

Treatment For Children’s Concussions Is Way Up

BY LINDSEY TANNER
AP Medical Writer

CHICAGO — The number of children being diagnosed with concussions doubled in recent years, emergency room data suggest, but the injuries don't seem to be getting any worse.

In fact, the percentage of kids hospitalized after ER treatment for concussions declined during the 10-year study. That suggests the increase reflects more people knowing about the potential dangers of concussions, said Dr. Jeffrey Colvin, the study's lead author and a pediatrician at Children's Mercy Hospitals and Clinics in Kansas City, Mo.

The results echo other research, including a recent study showing a big increase in the number of child athletes getting hospital treatment for concussions. Experts think awareness, rather than a true increase in head injuries, is involved.

A decade ago, many children, parents and coaches shrugged off concussions as "just a ding" and nothing to worry about, Colvin said. That has changed with mounting research on concussions and rising concerns that repeat concussions may have contributed to brain damage in some retired NFL players.

"Teams are being penalized because of aggressive hits on other players; there's just constant chatter about concussions," he said.

Colvin and colleagues analyzed 2001-2010 medical records from 14 children's hospitals na-

tionwide, including the Kansas City hospital. Emergency room doctors diagnosed concussions in 2,126 children aged 18 and younger in 2001. The number more than doubled to 4,967 in 2010.

In 2001, about 25 percent of the children were hospitalized for concussion treatment, versus only about 9 percent of kids in 2010.

Colvin prepared a brief report on the study for presentation Saturday at a Pediatrics Academic Societies meeting in Boston.

Evidence suggests more than 170,000 U.S. children receive emergency room treatment for concussions each year.

In the new study, causes for the concussions included sports, falls and traffic accidents. Details on severity of the injuries, how long kids were hospitalized, and how they fared afterward was not included in the report.

Dr. Rebecca Carl, a sports medicine specialist at Children's Memorial Hospital in Chicago, said her own hospital has seen similar increases, partly due to legislation Illinois adopted last year that says child athletes suspected of having a concussion should be removed from play and evaluated by a doctor.

Carl said all kids with suspected concussions should see a doctor. Those knocked unconscious, or with symptoms including headaches, vomiting or mental confusion, should get emergency room treatment, she said.

Son: Bedbug Bites Caused Rash That Stopped Flight

BY DON BABWIN
AND GRETCHEN EHLKE
Associated Press

CHICAGO — It turns out a misunderstanding about bedbugs was behind a decision to quarantine a jet in Chicago out of fear that someone aboard might have monkeypox.

On Friday, the son of a Minnesota woman on the plane explained that she inadvertently set off the chain of events when she

mentioned to her mother that a baby she was trying to adopt in Uganda had some pus-filled sores and that she, herself, had been bitten by some bedbugs in a hotel.

Roger Sievers says that those comments by his mom, Lese, prompted his grandmother to call a local hospital, which led to more calls and a quarantine of the plane long enough to determine that the woman did, in fact, have bedbug bites.

Remember when you felt safe enough to laugh at a silly joke?



Urinary Incontinence

is the involuntary loss of urine that nearly 1/3 of women over the age of 42 experience.

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Brandi Pravecek, CNP
Family Medicine and Women's Health



Christopher Hathaway, MD
Lewis & Clark Urology, Ltd.

Soup & salad provided.
RSVP to Jill Sprakel
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ASK THE EXPERTS

Comfort Care

Q What is the origin of "hospice"?

A The word "hospice" in medieval times referred to a place of refuge or shelter for those travelers who became tired or sick while on their long journey. Dame Cicely Saunders founded the first modern hospice – St. Christopher's Hospice – in 1967 in a suburb of London. She was the first physician to show that treating the symptoms of terminally ill patients – especially their pain and their isolation – dramatically improved the quality of their remaining lives.

Dame Saunders' lectures in the 1960's at Yale University inspired other medical leaders in this country to promote the hospice concept of home care with spiritual, emotional, and financial support. Hospice care is now an integral part of medical school education.

Dame Saunders was a selfless and dedicated pioneer of hospice care. She died in 2006 and is buried in Westminster Abbey.



