

## April Is National Donate Life Month

National Donate Life Month in April is designated to raise awareness that each person has the power to save lives through organ, tissue, cornea, blood and bone marrow donation.

One donor can save or benefit up to 60 lives through organ, tissue and cornea donation. Yet every day, 21 people die due to organ shortage and a new name is added to the transplant waiting list every 10 minutes.

Many people, if given the news they needed an organ or bone marrow transplant to save their life, would expect to travel to a major metropolitan center. Yet since 1993, Avera has been offering this vital care, as home to the longest-standing kidney transplant program in the Dakotas. Pancreas transplantation was added in 2003. Today, Avera is setting the stage to offer liver transplantation, and has the only team dedicated to liver disease in the state and region.

Also part of Avera's transplantation program is bone marrow transplant, in which stem cells are transplanted to provide life-saving treatment for diseases like leukemia, lymphoma, multiple myeloma and myelodysplastic syndrome. Since 1996, Avera has been home to the region's only bone marrow transplant program.

In total, Avera has performed more than 1,100 transplantations, with outcomes comparable to national benchmarks.

"With more than 123,000 people in the United States on the waiting list for an organ transplant, the need for organ donation is great. National Donate Life Month is an important time to create awareness of this issue, as well as the need for tissue, cornea, blood and bone marrow donation," said Doug Ekeren, Regional President and CEO of Avera Sacred Heart Hospital. "Avera is proud to provide transplant services in this region, and we are fortunate that so many individuals are willing to make the generous commitment to donate. In doing so, they truly give the gift of life. However, we need more people to consider this gift and would ask that, during this month of awareness, you consider being a donor."

Avera partners with LifeSource in the organ donation process. Registering as an organ donor lets your willingness to save lives be known. Licensed drivers and state ID card holders can register to be a donor by indicating their decision on their application.

Residents of Minnesota, North Dakota and South Dakota can register to be a donor online at [www.life-source.org/](http://www.life-source.org/).

It's also important to share your decision to be an organ donor with your family. In the event of your death, LifeSource will work with your family to honor your decision to save lives through donation.

Avera also participates with the National Marrow Donor Program (NMDP). At Avera McKennan, donors selected as a match can donate stem cells for a patient anywhere in the world, through a process known as apheresis, which is similar to donating blood.

Only about half of people needing a donor from NMDP will find a match. Therefore, it is important that individuals volunteer to join the registry at [www.bethematch.org/](http://www.bethematch.org/). It is as simple as doing a cheek swab to get on the registry.

Another way to give the gift of life is through donating blood. The LifeServe Blood Center supplies blood to Avera Sacred Heart Hospital, and is always in need of donations. Bloodmobile schedules, donation locations and more information are available at [www.lifeservebloodcenter.org/](http://www.lifeservebloodcenter.org/).

To learn more about transplant services at Avera, go to [www.AveraTransplant.org/](http://www.AveraTransplant.org/).

## Servant Hearts Clinic Open Today

Servant Hearts Clinic, a free, Christ-centered medical clinic, will be open today (Monday) from 5:30-8 p.m. at the Technical Education Center (RTEC), 1200 W. 21st St. Yankton.

This is a free medical clinic for urgent care conditions. Servant Hearts Clinic provides care for physical, mental health emotional, and spiritual issues, and may serve as an entry point to other services in the community.

Services not provided by SHC at this time include dental, diagnosis or treatment for sexually transmitted diseases, HIV testing, prenatal care, treat-

ment for Emergency Medical Conditions, radiology, immunizations and chiropractic care. They do not prescribe any narcotics, nor do they stock any medication on site.

The next scheduled clinic will be on May 4.

When coming to clinic, do not come into RTEC building until 5:20 p.m. This will give the clinic staff time to prepare for clinic night and serve patients more efficiently.

For further information about this clinic, call 605-760-2986 or e-mail [servantheartsclinic@gmail.com/](mailto:servantheartsclinic@gmail.com/).

# You Can Be A Cancer Warrior

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

The Greek myth about powerful Amazonian women evolved over many years, and by the fifth century B.C., the historian Herodotus reported that the alluring, but frightening, females lived in a fortified city on the Black Sea and raised their girl children to be warriors equal to any challenge. More than 2,400 years later, an archeological dig in the steppes of the southern Urals found evidence of unusually tall women (for the era) buried with swords and sporting battle wounds. Guess they weren't so mythical after all!

Well, it's time for another band of female warriors to take up the battle — this time against cancer. A new study out of the U.K. indicates that the more than 41 million women in North America who are obese (a BMI of 30 or higher) have a 40 percent greater risk of developing bowel, post-menopausal breast, gallbladder, womb, kidney, pancreatic and esophageal cancer than healthy-weight women. If that's you, you CAN cut your cancer risk by fighting to establish a healthy weight. Your battle plan: not smoking, drinking no more than one glass of wine a day, eating five to nine servings of produce daily and dodging added sugars and syrups, red meat and processed foods. Also, for your pleasure and your health, sleep seven to eight hours a night, meditate, make love as often as possible and get active. All exercise makes your immune system a better cancer fighter. We believe every one of YOU has an inner Amazonian who will fight for better health. Unleash your Amazon warrior!

