

Visiting Hours

April Is Parkinson's Awareness Month

BY CAROL HAMVASA

Facilitator for the Yankton Area Parkinson's Support Group

Most people are aware of Parkinson's Disease (PD). You have a vague idea, don't you? Someone whose hands shake, voice trembles, who has trouble walking — they have Parkinson's, right? But, when it is your family member, your friend, or you, with the disease — you become really aware. And, if you have reached that level of awareness, I have one more question for you:

Are you aware that the Yankton area has a Parkinson's Support Group that meets the second Friday of each month (except December) at 1:30 p.m. at the Avera Professional Pavilion?

The support group is open to everyone who wants to learn more about PD. It is a good place to get information and hear how others have coped in similar situations, and to be reminded that others understand what is happening to you.

And it's free — thanks to the generous sponsorship of the Avera Sacred Heart Foundation.

At our meetings, we have up-to-date information about PD, special speakers, a time of sharing — and even refreshments!

There is no known cause for PD. It may run in families or be caused by environmental or workplace conditions. Ruling out other diseases and disorders is the only way to diagnose it, and it's not uncommon to have PD for years before it is identified and treated.

Since we don't know the cause, there is no cure. All that can be done is treat the symptoms. The most common symptoms of PD are tremors, a shuffling gait, stooped posture, slow movements, and difficulties with balance. More subtle symptoms include loss of smell, difficulty swallowing, and a

softer voice.

Some PD patients develop cognitive changes. Researchers are looking for biomarkers in PET scans of Parkinson's patients to learn of early cognitive changes so they may be treated promptly.

There is a dementia that affects some PD patients, called Lewy-Body Dementia (LBD). A question has surfaced recently with new research: Is LBD a part of PD, or is LBD the primary disease with PD symptoms?

LBD has symptoms in common with Alzheimer's, such as behavioral changes, decreased judgment, difficulty following directions, and confusion. However, LBD usually also includes hallucinations of animals and children. Depression is common in both PD and LBD.

It is important for Parkinson's patients to have a care-partner. If you live alone, that may be a problem. But those with PD need to have someone to notice subtle changes in movements, attitude, and behavior. These care-partners should also be aware of medications and any changes that have taken place, and accompany patients to doctor appointments.

We all know that we often don't hear every direction a doctor gives, so it is helpful to have another person hear those directions as well. That's especially true for those with Parkinson's. As the PD progresses, it becomes ever more important for the care-partner to be informed and to be an advocate for the patient.

Yes, there is much to be aware of when you, or someone you know, has Parkinson's Disease. Let the Yankton Area Parkinson's Support Group help you be aware of all the ways we can work together to help each other deal with this disease.

For more information, call Carol Hamvas (605-665-7158).

Fears, Panic Difficult For Farmers

BY DR. MIKE ROSMANN

"The only thing we have to fear is fear itself," President Franklin Delano Roosevelt reassured Americans in his first inaugural address following onset of the Great Depression. This maxim is one of the best for us to remember when we cope with unreasonable fears or anxiety.

Scientific evidence is accumulating about the causes and management of panic disorder, and other unnecessary but handicapping fears and anxieties that can overwhelm us at times. This and next week's Farm and Ranch Life columns explain how anxiety disorders develop and how we can manage anxiety episodes.

For behavioral health purposes, anxiety can be defined as worry, fear, nervousness or unease about something with an uncertain outcome. Phobias and panic can become so pervasive that they merge into generalized anxiety disorder. Posttraumatic stress disorder, which affects many active and former military personnel—and sometimes distressed farmers, is also a common anxiety disorder.

Farm people are more likely to experience anxiety than people in many other walks of life, but severe anxiety can affect any of us. Why are people engaged in agriculture more prone to anxiety?

Two main factors contribute to farmers' anxiety: the high stress of farming with little control over many of the conditions that affect success or failure, and genetically programmed inclinations.

Farming is stressful and uncertain. Annual surveys of occupation-related injuries, illnesses and fatalities of workers in agriculture regularly indicate agricultural occupations are among the most stressful and hazardous.

The National Institute of Occupational Safety and Health (NIOSH), which oversees most of these data collection efforts, groups farming, ranching, fishing and forestry together as agricultural occupations.

Crop farmers often work without adequate



Dr. Mike
ROSMANN

and are subject to a variety of diseases and uncontrolled living conditions, as well as the production of feed for their animals. Elise Bostad recently surveyed 396 beef producers in Sweden, the results of which were summarized in the January 2013 issue of the Journal of Agricultural Safety and Health; 42% of the respondents reported significant stress and high levels of potential hazards.