605-689-0382

Yankton, SD



Lars Aanning, MD
Medical Director

Family Medicine

Q What exercise is the best way to control blood pressure so as to reduce my risk of heart disease, stroke, diabetes etc.?

A Exercise has changed dramatically over the last few years. If you go to Youtube on the internet and type in exercise, in the search window, you will see a vast array of different exercise programs, weight lifting, running, walking, boot camp, functional fitness etc. I feel that aerobic exercise, such as walking and/or running, is important. However, there is a type of exercise that I feel is superior to most others. This is known as interval training. It is a type of exercise that has you work at high intensity followed by a period of rest. The rest time is important because you have just exercised at such a high intensity that you have to stop and rest. This allows the body to "regroup" from the intensity it was just put through.

The interval work and recovery periods increase lung capacity, muscle strength, stamina, and burns more calories than almost any other type of exercise. These benefits as well as lowering of blood pressure all reduce your risk of heart attack, stroke, diabetes and the side effect of diabetes. This is very intense exercise therefore, it is important to see your doctor to make sure that it is safe for you to do this type of activity.

These are several fitness trainers in this area that are good to schedule some time with to learn the specifics of interval training. We would be happy to discuss this and any other questions with you at our clinic.



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Jeffrey Johnson,
M.D.



Brandi Pravecek, CNP
L&C Specialty Hospital

Ear, Nose & Throat

Q Dr. Rumsey, I have difficulty hearing and want to hear better, but I am afraid if I get hearing aids it will make my hearing worse. What should I do?

A You are not alone. Many people are fearful hearing aids will accelerate the progression of their hearing loss. However, the opposite is true. Hearing loss affects our hearing nerves like a cast affects our muscles. When our hearing nerves aren't stimulated they weaken and become less efficient just like our muscles when they have been in a cast for several weeks. Hearing aids amplify sounds that would otherwise not be loud enough to stimulate our impaired ears. Similar to how lifting weights exercises our muscles, hearing aids exercise our ears. This is why it is not wise to procrastinate when you realize hearing difficulties. For more information regarding the affects of hearing loss or to have your hearing evaluated feel free to call me at Avera Yankton Ear, Nose, and Throat at 665-6820.

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Matthew Rumsey,
Au.D. CCC-A

Podiatry

Q Achilles Tendonitis

A Achilles tendonitis is a condition of irritation and inflammation of the large tendon in the back of the ankle. Achilles tendonitis is a common injury that tends to occur in recreational athletes. Spurs on the back of the heel may or may not be present with Achilles tendonitis. The patient is usually deficient in stretching the calf muscle prior to activities. Improper shoe gear choices can also cause problems in the Achilles tendon. Calcium deposits can be seen in the Achilles tendon, mostly at the attachment of the Achilles on the heel bone. Common causes of Achilles tendonitis are lack of flexibility and over pronation. As people age tendons become less flexible, more rigid, and more susceptible to injury. Therefore, middle-age recreational athletes are most susceptible to Achilles tendonitis. Other people that are susceptible to this are delivery people who frequently get in and out of a truck or trailer. The constant impact on the tendon and lack of flexibility contribute to the tendonitis.

Treatment for Achilles tendonitis begins with resting the tendon to allow the inflammation to settle down. This can be done with heel lifts in the bottom of the shoe. There has been increased emphasis on eccentric stretching for Achilles tendonitis. The risks are higher with these exercises for rupture, but studies are indicating that eccentric loading stretches may actually improve the symptoms and condition. In more advanced cases, crutches or immobilization of the ankle will be necessary. An MRI may be useful to show the extent of tearing in the tendon body. Ultimately, surgery may need to be done to repair the tendon. If calcium deposits are seen in the Achilles tendon body or at the attachment of the Achilles to the heel, they may have to be removed to provide adequate pain relief.

Avera Sacred Heart Hospital Professional Office Pavilion
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Terence Pedersen, D.P.M.



Scott Torness,
D.P.M.

Orthopedics

Q I like to walk for exercise but how do I start a running program?

