

NUTRITION NEWS

WRITTEN BY: SHANNON DAVIS, RD, CDN

LAYOUT BY: REGINA PIZZO

Managing Multiple Health Conditions

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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 common disease processes that we see today are at least partially 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 individuals’ 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.



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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.



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), TIA's, and strokes.

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

- ♦ Cigarette and tobacco smoke
- ♦ High blood cholesterol
- ♦ High blood pressure
- ♦ Physical inactivity
- ♦ Overweight or obesity
- ♦ Diabetes

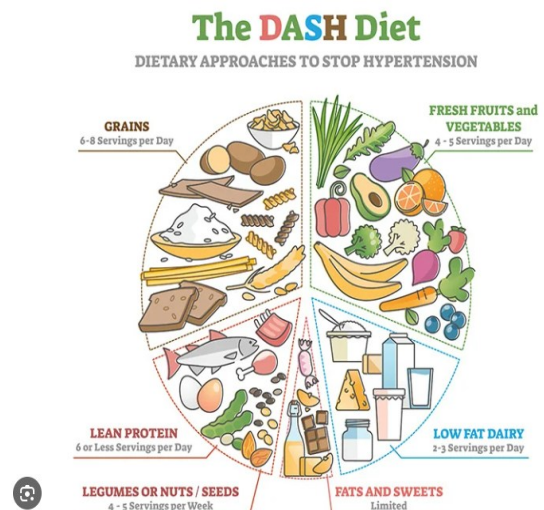
Except for the first risk factor, they are all influenced by diet. Both the American Heart Association as well as the American College of Cardiology recommended the DASH diet. This diet emphasizes fruits, vegetables, whole grains, low fat dairy products, poultry, fish, and nuts. This diet has been proven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

To summarize, strive for 5 servings of fruits and vegetables daily; lean meats, poultry, fish, and low fat dairy products should be consumed 2-3 times daily. For more information, visit 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 reactions, 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 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 of carbs at a meal. Generally, we consume between 3 and 4 servings of carbohydrates 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 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.

Good vs. Bad Carbs	
Good	Bad
 non-starchy vegetables	 soda
 starchy vegetables	 white pasta
 fruits	 white rice
 greens	 sugary cereal

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Fax: 315-867-1448

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Web: www.herkimercountyny.gov

Chicken Stuffed Baked Avocados

4 avocados, halved and pitted

2 cooked chicken breasts, shredded

4 ounces cream cheese, softened

1/4 cup chopped tomatoes

1/4 tsp salt

1/4 tsp ground black pepper

1 pinch cayenne pepper

**1/2 cup shredded Parmesan cheese, or
more to taste**

Preheat the oven to 400 degrees.

Scoop out some flesh in the center of each avocado and place into a large bowls.

Add shredded chicken, cream cheese, tomatoes, salt, black pepper, and cayenne pepper; mix well to combine.

Spoon chicken mixture into each avocado; top generously with Parmesan cheese. Place filled avocados, face up, in muffin cups to stabilize.

Bake in the preheated oven until cheese is melted, 8 to 10 minutes.

Tips

You can substitute 6 ounces crab meat (drained well, if using canned) for the chicken, along with 1 tbs chopped scallions.