

Want To Plan Healthy Eating Habits? Start At The Grocery Store

(ARA) - Starting nutritious eating habits can be a difficult challenge to take on. But if you take a little time to plan your trips to the grocery store, it becomes much less daunting.

It's important to always have a variety of healthy options in your home to ensure you stay on track. The first place to start is when you're pushing a grocery cart through the aisles. But, with so many choices, it can be a little overwhelming to shop smart. Here are a few tips to help you from the moment you enter the grocery store:

* Don't shop hungry. You may have already tried this, and know from experience that when your tummy is rumbling, you tend to shop for anything that gives you immediate satisfaction - even if you won't be eating it until much later. Write your shopping list down, and stick to it. Make sure the list contains a variety of meat, fish, vegetables and fruit to round out your diet.

* Seek out the fresh, canned, and frozen fruits and vegetables in your grocery store. Search for a variety of brightly colored produce to get a healthy mix of nutrients. Also pay attention to what fresh items might be in season, so you can rotate your menus from month to month.

* Include some ready-to-eat options for when you need a convenient alternative. Items like Weight Watchers Smart Ones products are portion controlled, making it easy to enjoy a balanced meal. Plus, the packaging features the Weight Watchers PointsPlus values for each serving, allowing



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you to conveniently plan out the day in PointsPlus values. Visit www.eatyourbest.com to find a variety of options, including two new items in the Smart Ones Morning Express line: an egg, sausage and cheese breakfast wrap as well as a French toast entree that is complement-

ed with turkey sausage. Both items have 290 calories or less and 8 grams of whole grains.

* Stock your cart with whole grains. Remember that whole grain foods often provide fiber, which could help you feel sustained for longer. Americans should aim to incorporate whole grains into half of their daily grain consumption, according to the most recent dietary guidelines. A few standard items that offer whole grains include brown rice, oatmeal, cereal and crackers. Also, many manufacturers are incorporating more whole grains into their products and calling attention to it directly on the packaging, so look for products that call out "made with whole grains."

* Pack on the protein. Remember to choose an assortment of foods that provide protein, such as lean meat, fish, eggs, beans and nuts. Lean meats contain a high amount of protein with little to no saturated fat. These foods also contain B vitamins, vitamin E, iron, zinc, and magnesium - essential nutrients that help your body build calorie-burning muscle.

* Satisfy the desire for sweets. Yes, you are allowed to enjoy a sweet treat here and there but, be smart about how you satisfy your sweet cravings. Divide them into portions before serving so you can help prevent over indulging.

With whole grains, portion-controlled sizes, fruits and vegetables, proteins and even dessert in your shopping cart, following a healthy eating regimen can be a little easier, even on the busiest days.

The Agony Of The Toenail

BY DR. SCOTT SHINDLER
Shindler Foot Clinic

An ingrown toenail is a common condition in which the corner or side of the toenail grows into the soft flesh of the toe causing pain, redness, and swelling.

Left untreated, the toe can become infected. An ingrown toenail can occur in any toe, most commonly, the big toe is affected.

Cutting your toes too short or not straight across, injury to the toenail, unusually curved toenails, fungus toenails, socks and/or shoes that are tight fitting, can all contribute to the development of an ingrown toenail.

You may wish to try an antibiotic for the infection which may clear up the pain, swelling and redness for a short time, but it is just a short term solution - the nail is still growing into the flesh and needs to be removed.

Removal of an ingrown toenail is a simple procedure done in the office. The toe is numbed with a local anesthetic to remove the ingrown edge, leaving most of the toenail intact. Relief is noticed immediately because the ingrown nail edge has been removed to alleviate the pain. The patient leaves the office with little or no post-op pain and can return to normal activities.

Overweight Girls Less Likely To Develop Breast Cancer As Adults, Says Study

Swedish researchers have determined women who were heavyset as youngsters have a lower risk for breast cancer than others.

