

Denise Taggart Joins Yankton Medical Clinic

The Yankton Medical Clinic, P.C. is pleased to announce the association of Denise Taggart, MPAS, PA-C. Taggart specializes in the practice of Internal Medicine. She received her undergraduate degree from the University of South Dakota, Vermillion, and then went on to graduate from the University of Nebraska Medical center, Omaha, Neb., with a Master of Physician Assistant Studies.



Taggart

Taggart will assist Drs. C. Barnes, Fanta, Frank, T. Hanson, Megard, Mikkelsen, and Neumayr; and Ashley Reiner, MPAS, PA-C in providing comprehensive primary care to adults. In addition she has certifications in Advanced Cardiac Life Support, Basic Life Support, and is certified by the National Commission on Certification of Physician Assistants.

Please join us in welcoming Denise, her husband Bill, and their children, Grace, Allie, Brett and Claire.

YMC's Irwin Receives Board Certification

The Yankton Medical Clinic, P.C., is pleased to announce that Tim Irwin, M.D., Cardiologist, has received Board Certification for cardiovascular disease by the American Board of Internal Medicine.



Irwin

Dr. Irwin received Board Certification status by passing the stringent certification written examination by the American Board of Internal Medicine in Cardiology, and by completing required cardiology and internal medicine case study modules. Board Recertification for Cardiology is required every 10 years.

Board Certification demonstrates that a physician has met rigorous standards through intensive study, self-assessment, and evaluation. It also acknowledges physicians who have demonstrated the ability and commitment to continued learning necessary to provide the high quality of medical care for patients. Dr. Irwin has been in practice at the Yankton Medical Clinic, P.C. since July 2012.

Avera Medical Group Open House April 23

Avera Medical Group Behavioral Health Yankton is now open and prepared to serve the Yankton community area with exceptional behavioral health care through a state-of-the-art facility, and backed by a team of health experts.

A public open house and ribbon cutting will be held at 4-6:30 p.m. Tuesday, April 23. For more information, call 605-655-1240.

Avera Creighton Earns Trauma Certification

CREIGHTON, Neb. — Avera Creighton Hospital (ACH) is pleased to announce its certification as a Basic Level Trauma Center by the Nebraska Department of Health and Human Services. This certification places ACH as an integral and elite member of the Statewide Trauma System. According to the Nebraska Department of Health and Human Services, the goal of the Statewide Trauma System is to create an integrated trauma system that includes health care providers and facilities throughout the state and to match each patient's needs to the resources of the facilities, from activation of the Emergency Medical Services system until their return home.

The role of Avera Creighton Hospital as a Basic Level Trauma Center is to stabilize, prepare and transfer all patients with potentially life-threatening injuries. ACH is recognized as having trauma-trained physicians, physician assistants and nurse practitioners available within 30 minutes, in-house trauma-trained nurses and appropriate equipment for diagnostics as well as for resuscitation and stabilization.

Avera Creighton Hospital also partners with the Avera eEmergency Services to improve patient safety and provide immediate access to emergency-trained physicians 24 hours a day, seven days a week. eEmergency is an innovative concept that links two-way video equipment in the ACH emergency room with physicians and nurses at Avera McKennan Hospital & University Health Center in Sioux Falls.

"When an accident happens in the middle of the night, the nurse at the hospital can push a button to activate the Emergency service," states Cindy Mastalir, RN, ACH Trauma Nurse Coordinator. The staff at Sioux Falls turn on the video equipment while the nurse at ACH is calling the doctor on call.

"The Avera McKennan physicians can initiate diagnostic tests and give immediate support to the nursing staff while our physician, physician assistant or nurse practitioner is en route to the hospital," states Dr. Brandon Essink, ACH Trauma Medical Director. The eEmergency staff will stay on the call as long as needed to support the local staff as well as arrange and coordinate transfers, freeing the local provider to stay with the patient.

"This certification and the agreement with Avera eEmergency shows our commitment to provide high quality, rapid trauma care to all patients injured in our area," said Mark Schulte, CEO of Avera Creighton Hospital.

The first major accident after receiving the certification demonstrated an excellent coordination of care from fire and rescue, law enforcement, 911 dispatchers, medical staff, hospital staff and eEmergency personnel.

ASH Cardiology Dept. Granted Accreditation

Avera Sacred Heart Hospital's Cardiology Department has been granted a three-year term of accreditation in Echocardiography in the area of Adult Transthoracic and Adult Transesophageal by the Intersocietal Accreditation Commission (IAC).

Accreditation by the IAC means that Avera Sacred Heart Hospital's Cardiology Department has undergone a thorough review of its operational and technical components by a panel of experts. The IAC grants accreditation only to those facilities that are found to be providing quality patient care, in compliance with national standards through a comprehensive application process including detailed case study review.