### STAY AWAY FROM SPRAY TANS

Lindsay Lohan and Paris Hilton have more in common than yesterday's news. They're spray-tan fans, and like other pale-skinned North Americans, they're opting for dodging the sun's rays while still getting a glow from head to toe. But whether you pay \$300 for an airbrushed blush at a Beverly Hills salon or less than \$10 for a bottle of do-it-yourself spray tan from the corner drugstore, many experts think accidentally inhaling the mist (easy to do) is very bad for you. There are animal studies that indicate the turn-you-brown ingredient in the sprays — dihydroxyacetone (abbreviated as DHA) — triggers genetic mutations that could lead to cancer and damage the lungs.

And what about the spray-tan salons that claim this DHA is Food and Drug Administration-approved for ingestion (in one video, a salon worker drinks it) and is just plain harmless? Sorry, Charlie. They're confusing DHA in spray tans with DHA-omega-3 found in tuna, salmon, algae and algal oil. That good-for-you omega-3 fatty acid is docosahexaenoic acid. Two years after an ABC News expose revealed this common confusion, many tanning salons continue to claim, "The solution we use is a non-toxic, food grade product." On top of that, those same salons often don't offer protective eye cover or prevent dihydroxyacetone inhalation, as the FDA recommends.



### OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

Even though the FDA does OK dihydroxyacetone for topical sunless tanners, we say respect the skin color Mother Nature gave you, and protect it. So get a little sun, make some vitamin D and apply sunscreen (SPF 30) made from micronized zinc oxide.

### LOW-T SUPPLEMENTS? SHOULD IT BE A CHOICE OR A NO-NO?

When Hans and Franz (Dana Carvey and Kevin Nealon) appear on TV ("Saturday Night Live" reruns and, more recently, in a cheeky commercial), they're all about fitness training to "Pump ... you up!" They know that's a great way to maximize testosterone levels. But what would they say about taking testosterone supplements?

The shady ones sold on the Internet (no prescription needed!) can have risky side effects, such as shrunken and soft testicles — or what Hans and Franz called "girlyman syndrome." But even Food and Drug Administration-approved testosterone supplements now come with a warning: Taking testosterone ups the risk of heart attack and stroke in aging men.

That's launched a debate: to supplement or not to supplement. A lot of guys say they feel much better (less lethargy, more sexual zip) when they take the hormone. In fact, men 40-plus have tripled their use of these supplements in the past three decades.

But before you head to the doc and ask for the Big T, here's our tip: If you're overweight, lose it! Extra fat, especially around your belly or abdomen, acts like a sponge, taking testosterone out of the blood, reducing libido, energy and other male-related characteristics. So, ditch the Five Food Felons. Shoot for 10,000 steps a day and build muscle with resistance training two or three times a week. Then ask your doc if supplements are for YOU. And guys, let us know how you feel about the risk from T supplements to your heart versus the benefit of feeling better; drop us a line at [youdocs@gmail.com](mailto:youdocs@gmail.com).

### FREE Pedometer Apps For Smartphones

"Step right up, ladies and gents. Step right up!" Carnival barker Gabby Gilfoil (W.C. Fields) in the silent 1927 film "Two Flaming Youths" enticed passersby to try a new experience. And we'd like to get you to step right up, too, and get your free step-counter app for your smartphone! It can help you reduce your risk of heart disease; improve blood pressure, blood sugar and lousy LDL cholesterol levels; and boost happiness!

We've always suggested that you get two pedometers: one to carry, one to stash in the car. But a new study shows that these apps are an appealing and effective alternative. They're pretty accurate (plus or minus around 6 percent; a little less accurate than stand-alone devices), have cool extras and free you from having to carry yet another device.

If you're one of the many folks who are reluctant to tote around a conventional pedometer, look up Breeze, MapMyWalk, Moves, Pacer, Pedometer for M7, Pedometer++, Runtastic, Steps and Walker M7 to see what appeals to you. You can download them from Google Play or the App Store on iTunes. They run on any smartphone (the new apps need an M7 chip). And not only can they count and record your steps by the minute, hour, day, week, month and year, they can give you your target BMI, show you where you've been walking, running or biking using GPS mapping, and let you know how much energy (calories) you spent doing it. So step, step, step (10,000 of them is your daily minimum — no excuses) right up!

### A LEGACY WITHOUT AFIB

Actor Idris Elba may be the busiest man in showbiz, with seven movies in post-production or filming. And while he's always intense, his portrayal of a soldier slowly unraveling in the 2010 movie "Legacy" was enough to make anyone's heart skip a beat.