When unexpected events occur that influence the outcome of farming, producers become stressed. Currently, uncertainty about continuation of the drought in much of the Midwest and High Plains and the possibility that crop and livestock prices could unexpectedly tumble are major stressors, especially to farmers who are heavily leveraged with debt.

Our genes play a role in the way we react to stress. A study published in the August 2008 issue of Behavioral Neuroscience by Dr. Christian Montag and his colleagues in the Giessen Gene Brain Behavior Project at the University of Bonn, Germany confirmed the long-held suspicion that a specific gene (COMT variation Met158) is linked with the development of alarm in response to being startled.

People with this gene are more prone than those without the gene to react to stress with

sleep and hurry to undertake field work, especially during planting and harvest seasons because the outcome of their efforts—crop yields—depends much on timely completion of these key activities. Producers have little control over weather, consumer demand and competitors in a global market.

Livestock and dairy farmers experience dual sources of stress: working closely with animals that may behave unpredictably

a flood of neurotransmitter chemicals, released by our bodies, which gear us up to deal with a perceived threat.

Perhaps this is the same gene that has been referred as the Teutonic gene that inclines farmers of Germanic origin (any persons who can trace their heritage to the Teutons who inhabited Germany and later spread to Scandinavia, the British Isles, other parts of Europe and eventually to North America through migration) to overwork when threatened and eventually to become depressed.

Probably, this gene has become concentrated in successful farmers around the world, because less successful farmers have been selected out. The predominant ancestry of people who farm in North America traces to people carrying the Teutonic gene, or a similar genetic inclination.

People with this gene, whether Teutonic or not, tend to work harder when threats to their livelihood occur, such as the possibility of frost harming a crop, disease affecting livestock, or falling short on a full payment of a loan. Initially they are likely to become anxious, but depression sets in when the beneficial bodily chemicals, serotonin, norepinephrine and certain catecholamines, become depleted.

Much more research is still needed, however, to fully understand the role genes play in the development of anxiety disorders and their treatment.

The more we know about what causes us to behave as we do, the better. I hope this explanation has not been too complex, but I also know readers of this column are particularly bright and seek out useful information.

Knowing what inclines farm people to become anxious also suggests ways we can manage anxiety. Next week I will elaborate on how we can manage anxiety. Stay cool!

Dr. Rosmann lives on a farm in western Iowa. He can be contacted at: www.agbehavioralhealth.com.

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Boaters, Anglers And Hunters: Beware Cold Water

OMAHA, Neb. — With the ice now off most local area rivers and lakes boaters, anglers, and hunters need to take extra precautions when around water during this time of year. The U.S. Army Corps of Engineers, which is the largest federal provider of outdoor recreation opportunities, cautions outdoor recreationists to protect themselves against cold water immersion and hypothermia.

The water does not have to be extremely cold to create problems or possibly death if you are immersed in it. It just has to be cooler than your body temperature so the most effective precaution against drowning is to wear your life jacket. Everyone should make an effort to become familiar with techniques of surviving in cold water. The best way to reduce cold water immersion while boating is to prevent falling overboard or capsizing. Do not overload your boat and avoid heavy wave conditions. Accidents can happen quickly, so always ensure that everyone, including you, is wearing a Coast Guard approved life jacket. Also remember that it is very difficult and sometimes impossible to put a life jacket on after falling in the water.

People mistakenly think if they can swim they don't need to wear a life jacket. When the water is cold sudden immersion can cause shock, involuntary gasping, and deep hyperventilation. This is followed by cold incapacitation. In a short amount of time, as the muscles and

nerves in the limbs get cold, a person will lose the ability to self rescue or even swim. People have died because of the initial effects of cold water immersion and they were within swimming distance of safety.

It is important for you to know that your body will lose heat 25 times faster in water than in air of the same temperature and that factor can be increased substantially with movement like swimming if you are not wearing thermal protection. The best choice in flotation equipment while around cold water is a float coat and pants or a one-piece survival suit. If you find yourself in cold water, in addition to having proper flotation equipment, there are some things you can do to delay the onset of hypothermia. Using the Heat Escape Lessening Position will help conserve body heat.

If you are alone drawing your legs up close to your chest and wrapping your arms around them in a tuck position will help conserve body heat. If you are in a group huddling together as close as possible will also help conserve body heat.

Here are three things you should be aware of if you find yourself in cold water.

1. You must keep your airway clear or run the risk of drowning. The gasp reflex caused by cold shock will pass in about one minute. During that time don't panic and focus on getting your breathing under control. Wearing a life jacket during this phase is

critical to keep you afloat so you can concentrate on getting your breathing under control.

