



SUBMITTED PHOTO
Pictured are, from left: Jean Pinkelman — PharmD, Ken Jones — RPH (Registered Pharmacist), Jennifer Haberer — Certified Pharmacy Tech, Mary Strom — RPH (Registered Pharmacist), Emily Conn — Certified Pharmacy Tech, Carmen Hutchison — PharmD, Brandon Kirchner — PharmD, Cheri Leader — Certified Pharmacy Tech, and Amber Hirsch — Certified Pharmacy Clerk.

YMC Pharmacy Offers Innovative, Convenient Prescription Refills

Yankton Medical Clinic's pharmacy announces the addition of two computer-savvy options to refill prescriptions. Effective immediately, pharmacy customers can request refills by going online to a new web site (www.RefillRx.com) and following simple prompts, or they can download a free App (RefillRx Mobile) to their Smart Phone that processes and confirms refill requests. The Yankton Medical Clinic added the online and Smart Phone options in addition to their current options which include call-in refills, patient portal requests, and drive-thru request and pick up.

"Offering our customers options and convenience is important to us," said Carmen Hutchison, Pharm. D., Yankton Medical Clinic Pharmacy Manager. "These new additions allow people the privacy and 'round the clock ease of taking care of prescription refills when a phone call just isn't possible."

The following steps included below make it easy to sign up, download, or register for either new method.

- To request refills using your Smart Phone:
1. Go to the App Store
 2. Download the "RefillRx Mobile" Free App
 3. Click on the "RefillRx Mobile" icon
 4. Select "Scan Barcode"
 5. Align your Rx barcode inside the box-it automatically snaps a picture
 6. Your refill has been sent!
- To request refills using the internet:
1. Go to www.RefillRx.com
 2. Click on "Register"
 3. Locate Yankton Medical Clinic Pharmacy
 4. Input your Patient Information
 5. Create your Username and Password
 6. View/Refill your Prescriptions

Youmans New ASHH Physician Recruiter

Avera Sacred Heart Hospital is pleased to announce the addition of Kassy Youmans as its new physician recruiter.

Youmans is available to provide support and assistance for physician recruitment activities for the entire Avera Yankton region, that is, for ASHH and its medical staff and the ASHH regional managed hospitals and clinic practices. A high priority will be given to identifying and sourcing all physician prospects from the USD Sanford School of Medicine, medical residents, and all regional people in medical school or residency programs anywhere in the United States.

Youmans is a Parkston native and graduate of the University of South Dakota with a bachelor's and master's degree in business administration.

"While living in Yankton, I have always been so pleased with the quality of care that our family has received at Avera," Youmans states. "So, to be able to be a key part in recruiting new physicians is a challenge I can't wait to be a part of. I am thrilled to be a part of the Avera family."

Youmans started in her position on July 15.



Youmans

Johnson Earns 10-Year Recertification

Daniel C. Johnson, M.D., an orthopedic surgeon with Orthopedic Institute in Yankton has passed his 10-year recertification exam and is now Board Certified through 2024.

Dr. Johnson scored in the 85th percentile and is in the top 15 percent nationally.

Dr. Johnson specializes in sports injuries, fractures, knee arthritis and upper extremity problems.

Besides Yankton, he cares for patients at outreach clinics in Tyndall, Wagner and Creighton, Neb.



Johnson

Diabetes Support Group To Meet

The Yankton Area Diabetes Support Group will meet Monday, Aug. 12, in the Pavilion Conference Room 2. The Pavilion is on the Avera Sacred Heart Hospital campus. The group will meet from 1-2 p.m.

Dr. Michael McVay will present stress management.

The conference room 2 is on first floor and wheelchair accessible. Everyone is welcome and a snack is provided.

The next meeting will be held on Sept. 9.

Noms Sought For Nurse Of The Year

March of Dimes is hosting the first Nurse of the Year Awards in South Dakota on Nov. 16. This is a way to celebrate nursing excellence and recognize leaders in nursing from across the state.

From the very youngest of patients in newborn intensive care units to the elderly in hospice, nurses protect our health, work to prevent injury, alleviate suffering and advocate for our care. Nurse of the Year Awards are a way to say thank you and honor selflessness, dedication and passion for the profession of nursing.

Patients, families and colleagues are encouraged to nominate nurses in 20 categories this year. The purpose of the event is to raise the public's awareness of and interest in the diverse and rewarding careers available to registered nurses.

Say thank you to the thousands of South Dakota nurses who make all of our lives a little easier. Nominations are due by Sept. 15. Complete details and nomination forms can be found by visiting <https://marchofdimesnoty.wufoo.com/forms/nurse-of-the-year-nomination-south-dakota-2013/>

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Sanford Vermillion Hosts Community Celebration

VERMILLION — Sanford Vermillion Hospital will hold its 2013 Community Celebration on Wednesday, Aug. 7, at Vermillion High School. The event runs from 5-7 p.m.

According to a press release, the event is held to "celebrate the energy of those we serve. And we thank each of our patients for trusting us with their care. Once again, we're showing our gratitude with free treats, fellowship and fun!"