Now the LEGACY Study from Australia reveals that if you have atrial fibrillation (or a-fib, an irregular heartbeat that can lead to stroke and is getting more common in people over age 65), a great way to help stop the heart from stuttering is to lose weight and keep it off. Researchers followed 355 obese people with a-fib for four years: 45 percent of participants who lost at least 10 percent of their body weight had NO SYMPTOMS of a-fib, without taking any medication.

About 5.2 million people in North America have a-fib. That number is expected to more than double, to around 12.1 million, by 2030, fueled by the fact that 70 percent of adults are overweight or obese. Most of you with a-fib will benefit enormously from shedding 10 percent of your weight — and not regaining it. And for the rest of you at risk of developing a-fib, wouldn't it be smart to redo your lifestyle by increasing physical activity and upgrading your nutrition?

It takes hard work to reduce your weight, but we hope knowing about such profound health benefits will inspire YOU to remake your future. Want some help? For the most effective ways to lose weight and protect your heart, check out the tips at [sharecare.com](http://sharecare.com) and [doctoroz.com](http://doctoroz.com).

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, tune into "The Dr. Oz Show" or visit [www.sharecare.com](http://www.sharecare.com).

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# Training Reversability: 'Use It Or Lose It'

BY MARK ROOZEN  
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By the time you read this, you might be on your way to seeing those New Year's resolutions coming true. For many folks, and those that set fitness goals, the new might be wearing off.

I have a good friend who was getting back into the weight loss and fitness mode. His plan was to train an hour and a half 6 days a week for the year. I told him he would never make it! I didn't want to be Negative Nelly, but I wanted him to be realistic on what he was going to do. He hadn't worked out in years. I told him to just do 45-60 minutes three times a week to start with. He didn't want to do that. Guess what he is doing now? Zero, nada, big goose egg! So now he's back to doing nothing — and losing whatever gains he had made.

I have had this happen with other folks, and was asked the other day, "How long can I take off from working out before I lose the benefits of what I gained when I was training?" Good



Mark ROOZEN

This workout principle states that when doing regular physical training, the result is improved performance. When we stop training, or really cutback on what we are doing (reduced training), it causes us to lose some of the training benefits or improvements we saw, and in some cases complete reversal of the physical changes we were able to make. In easy-to-understand terms: We Use It or We Lose It.

I had some of my folks that took two weeks off for Christmas and the New Year's break. Two weeks off. When we came back on the first week in January, they had to work hard to get through the workout — and

question. What we are talking about, when we decide to take a break from working out is the principle of training reversibility.

I know of one Olympic rower that hit peak fitness during the Olympic Games. After he was done, he took an eight-week hiatus from the four years of training he had been doing. When he came back, it took him 20 weeks to return to his previous fitness level!

Conditioning (think of running) development and maintenance is an ongoing process. Detraining — or if you stop what you did for training — begins to decline at about day 10 of no training, but then continues to get worse over time. Serious reductions begin to occur within 2 to 4 weeks of detraining.

Studies of runners show conditioning levels (VO2 max - amount of oxygen you take in during exercise - keeps you from "getting winded") drops about 6 percent after four weeks, 19 percent after nine weeks, and by 11 weeks of no running, drops by 20-25 percent!

However, any deficit caused by taking a couple of weeks off at the end of the season or for an injury, can be made up with a few weeks of good training.

In terms of metabolism (your bodies furnace) and muscle function, detraining also has a significant impact on the trained body. The body's respiratory exchange ratio goes up, meaning fat metabolism becomes impaired, resulting in increased fat storage, so you gain weight. Adrenaline drops, altering your "readiness" to train. The ability to train at higher intensities becomes more difficult because lactate (what builds up in your muscles that give you that burning feeling) accumulates quicker and at a lower intensity. Say-

ing that you don't have to do as much, and it doesn't have to be at a very hard level and you'll FEEL THE BURN BABY. Muscle glycogen levels drop (think of fuel for making the engine run), leaving less in the tank to draw from, so you can't do what you did weeks before — because you don't have the gas to pump to the muscles to get them to work like before.

Other "science stuff" happens at the same time. Capillary density and oxidative enzyme activity decrease, which is to say that the working components of the muscles that help with oxygen delivery to muscles that are trying to perform is impaired. As well, muscle mass (muscle size), EMG activity (nerve innervation of muscle fibers or electricity to the muscle) and the number of fast twitch or

Type 1 muscle fibers (fibers that help you run fast and jump high) decrease. When you see a decline in cardio-respiratory, metabolism and muscle function, performance declines and we have to start back at square one.

Are you ready for some good news. Experts say it takes about half of the workout duration and intensity to maintain (keep in mind, to stay where you are at, not get better) your level of fitness. So if you need some down time, don't LOSE IT, keep using it, just at lower levels. If you are training 4 times a week for an hour, cut back to two times a week for 30-40 minutes for a short period of time and you won't lose what you gained, and you won't need to go back to square one and start all over again!

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