According to Dr. Jingmei Li of the Karolinska Institutet in Stockholm, a female's body weight throughout her life plays different roles in her risk to develop breast cancer. Although being overweight as an infant or an adult may increase the risk, during the window of time when a female is six or seven years of age, being heavier can have an advantage.

Dr. Li and her researchers studied 2,818 Swedish women with breast cancer and 3,111 women without the disease. The women were shown a series of nine figure outlines and asked to choose one that best represented their body size at age seven. The findings were that women who had larger bodies during childhood were 27 percent less likely to have breast cancer than women who were leaner as seven-year-olds.

Researchers also determined that being heavier as a girl protected women against

all tumor types the researchers studied. The protective effect was even stronger for tumors that didn't carry estrogen receptors; larger childhood body size reduced the risk of these tumors by 60 percent, while it reduced the risk of estrogen-receptor positive tumors by 20 percent.

The reason behind the reduced risk could be due to higher levels of estrogen in the bodies of heavier girls during key moments of mammary development in youth. These estrogen levels may help protect the breasts later on in life.

Parents should not go to extreme lengths to increase the weight of girls around the age of seven. Being overweight carries with it its own health risks.

"There is definitely no reason for overfeeding of the kids to get them to reach a particular body size," says Dr. Li.

Being overweight as a child does not eliminate the chances of getting breast cancer. Healthy eating, routine self-breast examinations, annual mammography, and physicals with a doctor are advised steps to help women remain healthy.

Understanding Adult ADHD

Thanks in part to widespread media coverage of Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder among children, many inaccurately assume these conditions are exclusive to children. However, there are adults who experience similar symptoms.

ADD and ADHD are often misunderstood and misdiagnosed. Characteristics of both conditions can be carried over into adulthood. ADD is the colloquial name given to the ADHD condition when hyperactivity or impulsive behaviors are not present. However, the American Psychiatric Association formally recognizes ADHD as the clinical term for all attention deficit or hyperactivity issues.

Adults who have trouble concentrating at work, feel they can never get fully organized or remember to keep appointments actually may be experiencing ADHD. Many adults carry over ADHD tendencies from childhood. If the disorder was not diagnosed during childhood, an adult may not know he or she has it.

The National Institute of Mental Health offers that roughly 4 percent of the adult U.S.

population has ADHD. Of those people, around 40 percent have severe symptoms.

Just like children, adults can be assessed by a mental health professional to see if ADHD may be the culprit behind some of their problems. This person will use a ratings system to see if the person meets the diagnostic criteria for ADHD. Questions about childhood behaviors may be asked and a psychological test may be conducted.

It can be important for an adult to receive a confirmation of ADHD, because only then can he or she begin treatment. This may include medications or behavioral therapy to alleviate symptoms.

Left untreated, ADHD can have a profound impact on quality of life. Many adults with the disorder find it is difficult to pay bills or manage money, leading to financial problems. Others may miss appointments or have trouble performing on the job. Behavioral issues may be frowned on by supervisors and seen as bucking the system.

Adolescents and adult students may experience many of the same hurdles as younger children in school. The inability to concentrate or behave in a classroom setting can

compromise learning ability and advancement.

Adults with ADHD may find the disorder has negative effects on a marriage or other relationship. Getting a firm diagnosis can help the patient and the other person work on a system that helps them function and promote the relationship.

Symptoms of ADHD

Adults can experience impulsivity and hyperactivity and be easily distracted. Impulsivity in adults may include behaviors such as gambling or drinking, promiscuity or engaging in verbal outbursts.

Hyperactivity is showcased through restlessness and fidgeting. A person may not be able to stay still for long or possibly have a nervous tick.

With distractibility, adults may not be able to focus on one task, jumping from thing to thing and leaving projects unfinished. Boredom may come frequently.

Recognizing the symptoms of adult ADHD can mean faster diagnosis and treatment options that can restore quality of life.

Did you know? Men Can Drink To Good Prostate Health

Children as young as infants can begin wearing contact lenses.

Some infants are fitted with contact lenses because of congenital cataracts, a condition in which the eye's natural lens is cloudy instead of clear. Though such a condition is not common, occurring in less than one percent of all births, doctors might fit infants with congenital cataracts or other eye conditions for contact lenses.