2.Focus on self rescue. If that is not possible then be aware that you will become incapacitated and unable to swim. Wearing a life jacket will allow you to keep your head above water and your airway clear while waiting for rescue.

3.Delay hypothermia. Even in icy water without proper thermal protection, it could take approximately one hour before you become unconscious due to hypothermia. If you understand the signs of hypothermia, the

techniques to delay it including self rescue, and how to effectively call for help increase your chances of survival.

The U.S. Army Corps of Engineers is Building Strong awareness to help save lives. For more information and to see what really happens during cold water immersion visit www.coldwaterbootcamp.com and for more details on the Heat Escape Lessening and Huddle Positions visit website. <http://www.tc.gc.ca/eng/marine-safety/tp-tp10038-88-emerg-hypothermia-585.htm>.

Reception For Library Artists Set For USD

VERMILLION — A reception for poets and artists currently displaying their work at the University Libraries on the University of South Dakota campus is scheduled at 4:30 p.m. on Thursday, April 18, on the second floor of the I.D. Weeks library building:

- "Corroborations 2013" poets will read their poetry and discuss with artists the process of creating work for the exhibition, which paired USD visual arts and poetry majors to create new collaborative work.
- "Images from Abroad" showcases photography taken by students from USD and Cosumnes River College, who participated in a faculty-led study tour last summer of Ireland, Wales, London and Paris.
- "Making Art Work" exhibits the work of a community visual art-making event, where student and community artists were given seven hours to make an artwork, from start to finish.

All exhibits are currently on display until May 3. The reception and exhibits are free and open to the public. For more information please contact Alison Erazmus, director of the University Art Galleries, at Alison.Erazmus@usd.edu or call (605) 677-3177; or contact Danielle Loftus, University Libraries Fine Arts Librarian, at Danielle.Loftus@usd.edu or call (605) 677-5123.

Benefit Slated For Tyndall 4-Year-Old

TYNDALL — A benefit event and account has been set up for 4-year-old Trase George Malatare, who has been diagnosed with Aggressive Childhood NF1. (Neurofibromatosis). This is a rare disease that is defined by the complete deletion of my 17th chromosome. This means that tumors grow on all major nerve endings. There is no known cure, but there are treatments that help make life better.

A free will donation dinner and silent auction will be held Saturday, April 20, at the Father Cronin Center at St. Leo's Catholic Church, Tyndall. Events run from 4-8 p.m., with a live auction at 5:30 p.m. Many local businesses have donated for the auction.

Donations can also be made at any Wells Fargo Bank, in the Trase Malatare dedicated account.

Open Class Horse Show Planned For Bloomfield

BLOOMFIELD, Neb. — An Open Class Horse Show will be held at the Harm and Tulleys Event Center on the Knox County Fairgrounds in Bloomfield, Neb. It's set for Saturday, April 20, beginning at 10 a.m.

The show has classes for all ages, and everyone is welcome. The judge is Kelsey Horner from Omaha, Neb. She comes highly recommended from respected horse persons. Her comments and suggestions will improve all levels of riding skills.

Valuable prizes will be given away during the show, prizes include a Deluxe Show Halter with Lead, a Snuggit Turn Out Blanket, and a Contour Pedic Saddle Pad. Every time you enter a class, your chance increases to take one of these valuable prizes home with you. Central Valley Ag of Bloomfield is the sponsor for all of these prizes.

For more information, contact Jolene Greckel at 402 640-0445 or email greckel@gpcom.net.

Girl Scouts Event Slated For Sioux Falls

SIOUX FALLS — The Girl Scouts-Dakota Horizons BIG Event will be held at the Sioux Falls Convention Center, 1101 North West Ave., on Saturday, April 27. It runs from 1-4 p.m.

Girl Scouts-Dakota Horizons is committed to engaging girls in Science, Technology, Engineering and Math (STEM). At this unique event, girls will participate in hands-on activities hosted by the area's leading companies.

For more information, contact Melissa Toft at 800-666-2141 or mtoft@gsdakotahorizons.org.

30th Anniversary Celebration

Mr. & Mrs. Paul Gustad



Mr. and Mrs. Paul and Shari Gustad of Volin, SD, celebrated their 30th wedding anniversary April 16th, 2013.

Their family requests a card shower. Greetings may be sent to 30491 447th Ave, Volin, SD, 57072.

Shari Oien and Paul Gustad were married April 16th, 1983, at Trondhjem Lutheran Church in Volin, SD.

They have two children: Laura (Matt) Lyngstad of Irene, SD and Mark Gustad of Volin, SD.

The couple has three grandchildren: Brenna, Maryn, and Lane.

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