

Foreign Bodies: What Goes In Must Come Out

BY JAKE GEIS, DVM
Tyndall

Dogs and cats are curious creatures that use all five senses to interact with the world, much like toddlers. When seeing an object, they will undoubtedly try to smell it, touch it and taste it. Also like toddlers, they feel an overwhelming desire to drive adults crazy by putting objects in their mouth and swallowing them. While some objects cause no harm, others can lodge in the gut and obstruct the flow of intestinal contents. Any object that is not supposed to be inside an animal, but is put there, is considered a foreign body.

Since any object can be a foreign body, the range of what pets will swallow is astounding. Anything from kitchen utensils, to string, to old ham bones, to underwear have been found inside pets. These objects do not always become lodged in the animal's gut; some pass all the way through and come out in the feces without causing much damage. Some are vomited up after upsetting the animal's stomach. Other times the foreign body stays in the gut and partially or completely blocks the flow of intestinal contents. These situations require surgery to remove the foreign body or death can result.

Puppies are considered a high risk animal for having a foreign body. They are apt to swallow items they come in contact with while trying to taste them. Another pet that often develops a foreign body is the dog that is obsessed with fetch. These dogs pick up any nearby object in the hope that a person will throw it so they can fetch it. While this may seem harmless, it teaches dogs to carry potential foreign bodies in their mouth, which greatly increases the risk they will swallow the item. It is strongly advisable to only play fetch with your dog using safe dog toys designed for this purpose.

In a similar vein, cats that play with balls of string will swallow large quantities of string, giving them a foreign body that can be lodged in the mouth on one end and in the intestines on the other.

Kitchen utensils are a common foreign body in all pets. Since pets are strongly drawn to smells they find tasty, pets will steal utensils with food residue on them right off the counter and gobble the item down whole. This includes knives used for cutting food, as dogs have



Jake
GEIS

been known to eat twelve inch boning knives whole. Bones left over from meals, in particular chicken bones, have the potential to cause grave injury. Dogs will often chew bones in order to reach the marrow inside, creating bone shards that they swallow. These shards have sharp edges that can perforate the gut, leading to infections.

If your pet has a foreign body they will often exhibit vomiting, a lack of appetite and gut pain. This vomiting can be quite substantial, not allowing them to keep any food or water down. A veterinarian will typically diagnose a foreign body after taking an X-ray to look for the presence of the foreign body in the animal's gut. Metallic items or bone will show as bright white objects on the X-ray. Softer items such as clothes or soft pet toys may be visible due to their odd shape, or a veterinarian will recognize their presence because they cause a backup of gas in front of the area they obstruct.

Based on the location, size and consistency of the foreign body and the animal's history, a veterinarian may prescribe laxatives to help it pass or recommend surgery to remove the obstruction. Because the longer a foreign body stays in the gut the more damage it can cause, it is important to notify your veterinarian if you see your pet consume a foreign object. Waiting until your pet is debilitated by a foreign body may require the removal of damaged intestines to return your pet to health.

As long as our pets stay curious about their environment, we will have a risk of them swallowing something they shouldn't. The best practice is to do our best to prevent them from coming in contact with a potential foreign body in the first place. Since this isn't always avoidable, if your pet suddenly starts vomiting like he's being paid to do it, call your veterinarian and get him checked out.

Jake Geis, DVM, works out of the Tyndall Veterinary Clinic.

Mechanic Can Gauge The Source Of Oil Pressure Problem

BY RAY MAGLIOZZI
King Features Syndicate, Inc.

Dear Car Talk:
I have a 2006 GMC Envoy XL with 227,000 miles. After sitting in the garage overnight, when I start it, the oil pressure gauge will drop, and the oil warning lights come on. If I leave it in park and keep the engine revved up, then the oil pressure will go up. Two blocks from the house is a stoplight, and I have to put it in neutral and rev the engine, or the oil pressure drops and warning lights come on. After about 10 minutes of driving, the oil pressure still drops some at stoplights, but not low enough to cause warning lights to come on. Am I damaging the engine by continuing to drive? Why does it have oil pressure after it's warmed up but not after sitting overnight?