But it's not only infants born with certain conditions who can wear contact lenses. In fact, most children can tolerate contact lenses, and a 2007 study published in Vision Monday found that most children prefer contact lenses over traditional eyeglasses. While that preference is often cosmetic, the choice of contact lenses for kids might serve more practical purposes as well.

Though controversial, some studies have suggested that fitting young nearsighted kids with gas permeable contacts might slow the progression of their myopia. However, more recent studies have cast doubt on that research. Still, orthokeratology, or "ortho-k," is another technique being used. Ortho-k can temporarily reverse myopia using specially designed gas permeable lenses worn at night. These lenses change the shape of the cornea and are removed in the morning.

When successful, the ortho-k technique enables a nearsighted person to see clearly without glasses or contact lenses during the day. Such a fix, however, is temporary, and the lenses must be worn regularly during sleep to ensure uncorrected vision throughout the day.

An apple a day may keep the doctor away for the general population. But men looking to avoid serious types of prostate cancer, a cup of coffee a day could be a good option.

A recent major study by Harvard researchers published in The Journal of the National Cancer Institute found that men who drink 6 or more cups of coffee each day have a 60 percent lower chance of contracting lethal cases of prostate cancer. Those who drink 3 or more cups a day have a 30 percent lower risk. In general, heavy coffee consumption lowers men's risk of developing any type of prostate cancer by 20 percent over 20 years.

Insulin might play a role in prostate cancer formation. Coffee is high in antioxidants and also regulates glucose metabolism and insulin levels. This could be the correlation between high quantities of coffee and low occurrences of prostate cancer and other cancers.

The cause-and-effect component of coffee and prostate cancer is still hard to identify completely. The insulin factor and coffee's effect on type 2 diabetes could be just one component. But compounds in coffee also have effects on sexual hormones that may also play a role in prostate health.

This study comes on the heels of a Swedish study that found



Coffee may be instrumental in preventing prostate cancer, including some of the more lethal varieties of the disease.

women who drank five or more cups of coffee per day decreased their risk for a particularly aggressive form of breast tumor.

CORE Oncology reports that prostate cancer is the second leading cause of cancer deaths among American men. The National Prostate Cancer Coalition says that prostate cancer represents 30 percent of all new cancer cases in American

men, while the Canadian Cancer Society says that, in 2011, an estimated 25,500 Canadian men will be diagnosed with prostate cancer and 4,100 will die of it. It is the most common form of cancer cases among men in Canada.

Although the detriments and benefits of coffee have long been debated, more and more scientists and medical professionals are touting the medical benefits of coffee. Along with its link to warding off certain cancers, coffee has been associated with lower risk of Parkinson disease, type 2 diabetes, gall stones, and even depression. Coffee may also help prevent muscle pain and weakness associated with vigorous athletic workouts.

More research needs to be conducted to further strengthen the link between coffee and reduced risk for prostate cancer. Although medical professionals have yet to advocate increasing coffee consumption, researchers say that moderate coffee drinking is likely not a contributor or harmful in terms of prostate cancer development.

Did you know?

Laughter and music just may be good for the heart. Millions of people routinely take prescription medications or make dietary changes, such as eliminating salt from their diets, in an effort to lower blood pressure. However, for those who are interested in making some easy lifestyle changes that can result in modest reductions in blood pressure, listening to music or laughing more may do the trick.

In a Japanese study presented in May at an American Heart Association meeting, researchers explained that people who took part in bimonthly group sessions built around music or laughter lowered their systolic blood pressure (the top number in the reading, which measures the pressure in the arteries when the heart beats) by an average of five to six points after three months. In contrast, the average blood-pressure reading in a control group that received neither therapy didn't move.

According to experts, this decline in pressure is the equivalent of what someone could expect from adopting a low-salt diet or losing 10 pounds.

The American Heart Association recommends that healthy blood pressure should be less than 120 for systolic and less than 80 for diastolic.

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