IAC accreditation is a "seal of approval" upon which patients can rely as an indication that the facility has been carefully critiqued on all aspects of its operations considered relevant by medical experts in the field of echocardiography. When scheduled for an echocardiography procedure, patient are encouraged to inquire as to the accreditation status of the facility where their examination will be performed and can learn more by visiting intersocietal.org/echo/main/patients.htm.

Sanford School Students Receive Residencies

VERMILLION — Fourth-year medical students at the University of South Dakota Sanford School of Medicine learned where they will complete their residency training as Match Day ceremonies were held across the country on Friday, March 15, including in Rapid City, Sioux Falls and Yankton. Envelopes were handed to each student with their residency acceptance letters inside.

The Sanford School of Medicine's 2013 graduating class has 53 students. They chose 16 different specialties and will train in 23 different states. Nine students (17 percent of the class) will train in residencies in South Dakota for at least their first year.

"Every year I am not only impressed with the quality of our graduates and their abilities in clinical medicine, but I am extremely pleased when residency programs in South Dakota, as well as those at medical schools throughout the country, recognize those qualities and express a strong desire to have our students choose their program," said Paul Bunger, Ph.D., dean of medical student affairs for the Sanford School of Medicine.

Medical student Donella Headlee, originally from Belvedere, was pleased to learn she will begin her residency in Sioux Falls, where she will specialize in family medicine.

"My entire family lives here, it's where my roots are and it's where I want to practice. So for me it was really a no-brainer," she explained. "I've lived elsewhere, with graduate programs and other jobs, so I've had the chance to experience the world, but I've also realized that home is where the heart is, and my heart is here in South Dakota."

For their first two years of medical education, students receive instruction on the Vermillion campus. While the majority of third- and fourth-year students are trained in Rapid City, Sioux Falls or Yankton, six students in the most recent entering class have been chosen to participate in the Frontier and Rural Medicine (FARM) program, which will place participants in one of six rural host communities for an immersive nine-month experience during their third year. The FARM students will begin training in their host communities in July 2014.

Oz And Roizen: Healthlines

Here's Another Boost For Coffee

BY MICHAEL ROIZEN, M.D., AND MEHMET OZ, M.D. King Features Syndicate, Inc.



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

Johnny Cash, Bob Dylan, Frank Sinatra and Bob Marley all have crooned songs about coffee — as cups of love with lots of flavor. We sing its praises because daily consumption makes your RealAge younger by keeping your blood vessels flexible and lowering your stroke risk by 30 percent. It also cuts the risk of early death by 18 percent in women and 3 percent in men. Plus: Three cups a day may help you dodge some cancers, Parkinson's disease, Alzheimer's disease and type 2 diabetes. And now a recent study found that residents of the Greek island of Icaria, where they have the longest lifespan in the world, owe their longevity in part to the boiled Greek coffee they drink every day.

If you want those good effects from your morning joe, remember, when it comes to coffee/caffeine, there's no one-cup-fits-all recommendation. Some folks say that drinking several cups makes them sleepy! Others complain of the shakes from just one cup (harmless, but disconcerting). And a caffeine overdose can trigger everything from heart palpitations to insomnia, migraines, vomiting and diarrhea. A few years ago, more than 40 seagulls in Canada died after snacking on used coffee grinds in a restaurant's garbage. But for most healthy adults, two to three cups of brewed coffee a day deliver the benefits of caffeine (brain focus, muscle endurance and reduced inflammation). The brew also contains heart-loving antioxidants and phenols — they're in decaf, too. There are few risks beyond yellow teeth and bad breath. So grab your toothbrush — and opa!

WHEN LOVE HURTS

Cher, Kim Carnes and Emmy Lou Harris all recorded the 1961 Roy Orbison song "Love Hurts," lamenting the pain of a broken heart. But that was years ago, and by now they, and 50 million other postmenopausal women in the U.S., may be dealing with the physical realities that accompany the great hormone shift — including love that hurts.

More than 70 percent of women 60-69 years old who have a steady partner report having sex a few times a month or more. But 25 percent to 40 percent report painful intercourse. That's because a lack of estrogen causes vaginal atrophy, or thinning of the tissue. Estrogen is needed to keep membranes and skin supple and strong. So here are some tips to ease that discomfort.

