

## Visiting Hours

# The Importance Of Seeing A Podiatrist

BY TERENCE PEDERSEN, DPM  
Avera Medical Group Podiatry Yankton

For many of us, our feet are the furthest things from our minds, both physically and mentally. We expect they'll be uncomfortable at times, and we put up with it when they hurt. But healthy feet are fundamental to the quality of our lives.

Feet are wondrously engineered and often the indicators of our overall health, so we need to look after them. Signs of arthritis, diabetes, nerve and circulatory disorders can all be detected in our feet. For these reasons and many more, we must ensure that our feet get the expert care they need and deserve at all stages in our lives.

Podiatrists are physicians, surgeons and specialists who are highly trained to diagnose and treat conditions affecting the foot, ankle and related structures of the leg. Podiatrists complete years of rigorous foot and ankle training in podiatric medical school and hospital-based residency training, making them uniquely qualified to care for this part of the body.

Podiatrists should be an important part of your health care team.

## PODIATRISTS CAN SPECIALIZE IN:

- Surgery
- Wound care
- Biomechanics
- Sports medicine
- Geriatrics
- Pediatrics
- Diabetic care
- Dermatology

Because feet are complex anatomical structures, all-in-one stabilizers, shock absorbers and propulsion engines that are instrumental to overall health and wellbeing, seventy-five percent of Americans will experience foot health problems at some point in their lives.

## YOU SHOULD VISIT A PODIATRIST IF YOU HAVE:

- Foot pain of any kind
- Diabetes
- Foot and lower-leg irregularities (including flat feet, bow legs)
- Recent or recurring foot, ankle, or lower-leg injuries
- Sores or infections
- Circulation problems

## SCHOLASTICS

### THERESA BARNES

The Department of Mathematical Sciences selected Theresa Barnes, Yankton, to receive a \$600 tuition scholarship to The University of South Dakota for her outstanding performance at the 58th annual Merten Hasse High School Mathematics Contest.



Barnes

Theresa, a senior member of Yankton High School math team, won the Merten Hasse Math scholarship by competing in the Calculus division and having the highest score for students who are committed to attending the University of South Dakota in Vermillion next fall.

### S.D. SCHOOL OF MINES & TECHNOLOGY

RAPID CITY — A team of South Dakota School of Mines & Technology students will compete nationally in San Francisco later this year after a car powered by chemical reactions they engineered recently took second place at a regional competition.

The "Punky Cruiser" is one of 31 teams eligible to compete in the national competition after finishing second at the Rocky Mountain Regional Conference of the American Institute of Chemical Engineers (AIChE) Student Chapter meeting held at New Mexico State University in Las Cruces, N.M.

The Chemé car competition involves shoe box sized cars powered by chemical reactions engineered by students. Cars are required to start within a given time frame and then travel a set distance carrying weight, both of which are set on the day of competition. Teams must configure their chemical reactions to accommodate the variables on short notice. The three top teams whose cars stopped closest to the set distance will advance to the national competition.

Trent Nelson, a chemical and biological engineering student from Sisseton, took second in the research paper competition for his research presentation entitled "A Wavelength Shifting Polymer to Enhance Growth and Production of Cyanobacteria."

In all, 19 School of Mines students traveled to the conference and comprised the largest university group, excluding the host university.

Area students on the "Punky Cruiser" team were Wyatt Hunter-Johnson of Vermillion, chemical engineering; and Mark Braunesreither of Mission Hill, chemical engineering.

[www.yankton.net](http://www.yankton.net)

### UNIVERSITY OF NEBRASKA-LINCOLN

LINCOLN, Neb. — University of Nebraska-Lincoln undergraduate students will be honored in conjunction with UNL's All-University Honors Convocation April 14 at the Lied Center for Performing Arts, including 42 seniors who will be recognized as Chancellor's Scholars, the university's highest undergraduate academic honor.

Students are recognized at Honors Convocation for their cumulative academic achievements (compared with Dean's List, which is for one semester). Honorees include:

- Chancellor's Scholars, students who graduated in December or who will receive their degrees in May or August and have maintained 4.0 grade-point averages on all collegiate work at UNL and elsewhere;

- Superior Scholars, seniors graduating in the 2012-13 academic year who have been recognized at Honors Convocation each year of their enrollment;
- High Scholars, students other than Chancellor's Scholars and Superior Scholars who are in the top 10 percent of their class.

Area students from this area who will be honored include:

- Randolph — Jaleen Marie Albers, sophomore, High Scholar, College of Arts and Sciences;
- Randolph — Adam Robert Tunink, junior, High Scholar, College of Public Affairs and Community Service (UNO);
- Verdigré — Jenna Lee Rifer, freshman, High Scholar, College of Agricultural Sciences and Natural Resources with a 4.0 grade-point average;

- Armour — Kaci Jo Biederstedt, junior, High Scholar, College of Business Administration;
- Gayville — April Joy Sun, senior, Superior Scholar, College of Fine and Performing Arts;
- Yankton — Allison Marie Fejfar, junior, High Scholar, College of Architecture with a 4.0 grade-point average;

- Yankton — Katherine Lee Fiedler, junior, High Scholar, College of Agricultural Sciences and Natural Resources;
- Yankton — Robert Curtis Schmidt, freshman, High Scholar, College of Arts and Sciences;
- Yankton — Powers Arden Schurrer, sophomore, High Scholar, College of Business Administration;

- Yankton — Logan James Smith, sophomore, High Scholar, College of Agricultural Sciences and Natural Resources with a 4.0 grade-point average;
- Yankton — Chance Landa Sorenson, sophomore, High Scholar, College of Agricultural Sciences and Natural Resources.