A Spring is a great time to start running but not many are willing. Too many of us remember how miserable it felt to be forced to run in P.E. class. Fortunately there are more humane ways to reap the health benefits of running exercise. Jeff Galloway, a 1972 Olympian, has popularized a "run-walk" technique of training. Thousands of couch potatoes have enlisted in the army of road warriors practicing the injury-avoidance methods of this running guru. It works like this. The neophyte runner jogs one minute (or less), walks for five minutes and then repeats. As fitness improves, the ratio of running time to walking time slowly increases. See Mr Galloway's website for greater details: jeffgalloway.com <<http://jeffgalloway.com>>.

It takes at least three weeks to establish a new habit. Make at least that much of a commitment. You will be amazed at your progress. See you on the trails!



1101 Broadway Ave., Morgen Square Suite 106, Yankton • 605-665-0077



Dr. Dan Johnson, M.D.
Board Certified
Orthopedic Surgeon

Urological

Q Do I need to know what my Vitamin D levels are if I am at risk for prostate cancer?

A Research shows that Vitamin D not only reduces the risk of prostate cancer (and other cancers) but also may slow the growth of cancer cells in men who have prostate cancer. Studies have been reported to show that 70% of men tested had low Vitamin D levels. The goal is to get blood levels above 50mg/ml and keep them there year round. So if you are at risk for prostate cancer because of your father, brother or uncle having had prostate cancer or if your PSA is elevated, ask your doctor to check your Vitamin D levels. If low then start taking Vitamin D3 supplement 5,000 IU a day and after 3 months test your levels again to ensure you now have normal Vitamin D levels.

Yankton Urological Surgery, Prof., L.L.C. 2009 Locust, Yankton • 689-1100



Dr. Joseph Boudreau
MD, F.R.C.S.

Chiropractic

Q How quickly will I notice improvement in my symptoms while receiving chiropractic care?

A All people recover from injuries or chronic conditions differently. Symptoms may diminish, become intermittent, or change in pattern, type or character. It is common to experience pain and other uncomfortable sensations during recovery. Since chiropractic care uses non-drug and non-surgical approaches, less effort is made to mask the symptoms and more attention is placed on understanding what the symptoms are trying to tell you about your condition. Careful attention to your symptoms and open communication with your chiropractor will help assure the best and fastest recovery. Call today to start your recovery.



2507 Fox Run Parkway,
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Sheila Fitzgerald,
DC

Fitness/Health

Q Is it important to know what my body fat percentage is?

A Knowing your body composition is in most cases even more important than keeping track of your weight. What good is knowing what you weigh if you don't know what that weight is comprised of? Measuring body composition will tell you what percentage of your body is comprised of fat versus fat free mass. Research has established the fact that excess body fat is associated with high blood pressure, type 2 diabetes, stroke, heart disease and high cholesterol. For men a range from 10-22% and for women between 20-32% is considered healthy. Generally your local gym can perform one of several measurement options from a non-invasive bioelectrical impedance to a skin fold or circumference measurement, which each only take a matter of a few minutes to perform, to a more complex underwater weighing test. Be sure to find a fitness professional that is proficient in testing as these numbers can vary significantly with someone not well versed in doing them.



501 Summit • 665-9006



Angie O'Connor
Clinical Exercise
Specialist

Pharmacy/Nutrition

Q I take Lipitor and it is now available as the generic (atorvastatin). Is it as good as the brand name?

A Yes, generic drugs are safe, effective and FDA approved. These products have the same medicinal qualities and side effects as the brand name, but cost less. When a patent expires on the brand name medicine, other drug companies may start selling the generic version of that drug. Generic drugs contain the same active ingredient and must meet the same standards set by the FDA as for the brand name drug. The generic may look different and may contain different inactive ingredients, such as colorings or flavorings. These things do not affect the way the drug works and must be looked at by the FDA as well.

Some of the medicines which have recently become available generically are: Avapro, Geodon, Levaquin, Lexapro, Lipitor, Ritalin LA, Seroquel, and Zyprexa.

The following medicines are scheduled to become available in the generic form later this year, although these dates can sometimes change: Plavix, Provigil, Lunesta, Tricor, Singulair, Diovan, Atacand, Actos, Detrol, and Maxalt.

As always, feel free to contact us at Hy-Vee Pharmacy if you have any questions.



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