

Dr. Megard Receives Board Recertification

Yankton Medical Clinic, P.C. is pleased to announce that Internal Medicine Physician, Daniel J. Megard, M.D., has been recertified as a Diplomat of the American Board of Internal Medicine (ABIM).

Dr. Megard earned Diplomat status by passing the ABIM's stringent recertification examination, a test of the physician's abilities in the field of adult medicine. He also met ABIM's rigorous standards through intensive study, self-assessment and



Megard

evaluation. ABIM Diplomats must continue to demonstrate their competence in the specialty by taking recertification exams every 10 years. Dr. Megard has been in practice at the Yankton Medical Clinic, P.C. since December 1991.

Viborg Hospital Pioneers Body Composition Scan Service For Public

VIBORG — Pioneer Memorial Hospital & Health Services in Viborg is one of the first facilities in the state to offer the general public total body composition scans utilizing advanced of the art technology.

According to Matt Berry, BS RT(R), (CT), Radiology Technologist at Pioneer Memorial, "DXA (dual-energy x-ray absorptiometry measures lean tissue mass as well as total and regional body fat. This determines how lean body mass and body fat change over a period of time. From age 20, individuals start to lose muscle and gain fat. A DXA assessment pinpoints the exact changes in body composition and becomes a tool for proactive health management, disease and well-being."

Berry went on to explain, "The TV Show, 'The Biggest Loser,' sports and Olympic teams all use DXA total body composition studies to provide benchmarks for performance improvement. We are excited at Pioneer Memorial to be able to offer area individuals access to this Gold Standard measurement tool for only \$30."

The DXA Scan is considered the Gold Standard to measure fat because it is accurate and precise in showing specific fat loss and muscle gain. Carrying too much fat in the wrong areas can increase the chance of serious health problems. The total body scan shows how much fat is being lost. It identifies the percentage of muscle, fat & bone for the entire body, the trunk and each leg and arm. This three-di-

mensional information can help diagnose and guide treatment and can help athletes make decisions on training regiments.

The machine consists of a flat table and an "arm" suspended overhead. The individual lies down on the table and the arm moves slowly back and forth over the body. This DXA machine minimizes patient exposure to radiation by utilizing a low radiation dose (3-5 times less than a dental X-ray). The exam is done on an outpatient basis, is simple, noninvasive, painless and takes only a matter of minutes to complete.

The visual report from the DXA scan can be a powerful motivator for those tracking weight loss, exercise regimens and overall health. The report is available immediately after the scan and is given to the individual when they leave. The test can be repeated every 3-6 months to measure body changes. For accuracy, the test should be done on the same machine each time. The ability to monitor changes in body composition offers an important value to athletes trying to achieve peak performance, people in a treatment program for chronic disease, individuals undertaking dietary and lifestyle changes to improve body shape, and those working to maintain healthy lean body mass as they age.

For more information on Total Body Composition DXA Scan, go to www.pioneer-memorial.org, or to schedule an appointment, call (605) 326-5161, extension 3031.

Stotz Board Certified In Acupuncture

First Chiropractic Center is proud to announce that Dr. TJ Stotz has been board certified in acupuncture. In September 2011, Dr. Stotz was tested by the National Board of Chiropractic Examiners for proficiency in acupuncture. Having passed this examination, Dr. Stotz is now licensed in the states of South Dakota and Nebraska to perform acupuncture and meridian therapy. Meridian therapy (the use of various methods, not necessarily through the use of needles, to affect energy flow through the body) and acupuncture (the use of needles to affect energy flow) have been used to treat many disorders for over 3,000 years. The World Health Organization recognizes acupuncture as being effective for over 100 different conditions. A few examples include: musculoskeletal pain, infertility, headache, rheumatoid arthritis, earache, neuralgia, TMJ dysfunction and habit control including to stop smoking and to lose weight.

Dr. Stotz practices with his father, Dr. Tom Stotz and Dr.'s Jim and Sheila Fitzgerald. First Chiropractic Center provides natural, whole health and wellness care through chiropractic, acupuncture, nutrition, exercise and therapeutic modalities in Yankton, Scotland and Bloomfield NE. To find out more about acupuncture or make an appointment, call (605) 665-8073 or visit firstchiropracticcenter.com.

The Battle Of Fatigue

BY MCKENZIE HANSON, M.D.,

Board Certified Family Medicine Physician at Yankton Medical Clinic, P.C. —

One of the most common and challenging questions asked of me in my day to day practice regards fatigue. In most cases, the cause can be traced to a lifestyle factor, psychological problem, or a medical condition. Feeling tired can also be manifested in different forms. For some, they describe it as feeling run down. Others may say they tire easily or have a difficult time maintaining an activity. There is also mental fatigue. This can be described as difficulties with concentration and/or memory or feelings of depression.