### Valadez-Hajek

Justin Hajek and Angela Valadez of Omaha, NE along with their parents, Kris and Wayne Hajek of Tyndall and Jackie Knott of Omaha, NE announce their engagement and upcoming marriage. The couple is planning a May 4, 2013 wedding in Tyndall.

BY DR. MIKE ROSMANN

Becoming overly alarmed is a common problem for people involved in farming. Last week's Farm and Ranch Life column was about how stress and genetics incline farm people to develop anxiety disorders.

This column is about managing severe anxiety and its accompanying feelings: dreadful thoughts such as death and losing control of our minds, loss of confidence in ourselves, gripping tension, diminished energy, inability to relax, problems sleeping, and depression.

Usually we know when fears and panic are reasonable, such as when a threat is real. Anxiety subsides when the threat diminishes. But it is difficult to manage excessive anxiety.

Panic episodes account for almost 30 percent of hospital emergency room visits, according to a University of Pennsylvania study. While chest or abdominal pain are the most common reasons given for ER visits, fear of dying, hyperventilation, and other symptoms that are usually manifestations of excessive anxiety are often the underlying real reasons for seeking emergency care.

In the popular 2012 book, "Zoobiquity: What Animals Can Teach Us about Health and the Science of Healing," the primary author, Dr. Barbara Natterson-Horowitz, describes how sudden overwhelming fear can lead to the death of wild—and occasionally domesticated—animals when they are captured as prey or trapped.

As a psychiatrist and cardiologist, the UCLA professor has observed this in humans as well. The flood of excitatory chemicals released in the body by severe alarm can trigger cardiomyopathy (damage to heart tissue) in both humans and animals. Few humans reach this point, however.

She goes on to say if human death results from anxiety, it is usually gradual, through exhaustion to the point the body begins to break down muscle tissue that has become overly tense. Protein is released into the bloodstream and eventually into urine.

This process, called rhabdomyolysis, sometimes occurs in persons who overly exert themselves, such as long distance run-



Dr. Mike  
ROSMANN

ners who push themselves too hard. A tell-tale sign of "rhabdo" is brownish tinged urine. It helps anxious people to know they are not likely to die during a panic attack. The bottom line to this discussion about visits to the ER because of panic is that sometimes fears can't be controlled no matter how hard we try to tell ourselves it's unnecessary to be anxious.

It explains why excessive anxiety sometimes leads people to feel like they might die and to fear restraints or have other phobias. People seldom die from anxiety disorders because other symptoms such as pain, "rhabdo," or other stress-related physical illnesses lead them to seek evaluation and treatment.

We do some of our worst thinking at night. It is important to know that our production of beneficial chemicals is lowest between midnight and around 4:30 in the morning, assuming we are awake during the day.

Awakening during these hours and dwelling on negative thoughts can trigger an alarm reaction. Perhaps this is what the biblical writer, David, was referring to in Psalms, verse 91.5: "Do not be afraid of the terrors of the night." Good advice!

What works to treat excessive anxiety? Behavioral therapy approaches are often sufficient to help anxious persons learn how to manage anxiety.

Psychologists and others skilled in behavioral treatments help people to correctly identify feelings of anxiety versus other symptoms and learn how to manage them through thought control, relaxation exercises, and sometimes through relearning how to not respond with fear that has been acquired in the presence of a threat. The latter technique is called desensitization.

Active—but not excessive-exercise, engage-

ment in creative projects, massage and other comforting touches, talking with a trusted partner or friend, prayer and meditation also usually help reduce anxiety. Sometimes what is needed is to learn how to behave more assertively—but not aggressively in the face of feared individuals or circumstances.

Medications are usually necessary when behavioral approaches to managing anxiety are insufficient. Two families of medications are most often used to treat anxiety disorders: anti-anxiety medications and antidepressants.

The most common anti-anxiety medications are in the benzodiazepine family, such as alprazolam and lorazepam. They inhibit the production of excitatory body chemicals. They are quite addictive.

Bupropion is an alternative that is not known to be addictive. There are several other families of anti-anxiety medications, such as beta-blockers, that have appropriate uses.

Antidepressant medications can help people with anxiety that has become chronic to the point they are not producing sufficient serotonin and other beneficial body chemicals. Several families of antidepressants are available, such as the selective serotonin reuptake inhibitors and norepinephrine reuptake inhibitors.

Usually it takes several days to weeks for antidepressant medications to have their desired effect.