— Stephen
Beats me, Stephen. Normally, oil pressure is higher when you first start your car, because the oil is cold and more viscous. So why the pressure would start low and then improve as you drive is a mystery.
Yeah, I know, that's why you wrote



RAY
MAGLIOZZI

Your mechanic can do that for you. You'll leave the truck with him overnight. In the morning, he'll put his own oil gauge on it, and start it up. If his gauge tells him that your oil pressure is exactly what it's supposed to be, then he'll know that either your truck's oil gauge or your oil pressure sending unit is no good.

It's more likely to be the sending unit. That's a little sensor that plugs into the side of the engine, reads the pressure and sends that information to the gauge and the idiot lights on the

dashboard. A bad sending unit would be the best-case scenario, Stephen; a sending unit is cheap, and very easy to replace.

So that would be good news for both of us: Good for you, because it means you haven't been harming your truck all this time, and you'll have a nice, easy, cheap fix. Good for me, because then you won't write back again and make me hurt myself by thinking harder. I'll keep my fingers crossed for us.

Don't get stuck with a lemon. Be an informed shopper. Read Click and Clack's guide "How to Buy a Great Used Car: Secrets Only Your Mechanic Knows." Send \$4.75 (check or money order) to Used Car, P.O. Box 536475, Orlando, FL 32853-6475.

Got a question about cars? Write to Car Talk in care of this newspaper, or email by visiting the Car Talk website at www.cartalk.com.

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South Dakota State University College Of Nursing Honored 30 at 30th Anniversary Gala

The South Dakota State University College of Nursing honored 30 individuals at its 80th anniversary gala April 10 in the University Student Union's Volstorff Ballroom.

Yankton native Courtney Ehlers was recognized as the college's emerging professional, presented to someone with 10 years of full-time service or less in the profession for service, dedication, energy and enthusiasm.

Ehlers earned Bachelor of Science degrees in both chemistry and microbiology-infectious disease at SDSU in 2002 and added a Bachelor of Science in Nursing from State in 2005 through the accelerated nursing program. Ehlers, who earned a Master of Science in Nursing from South Dakota State in 2014, began her career as a registered nurse in the pediatrics unit at Avera and was promoted to the role of resource nurse in the pediatric unit. In 2010, after only five years as a nurse, Ehlers was promoted into the role of manager of the pediatric/PICU unit. She now works as the director of Women & Children's Services at Avera, where she is focused on using her leadership skills for clinical excellence. As an emerging professional in the field of nursing, she demonstrates her growing commitment to the profession through efforts to improve patient outcomes and as an



Courtney Ehlers

exemplary mentor for others in the profession.

Fourteen other individuals received awards for their exemplary contributions to nursing and health care, while 15 others were honored for their prestigious careers and prior recognition as SDSU Distinguished Alumni from the College of Nursing.

"It is an honor to be able to recognize these individuals who have significantly impacted clinical practice, research, service to society, health system leadership and growth and development of the College of Nursing," said Nancy Fahrwald, dean of the college.

The college took nominations in the following categories. A group of representatives then selected the recipients. In addition to Ehlers, the following indi-

- viduals were honored:
Community and society work (for work with underserved or impoverished populations in South Dakota and beyond)
• Dorothy Brown '65, B.S., RN
• Kendra Lone Elk '93, B.S., RN
• James Sidera '97/'04, M.S., RN, MiFireE, CFO, CEMSO
• Thomas Stenvig '91, RN, Ph.D., MPH, NEA-BC
• Helen Zebarth '61, M.S., B.S., RN
Impact on growth and development within the College of Nursing (service to the college and its programs)
• Barbara Goddard '66, Ph.D., CNM (deceased)
• Margaret Hegge, Ed.D., RN, FAAN
• Lois Tschetter '74/'85, Ed.D., RN, IBCLC, CNE
Excellence in teaching and scholarship (for excellence in research and classroom instruction)
• Karen Billars Heu-sinkveld '67, RN, Dr.P.H., FAAN
• Joan Peterson Kub '73, M.A., Ph.D., PHCNS, BC, FAAN
Leadership in Clinical Practice (for service in clinical instruction and education)
• Darcy Sherman Justice '87, M.S., RN, NE-BC
• Kris Gaster '81/'91, RN, M.S., CS, CNP
• Erica DeBoer '97, M.A.,