- Stay physically active. Regular exercise can relieve menopausal symptoms (hot flashes), improve overall health (a big plus for feeling sexy) and keep pelvic muscles toned (that keeps orgasms strong).
- Eat foods that promote strong, healthy skin. Pomegranate and sunflower seeds, guava, red peppers, Brussels sprouts, olive oil and walnuts boost collagen. Adding 900 IU of algal-oil DHA omega-3 daily is a great move.
- Try safe estrogen-based therapies: Topical creams, vaginal tablets and the estrogen ring deliver relief, and the hormone isn't (much) absorbed into the bloodstream. Make sure to ask your doc about taking two baby aspirins daily if you're trying ANY estrogen therapy.

- Also, ask your doc about risks and benefits of a new Food and Drug Administration-approved medication: ospemifene, a SERM (selective estrogen receptor modulator) that relieves painful intercourse by enhancing estrogen activity in some tissues.

MAKING YOUR SURGERY SAFER — WITH WHAT YOU EAT

Scheduled for surgery? What you eat in the weeks before the procedure may have a substantial influence on the outcome. If you make smart choices, you'll slash your risk for complications from anesthesia and postoperative infection, nerve and tissue damage, and even heart attack.

Overweight and obese people — that's 60 percent of U.S. adults — have poorer outcomes from any medical procedure. Why? Cutting through fatty tissue triggers a major inflammatory response throughout your body, and the more fat you're packing, the greater the inflammation. But in the weeks before surgery, if you cut calories and reduce the amount of saturated fat you eat (from four-legged animals and poultry skin, plus palm and coconut oils), you may cool existing inflammation and make a better recovery.

The Plan: Surgery more than a month away? Give yourself a total exercise and food makeover: Step out daily — heading for 10,000 steps a day. Trouble walking? Try water exercises. Next, eliminate the five food felons from your diet: added sugar, sugar syrups, all trans fats, most saturated fats and any grain that isn't 100 percent whole. Stick with fish, skinless poultry and lots of veggies and fruits. Our guidelines provide 15 percent to 20 percent of your daily calories from healthful omega fatty acids — specifically, omega-3, -7 and -9.

If surgery is less than a month away, try to reduce your fat intake (no saturated or trans) to around 10 percent to 15 percent of your total calories until after the procedure. Then, as soon as you can get walking, start your long-term makeover.

MAKE SURE YOU DON'T GET DIABETES

"If you think education is expensive," said former Harvard president Derek Bok, "try ignorance." And, wow, is he right! While the average cost of an in-state public university runs about \$22,000 a year, just imagine what the health-care bill will be for the 71 million Americans with prediabetes who DON'T KNOW they have it. They'll make the \$245 bil-

lion now spent annually to treat 26 million folks with full-blown diabetes look like pocket change.

Out of the 79 million Americans with borderline high blood sugar levels (that's prediabetes), only 11 percent of you know you're careening toward diabetes. And that's a real shame, because you can protect yourself from the damage caused by rising blood sugar levels: heart disease, vision and kidney problems, nerve damage, sexual dysfunction, depression and dementia.

But first you have to know you're at risk! Ask your doctor for an A1C blood test — an accurate snapshot of your average glucose level in the past few months. If your results are 5.7 percent to 6.4 percent, that means you have prediabetes. If so, it's time to:

1. Reduce your body weight 5 percent to 7 percent by upgrading your diet and walking every day; the goal is 10,000 steps a day. You'll slash your diabetes risk by 58 percent.
2. Eliminate the five food felons from your diet: added sugar and sugar syrups, saturated fat, all trans fats and any grain that isn't 100 percent whole.

You have the power to protect your health and live a younger and more active life, so use it!

OLIVE YOU MOST OF OIL

When you think of superbrains, you're more likely to imagine Microsoft founder Bill Gates and physicist Stephen Hawking with their 160 IQs than Sophia Loren or Italy's ex-prime minister Silvio Berlusconi. But if you want to protect your mental powers as you get older, it makes more sense to emulate the food-loving Italians than the math geniuses!

You know about the health benefits of the Mediterranean diet (low in saturated fats, high in vegetables and healthy oils). Its heart-loving, waist-trimming effects help keep skin wrinkle-free, the liver and immune system humming and your sex life lively. Well, research has now pinpointed an additional Mamma Mia! advantage. One of the components of extra-virgin olive oil, called oleocanthal, ups the production of proteins and enzymes that KO amyloid tangles — those thought-scattering nerve blockers that characterize Alzheimer's disease. And get a load of this: Like ibuprofen, oleocanthal is a COX-1 and COX-2 inhibitor (it cools inflammation and pain), and milligram for milligram, ibuprofen and oleocanthal have about equal potency.

So when you dress your salad, flavor your Brussels sprouts (don't forget garlic and lemon, too) or marinate your fish, think extra-virgin olive oil or "EVOO," as Rachael Ray likes to say. (Stick with EVOO from California: Studies show that only 14 percent of imported extra-virgins meet international standards; but 90 percent of California's do.) Remember: When you cook with EVOO, don't overheat; keep it below 365 F or so — above that, chemical changes make it unhealthy. Buon appetito!