Most prescribing physicians are familiar with the common medications for anxiety. They may refer patients to a psychiatrist or psychopharmacology specialist for assistance as necessary.

Anxiety can be terribly uncomfortable, but usually it is not life threatening. It is treatable through knowledge of how to manage ourselves. Help is available, if needed, from professionals in the behavioral health and medical fields.

Contact Dr. Rosmann at: [www.agbehavioralhealth.com](http://www.agbehavioralhealth.com).

Sponsored By Lewis And Clark Behavioral Health

# Daugaard Hands Out Economic Development Awards

SIOUX FALLS — For their achievements and contributions to economic development in South Dakota, Gov. Dennis Daugaard has recognized Bill Hansen of Centerville, Eric McDonald of Sioux Falls and the communities of De Smet and Sturgis. Hansen was honored with the Excellence in Economic Development Award, which is given out annually at the Governor's Economic Development Conference.

"Bill Hansen helped lead the charge to save Centerville's nursing home and the jobs it provides," Gov. Daugaard said. "Citizens who have worked with Bill say he has energized the local business community, service clubs and city leaders, as well as the Development Corporation and its board members with his 'spark' for economic development in Centerville and the surrounding area."

McDonald, CEO of DocuTAP, was named the South Dakota Entrepreneur of the Year. The award is a new one.

"It is fitting that Eric McDonald is the first recipient of this award as he also competed in the initial Governor's Giant Vision Plan competition," said Gov. Daugaard.

"Throughout the past few years, Eric's business has experienced explosive growth, and it is clear that he exemplifies the entrepreneurial traits and skills that we want to encourage and nurture here in South Dakota."

The Governor recognized the communities of De Smet and Sturgis as the small and large

Community of the Year.

"De Smet is looking to the future and working to recruit and encourage the next generation of economic development and city leaders," Gov. Daugaard said. "In 2012, De Smet brought in three new companies, helped six other companies expand, launched its own marketing campaign and

started the Young Guns organization, which brings together 20- to 40-year-olds living in the community to help with economic development."

"Sturgis did a thorough evaluation to determine what it needed to become a year-round destination. They plan to create a downtown plaza and offer build-

ing setbacks to encourage year-round retail," the Governor said.

"In addition, Sturgis successfully applied to have its industrial park become one of South Dakota's first Certified Ready Sites, and the community implemented a Career Tour Day to expose students to local industry employment."

# LOOK WHO'S WINNING!

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BIG FOOT BINGO

**RANDALL DEUHR**  
Sioux Falls

**\$50,000**  
HOT HAND HOLD 'EM

**DEVIN CORNELIUS**  
Canton

**\$10,000**  
HOT LOTTO SIZZLER

**SHANNON BUUM**  
Vermillion

## MORE WINNERS ADDED EVERY DAY!

<b>Morgan Hauger</b> Yankton <b>\$14,000 Spades</b>	<b>Terri Peterson</b> Canton <b>\$10,000 50x the Money</b>	<b>James Herr</b> Sioux Falls <b>\$7,000 Slippery 7's</b>
<b>Regan Anderson</b> Brandon <b>\$5,000 Match 3</b>	<b>Derek Ronning</b> Vermillion <b>\$1,000 50X the Money</b>	<b>Blaine Olseth</b> Lennox <b>\$501 Wild Card 2</b>
<b>Don Etheridge</b> Sioux Falls <b>\$5,000 Cash Deluxe</b>	<b>Lori Jurgens</b> Sioux Falls <b>\$900 Good Luck Cashword</b>	<b>Donald Woldt</b> Wentworth <b>\$500 Wild Card 2</b>
<b>Anthony Bell</b> Garnett, KS <b>\$2,500 Candy Cane Cash</b>	<b>Adam Olson</b> Sioux Falls <b>\$900 Good Luck Cashword</b>	<b>Janice Eppler</b> Brandon <b>\$500 Wild Card 2</b>
<b>Veronica Reyna</b> Sioux Falls <b>\$2,500 Betty Boop</b>	<b>Heather Lee</b> Madison <b>\$900 Good Luck Cashword</b>	<b>John Sittig</b> Brandon <b>\$500 Wild Card 2</b>
<b>Andrew Davies</b> Sioux Falls <b>\$2,500 A Christmas Story</b>	<b>Mark Heirigs</b> Menno <b>\$700 Slippery 7's</b>	<b>Stacey Schultz</b> Baltic <b>\$500 Wild Card 2</b>
<b>Larry Decker Jr.</b> Sioux Falls <b>\$1,000 Betty Boop</b>	<b>James Garness</b> Madison <b>\$502 Wild Card 2</b>	<b>Chad Herr</b> Humboldt <b>\$500 Take Me Out to the Ballgame</b>

**\$6,000**  
WILD CARD 2

**GLORIA BARTELS**  
Canton

**\$7,000**  
STAR SPANGLED 7'S

**JUSTIN FREDERIKSEN**  
Harrisburg

**\$2,550**  
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**STEPHANIE WEHRKAMP**  
Sioux Falls

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