- CCRN, CNL
Pioneer who has mentored and helped improve the profession)
• Lolita Bartling '51, M.S., B.S., RN (deceased)
College of Nursing Distinguished Alumni (The individual has achieved a level of distinction from the SDSU Alumni Association)
• Donna Arlton '57, M.S. (1993)
• Diana Berkland '72/'94, M.S., Ph.D., RN (2006)
• Roxie Romness Foster '67, Ph.D., RN, FAAN (2014)
• Jill Franken '83, M.S. (2012)
• JoAnn Goodale '59 (2011)
• Sister Desideria Hirsch '38 (Deceased) (1968)
• JoEllen Koerner '92, M.S., Ph.D., RN, FAAN (1993)
• Rebecca Nelson '92, M.S. (2002)
• Roberta Olson '64, Ph.D., RN (2013)
• Carol Peterson, Ph.D., RN, B.S., M.Ed., FAAN (1995)
• Ester Preszler '88/'95/'98, RN, CNP (2009)
• Barbara Redman '58, Ph.D., RN FAAN (1975)
• Michael Reif '88, Ph.D., RN, ACNS-BC, AACRN, CNE, FAAN (2014)
• Deborah Soholt '90, M.S., RN (2007)
• Maxine Wilcox '54 (1982)

'Stavig Letters' Performance At Yankton Community Library

Pursuing a brighter future in the United States, Lars Stavig leaves the rugged coast of Norway and journeys to the prairies of Dakota Territory. Though they never see each other again, Lars and his brother Knut write back and forth, sharing their experiences across the sea.

Covering a span of five decades, the letters of the two brothers reflect challenges faced by families in both Norway and America and provide a window into the universal immigrant story of separation, hope and the struggle to survive.

A dramatic performance of "The Stavig Letters: The Story of a Norwegian Immigrant" comes to us through a reader's theatre at the Yankton Community Library, 515 Walnut Street, on Thursday, May 7, beginning at 6:30 p.m. This program is sponsored by the library who receives funding from the South Dakota Humanities Council.

"The Stavig Letters" have gained recognition through an

award-winning documentary produced by South Dakota Public Broadcasting Corporation (2011) and the book "Dear Unforgettable Brother," published by the South Dakota State Historical Society Press (2013). The Yankton Community Library owns copies of both items.

For more information about this program, contact the library at 668-5276.

50th Anniversary Celebration



Mr. and Mrs. Heinen

Ray and Arlette Heinen of Yankton, SD will be celebrating their 50th wedding anniversary on May 1, 2015. Their children are requesting a card shower in their honor. Cards of congratulations will reach them at 2309 Western Ave, Yankton, SD 57078

Flynn Business Park Achieves SD Certified Ready Status

NORTH SIOUX CITY
—The North Sioux City Economic Development Corporation announced at its board meeting today that the Flynn Business Park has been approved by the Governor's Office of Economic Development (GOED) as a South Dakota Certified Ready Site.

"In the last year and a half, we've been pleased with how many communities, economic development agencies and city leaders have applied and been approved for the South Dakota Certified Ready Sites Program," said Commissioner Pat Costello, GOED. "The program is a great way to promote development-ready land to potential businesses. I encourage other communities to look into getting certified. It's well worth the time and effort."

"Attracting new companies to a community is an extremely competitive process," said Kory Menken, North Sioux City Economic Development Corporation executive director. "This certification of Flynn Business Park will provide us with a unique advantage when competing for economic development projects. We truly appreciate the partnership we share with the GOED, and the assistance it provides in our ongoing efforts to diversify and grow North Sioux City's business

community."
Flynn Business Park is South Dakota's 24th approved Certified Ready Site. The South Dakota Certified Ready Sites Program is an economic development tool available to all counties, cities, townships, planning districts, business improvement districts and economic development groups.

The South Dakota Certified Ready Sites Program is operated under the supervision of the GOED for the purpose of providing consistent information on sites available throughout the state.

For more information on the South Dakota Certified Ready Sites program, visit www.sreadytopartner.com.

Thank You

The family of Rita Stange would like to thank everyone for the many expressions of kindness, support and love during this difficult time.
Thank you to Hospice Avera at home for the kind, gentle and understanding care given to Rita.
Thank you to the Yankton County Treasurer's office for their support and thank you to the employees of Yankton County. Thanks also to Dale Thunker and the employees of Winnelson for their support.
Thank you to Wintz & Ray Funeral Home for their services. Thank you to St. John's Lutheran Church for the wonderful service.
Thanks to everyone for keeping us in your thoughts and prayers.
Sincerely,
~Craig Stange & family

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