the nutritional recommendations.

It is important to realize that it is possible and even encouraged to consume more than one serving at a meal. Generally, we consume between 3 and 4 servings of carbohydrate at each of our three meals. However, for a diabetic, it is important that the carbohydrates are spaced evenly throughout the day and that they generally don't exceed 10 to 12 total servings per day.

Lastly, it is important to mention that regular sugar only has 15 calories per teaspoon. If you are able to use sugar in moderation, even diabetics can incorporate it into a healthy diet.

Diabetic or “sugar free” products still have carbohydrates. Therefore, they can still raise your blood sugar. Eating an excess of sugar free products can potentially raise your blood sugar more than one “regular” product. As sugar free products often tend to have sugar alcohols in them, they may cause intestinal upset as well.



Live  
Love  
Sparkle

Since summer is here and adding more fruits and vegetables is always beneficial, this month's recipes focus on summer produce!

### *Spinach Salad with Berries and Goat Cheese*

6 cups baby spinach  
1 cup halved strawberries  
1/2 cup raspberries  
1/2 cup blueberries  
1/3 cup crumbled goat cheese  
1/4 cup sliced almonds  
2 tbs raspberry vinaigrette dressing

Divide spinach amongst 2 plates and top with the berries, cheese and almonds. Top with dressing as desired.

### *Berry Crumb Bars*

1 cup white sugar  
1 tsp baking powder  
3 cups flour  
1 cup shortening  
1 egg  
1 pinch salt  
1 pinch ground cinnamon  
4 cups raspberries  
1/2 cup white sugar  
3 tsp cornstarch

Preheat oven to 375 degrees. Grease a 9x13 inch pan. Combine first 5 ingredients. The dough will be crumbly. Pat half of the dough into prepared pan. Combine remaining 1/2 cup sugar, cornstarch, and berries. Place mixture over dough in pan. Crumble the remaining dough over the tops of the berries. Bake in preheated oven until top is slightly browned, about 45 minutes.

## SCAMS 101

Herkimer County Office for the Aging/NY Connects has partnered with Lifespan to provide a SCAMS 101 presentation

**Location: Galinsky Apartments**  
**105 Protection Ave, Herkimer**  
**Wednesday, August 21, 2024**  
**10:30 am**

**This will be an interactive program to educate attendees on Scams. Find out how to protect yourself & others from Scams.**

Class is **FREE** for participants.

A light breakfast will be provided.

Limited spots available: Sign up now!  
 Call Kelly at the Office for the Aging -315-867-1371



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**80 E. North Street, Ilion**  
**Wednesday, August 21, 2024**  
**1:00 pm**

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## HEAP

The HEAP Cooling Program has closed for the 2024 season

If you would like information on the furnace clean and Tune Program contact our HEAP office at

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## DASH Diet

What To Eat?



<p><b>GRAINS</b></p> <ul style="list-style-type: none"> <li>• Granola</li> <li>• Popping Corn</li> <li>• Whole Wheat Pasta</li> <li>• Brown Rice</li> <li>• Quinoa</li> <li>• Multigrain Bread</li> <li>• Corn Tortillas</li> <li>• Hot Rolled Oats</li> </ul> 	<p><b>VEGETABLES</b></p> <ul style="list-style-type: none"> <li>• Cucumber</li> <li>• Orange Bell Pepper</li> <li>• Red Cabbage</li> <li>• Brussel Sprouts</li> <li>• Sweet Potatoes</li> <li>• Broccoli</li> <li>• Mixed Greens</li> <li>• Carrots</li> <li>• Celery</li> </ul> 
<p><b>FRUITS</b></p> <ul style="list-style-type: none"> <li>• Pomegranate Seeds</li> <li>• Clementines</li> <li>• Honeycrisp Apples</li> <li>• Bananas</li> <li>• Strawberries</li> <li>• Raspberries</li> <li>• Pears</li> <li>• Avocados</li> </ul> 	<p><b>NUTS (unsalted)</b></p> <ul style="list-style-type: none"> <li>• Almonds</li> <li>• Pistachios</li> <li>• Walnuts</li> <li>• Pumpkin Seeds</li> <li>• Sunflower Seeds</li> </ul> 
<p><b>ORGANIC DRIED FRUIT</b></p>	<ul style="list-style-type: none"> <li>• Apricots</li> <li>• Raisins</li> <li>• Mango</li> <li>• Cranberries</li> </ul> 
<p><b>LEAN MEATS</b></p> <ul style="list-style-type: none"> <li>• Skinless Chicken Breasts</li> <li>• Center Cut Pork Loin Chops</li> <li>• Monkfish</li> <li>• Salmon</li> <li>• Shrimp</li> </ul> 	<p><b>DAIRIES</b></p> <ul style="list-style-type: none"> <li>• Low-fat Greek Plain Yogurt</li> <li>• Manchego Cheese</li> <li>• Ricmano Cheese</li> </ul> 