For lifestyle factors, common examples are alcohol, caffeine, inactivity, poor sleep, and medications. If you drink alcohol, it is advised that men have no more than 2 drinks per night and women no more than 1. Caffeinated beverages should be limited to less than 500 mg per day or between 2 to 4 cups of coffee. In regards to exercise, 30 minutes daily is a general guide. This can sound overwhelming and too time consuming; however, the activity does not need to be done all at the same time. For example, you could spend ten minutes doing stairs during your breaks at work or park farther away from the grocery store. As far as sleep conditions contributing to fatigue, two examples are sleep apnea and insomnia but are not limited to these. Sleep apnea is a disorder in which breathing repeatedly stops and starts. Symptoms are loud snoring, morning headache, daytime fatigue, or abrupt awakening with feel-



McKenzie Hanson, M.D.

ings of shortness of breath. Insomnia is when a person has trouble falling asleep or staying asleep. It is recommended for adults to get seven to eight hours of sleep per night. Insomnia can stem from other issues; therefore, it is multifactorial and can be addressed in more detail at your doctor's visit. Finally, lifestyle factors can also include medications that could be contributing to fatigue. A few examples include a) antihistamines - which are commonly used for allergies and rashes b) cough and cold remedies c) prescription pain medications d) muscle relaxants e) blood pressure pills and f) some antidepressants. With so many possibilities it is important to do a thorough review of medications with your doctor.

Fatigue can also be a symptom of a psychological condition such as anxiety, depression, grief, or stress. Some other symptoms of anxiety are constant worry, difficulty concentrating or mind going blank, irritability, or rapid heart-beat. Some even describe it as a sense that something bad is going to happen. Depression is often described with feelings of sadness, crying spells, loss of interest in daily activities, or feel-

ings of guilt. Grief reactions are feelings experienced due to a life-changing event such as the loss of a loved one. Stressors can vary from marital to financial to employment concerns. So don't be surprised if your doctor asks about these above conditions as well.

There could also be the possibility of an underlying medical condition causing your fatigue. However, this is the most unlikely cause. Usually with a few simple lifestyle changes it is likely you will be able to re-energize. There are numerous medical conditions that have fatigue as one symptom coupled with other symptoms, so you must fully discuss them with your doctor. For example, if you are having fatigue plus urinary frequency or excessive thirst, it may indicate diabetes or a kidney problem since both can manifest with these symptoms. An under-active thyroid can present with fatigue, constipation, dry skin, and in women - abnormal menstrual cycles. Also those who suffer from lung disease such as COPD or emphysema may tire easily just doing normal activities of daily living like laundry, vacuuming or getting the mail. Therefore, letting your physician take a thorough patient history is a good start, and having a good doctor/patient relationship is key in developing a plan.

Contact your physician today if you are feeling fatigued coupled with other symptoms, or if you feel that altering lifestyle factors (other than required prescription medications) is not making a difference in your fatigue. We are here to help.

10 surprising steps to staying cancer-free

BY KRISTEN GERENCHER

© 2012 MarketWatch

SAN FRANCISCO — When it comes to fighting cancer, the good news is that many kinds are subject to delay or avoidance by making smart life-style choices. Some of the behavioral tweaks recommended by a leading cancer doctor may surprise you.

Of course, the formula for preventing cancer isn't iron-clad, nor is it one size fits all. That's according to Dr. David Agus, an oncologist, professor of medicine at the University of Southern California in Los Angeles and author of the new book "The End of Illness," which examines the scientific evidence behind his conclusions.

"As a cancer doctor on the front lines, one of the first things you realize is the best way to treat cancer is actually to prevent it," he said in a recent interview.

Here are 10 ways to help your body prevent the ravages of disease, according to Agus:

1. Keep a predictable schedule. Try to eat, sleep and exercise at about the same time every day including weekends, and don't forget to schedule downtime to unwind without technological intrusions. Getting enough shut-eye is important for memory consolidation, mood balance and long-term physical health, he says, but regularity of sleep patterns matters more than total hours slept. Having trouble adhering to a routine? Consider getting a dog, he suggests. Dog ownership involves walking and feeding it at regular intervals, forcing people to stick to the clock, get some physical activity and take breaks from working. Move frequently and avoid prolonged sitting. Fitness is

paramount to your body's overall functioning, and you won't have to sweat the risks of pills or surgery. What's more, sitting for long stretches of time has been linked to a higher risk of early death and many diseases including colon cancer. It's easy to underestimate how long you stay seated during the day.