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic. To live your healthiest, visit sharecare.com.

Avera Sacred Heart Hospital Wins Patient Awards

Avera Sacred Heart Hospital has announced that it has achieved both the Healthgrades 2013 Patient Safety Excellence Award™ and the 2013 Outstanding Patient Experience Award™.

The patient safety distinction places Avera Sacred Heart Hospital within the top 10 percent of all hospitals for its excellent performance in safeguarding patients from serious, potentially preventable complications during their hospital stays. The patient experience distinction also places Avera Sacred Heart in the top 10 percent of hospitals nationwide, for the delivery of a positive experience for patients during their hospital stay, and this is the sixth consecutive year Avera Sacred Heart has ranked among the top 10 percent. Only 86 hospitals in the nation can claim, as Avera Sacred Heart can, to be in the top 10 percent of hospitals in the nation for patient safety and patient experience in 2013.

Healthgrades, the leading online resource that helps consumers search, evaluate, compare and connect with physicians and hospitals, evaluates patient safety by looking at risk-adjusted patient safety indicator rates across 13 of the 14 most common patient safety indicators, as defined by the Agency for Healthcare Research and Quality (AHRQ).

When compared to hospitals performing in the bottom 5 percent for patient safety, Healthgrades Patient Safety Excellence Award(tm) recipients had three patient safety indicators showing the largest difference in observed to expected ratios. On average, patients treated in Patient Safety Excellence Award hospitals were also:

- 81 percent less likely to experience hip fracture following surgery compared to hospitals ranked in the bottom 5 percent in the nation;
- 80 percent less likely to experience pressure sores or bed sores acquired in the hospital compared to hospitals ranked in the bottom 5 percent in the nation;
- 70 percent less likely to experience a catheter-related bloodstream infection acquired in the hospital compared to hospitals ranked in the bottom 5 percent in the nation.

"Our focus has always been on providing the people we serve with the highest quality, evidence-based care available while going the extra mile to live our Mission and Values of compassion, hospitality and stewardship," said Pamela J.Rezac, Ed.D., President and CEO at Avera Sacred Heart Hospital. "These awards are affirmation to our physicians, staff, community and region that when they choose

Avera Sacred Heart Hospital for their health care needs they are making the best choice they can make based on the evidence."

"Healthgrades report highlights the variation in hospital quality, both locally and across the nation, in order to show consumers that spending time on understanding hospital performance can be a matter of life and death," said Evan Marks, EVP Informatics and Strategy, Healthgrades. "Consumers can be assured that a hospital that has been recognized with a Healthgrades 2013 Patient Safety Excellence Award has demonstrated an established commitment to patient safety."

During the 2013 study period (2009-2011), Patient Safety Excellence Award hospitals showed better than expected performance in providing safety for patients in the Medicare population, as measured by objective outcomes (risk-adjusted patient safety indicator rates) across 13 of the 14 most common patient safety indicators, as defined by the Agency for

Healthcare Research and Quality (AHRQ).

To be eligible for the Healthgrades 2013 Outstanding Patient Experience Award, hospitals must have met the clinical quality threshold for this award and have data for a minimum number of HCAHPS surveys:

- Clinical Quality Threshold — Avera Sacred Heart Hospital ranked among the top 80 percent of hospitals for clinical quality as ranked by average z-score across the conditions and procedures that Healthgrades evaluates using Medicare data.
- Minimum Number of HC-AHPS Surveys — Avera Sacred Heart Hospital had data for at least 100 Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) surveys to reliably assess performance.

For more information about Healthgrades, to download a full copy of the report or to get information about hospital and physician quality, visit: www.Healthgrades.com today.

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Michael & Dan

It's Spring Time Again!
The sounds of spring are all around.

For many, the world just seems more muted than in the past. Have you or a loved one noticed any of the Classic symptoms of a hearing problem?

- Have difficulty hearing in crowds
- Often ask people to repeat themselves
- People sound like they are mumbling
- Others complain that you listen to the TV loudly
- Hear but don't understand clearly

Then it's time for a hearing evaluation at ProCenter Hearing downtown Yankton. During the month of April ProCenter is offering FREE - No Obligation hearing evaluations with FREE demonstration of the newest technology available with wireless capabilities.

Bring this ad with you and receive a significant savings on any make or model Unitron Hearing Instrument during April.

Please call or walk-in today. Daniel Smith, BC-HS, cordially invites you to have your hearing evaluated.

PROCENTER HEARING
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