Agus's prescription: aim for an hour of moderate exercise a day (short bouts count, too) and keep a set of free weights nearby so you can sneak in some bicep curls. "I'd suggest you keep a pair of 2.5-pound weights by your desk, under your couch and anywhere you spend time," Agus writes in his book. "Stand on one foot and do 20 reps while on your next phone call with a headset; this is a great abdominal exercise that also helps you work on your balance."

Ditch the vitamins and supplements. Unless you're addressing a confirmed vitamin deficiency, are considering pregnancy or are already pregnant, you can steer clear of multivitamins and save money without sacrificing your health, Agus says. Some people believe they need supplements to fight a battle with so-called free radicals, but the body already has defenses against such byproducts of metabolism, he says, and the effects of interfering with the body's natural control system aren't well understood. In the meantime, many studies point to no benefit and sometimes harm from vitamins and supplements. Vitamin E supplementation, for example, was found to raise the risk of prostate cancer 17 percent in healthy men, according to a study published last year in the Journal of the American Medical Association.

Get an annual flu shot. Having the flu triggers inflammation, which can set the body up for serious problems when it's most vulnerable, he says. The flu vaccine, whose contents change every year according to the dominant viral strains projected to circulate, helps the body tone down its harsh immune response. "I want (people) to think of a flu shot in terms of not just what it means today but

a decade from now," Agus says. If you're over 40, talk with your doctor about the benefits and risks of taking a statin and low-dose daily aspirin if you're not taking them already, he says. These low-cost medications have been shown to reduce the risk of heart attacks, strokes and even some kinds of cancer, but they also have side effects you should weigh carefully.

Wear comfortable shoes. Nix the high heels and other uncomfortable footwear in favor of shoes that don't cause swelling or curtail your movement, Agus says. Picking shoes that won't cause back or joint problems can help you cut your risk of chronic inflammation. "Over weeks, months, years, (wearing comfortable shoes) changes your overall health, and you're also going to move more," he says.

Take inventory of your medicine cabinet once a year. Go over your list of drugs with your doctor to see if your needs have changed and if you can lose at least a few of them. "Health is a constantly moving target," Agus writes.

Cash in on healthy-living

incentives. Your employer may offer lower insurance premiums in exchange for taking a health-risk assessment or cut you a break on the cost of a gym membership. Your premium dollars might include the services of a health coach, who can help you set and stick to goals around making sustainable life-style changes. "How do we make health profitable instead of sickness?" Agus says. "Put in incentives for prevention."

Think of your doctor as a partner, not a friend. Ask your physician what he or she does to stay current on the latest scientific information, Agus suggests, and if you don't feel you can tell your doctor anything, find a new one.

Know yourself by keeping records of your medical data. Perhaps Agus' most controversial tip is to store it online. But old-fashioned paper will do. If you jot down dates, symptoms and treatment trial and error, it may allow you to discover patterns that can help you and your doctor catch problems early and customize your care more effectively.

GOOD NEIGHBOR PHARMACY
Serving the healthcare needs of the Yankton area since 1923

YANKTON Rexall

109 West 3rd St., Yankton, SD
605-665-7865 • 1-800-377-6337
www.yanktonrexall.com
Convenient Drive-Thru We accept all insurance plans and Medicare

Michael & Dan

Too Many Pills, Too Many Bottles...
Are you frustrated with your medicine?
We can help put your medicine into pill bars and deliver them to your door. So you can stay healthy and stay in your home.

ROGER'S FAMILY PHARMACY
"A tradition of trust"

218 West 4th Street • Yankton, SD 57078 • (605) 665-8042

112 W. 3rd, Downtown Yankton
665-1045
1-800-246-1045
We Accept Medicaid Assignments (SD & NE)

PROCENTER HEARING

ProCenter is excited to offer the hard-of-hearing individual a new breakthrough in hearing instrumentation technology called the PRO. This technology knows the direction of speech affording the client to hear speech in front of him/her in noise. It is truly one-of-a-kind on the market.

"Love these aids. Best ever and all works. TV & Phone."
text message from Tim S.

Call today and make an appointment for your free hearing exam and demonstration of the new PRO technology. Special pricing during April and as always a **FREE** trial period is included.

The best choice for urologic care



Lewis & Clark UROLOGY Ltd

is accepting new patients.
Now Board Certified by The American Board of Urology

Dr. Hathaway specializes in medical and surgical treatments for adult and pediatric urologic conditions including problems dealing with the kidneys, bladder, prostate, incontinence, male sexual dysfunction and most other urologic conditions. Vasectomy and circumcision consultations welcome.

CALL TODAY FOR AN APPOINTMENT (605) 260-0182
No referral necessary www.lewisandclarkurology.com