There will be a barbecue meal and DQ Dilly Bars. Also on hand will be Dr. Chan Park, general surgeon who joined Sanford Health Vermillion Clinic earlier this year; and the Fit Friends, who teach children about healthy lifestyles. The Great Plains Zoomobile will also be on hand with animal artifacts and live animals. Inflatables will also be available for kids.



PHOTO: PHOTOGRAPHY BY JERRY
Avera Sacred Heart Hospital School of Radiologic Technology will hold graduation ceremonies for the Class of 2013 on Friday, Aug. 9, in Yankton. Pictured from left are (front) Jennifer Binder, Bethany Wortmann, Jodi Schroeder; (back) Brett Springman, Travis White and Jason Schmidt.

Oz And Roizen | Healthlines

Fat Facts: Brite, Beige And Brown

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

A 400-pound mama bear can gain 150 pounds of brown fat as she heads for a six-month semihibernation (during those months she gives birth, nurses and eats the cubs' droppings to recycle into milk and protein, but that's probably more than you wanted to know). The brown fat is higher than white fat in healthy DHA omega-3 fatty acid, and it's full of little cellular power centers called mitochondria. In bears (and people), it provides calories, generates heat and helps regulate insulin use and glucose uptake. And burning brown fat reduces insulin resistance — a hallmark of type 2 diabetes — and helps you lose weight!

Fortunately, you don't need to sleep away the winter to get the benefits of brown fat! You can turn that nasty white fat under your skin and around your internal organs (it causes inflammation, triggers insulin resistance, and promotes cancer, heart disease and a lousy sex life) into shades of brown fat called brite fat (that's brown fat from white fat) and beige fat. Here's our two-step plan for how to brown your fat!

1. Turn up your thermostat with aerobic exercise — 10,000 steps a day, plus 20 minutes of sweaty aerobics three times a week in a cool room. Also smart: two to three days a week of strength training to build muscle mass.

2. Avoid saturated and trans fats, which cause you to accumulate more white fat. Brown-fat-friendly oils are mono- (olive oil) and polyunsaturated (canola oil), and omega-3's in avocados, walnuts, flax, ocean trout and salmon.

GETTING TO THE POINT OF ACUPUNCTURE

Everyone from Kung-Fu Panda to Penelope Cruz is sporting acupuncture needles these days — and, it seems, with good reason. This most ancient and least understood Chinese therapy (they stick needles all over you!) has snuck into mainstream medical practice, in very specific areas, now that reliable studies have convincingly demonstrated its benefits.

The World Health Organization recognizes acupuncture as an effective treatment for a host of conditions, including: adverse reactions and nausea related to radiotherapy and/or chemotherapy; seasonal allergies, depression, menstrual cramps, headache, high blood pressure, knee and lower-back pain, morning sickness, rheumatoid arthritis, stroke and tennis elbow. And acupuncture is now offered in many North American hospitals (the Cleveland Clinic Center for Integrative Medicine provides more than 10,000 treatments annually) and by the Department of Defense to treat soldiers suffering acute and chronic pain.

If you are thinking about trying acupuncture for pain relief or to augment treatment for heart problems, allergies or headache, or to increase the effectiveness of fertility treatments, here's our advice about how to proceed.

1. Ask if your physician knows an acupuncturist whom he or she would



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

recommend. If not, go to www.nccam.org for a nationally certified practitioner in your area. (Some MDs are certified, and insurance may cover their treatments.)

2. Don't rely on acupuncture alone for treatment of chronic or serious illnesses unless you see a physician first.

3. Make sure your acupuncturist uses sterile, prepackaged, one-time-only needles. Ask!

4. For best results, go through the entire course of treatment.

HORMONE THERAPY GETS ANOTHER THUMBS-UP

If hearing the Tom Jones songs "Carrying a Torch" and "Chills and Fever" makes you think of menopause, well "It's Not Unusual."

For years, as healthy women entered and went through menopause, they've been frightened away from hormone therapy by reports of a two-fold increase in dementia and cognitive decline for those who took estrogen or combined estrogen and progesterone. (Not to mention the overblown reports of increased risk of heart disease and breast cancer.) It's a shame, because the studies that generated that information were looking at women 65 and older who were taking the least-favorable type of HT and were not told to take aspirin (so important, because if you are on birth-control pills or hormone therapy, aspirin reduces the risk of deep vein clots — ask your doc!). All this made many younger women (50-55) needlessly avoid HT to control hot flashes, heart palpitations, urinary incontinence and mood swings.

Now, results from the Women's Health Initiative Memory Study in Younger Women reveal HT does not damage cognitive abilities. The key is to take it at the right age (within five years of your period stopping or around 50-55), with the right Rx (we recommend micronized progesterone and bioequivalent estrogen), for the right length of time (five years tops) and with two baby aspirins a day (if your doc says it's OK).

So, if you're 50-55 and going through night sweats or worse, talk to your doc about HT. You may rediscover some of your "Funny Familiar Forgotten Feelings."

IT'S IN YOUR JEANS, NOT YOUR GENES!

When Humble Pie sang "I Don't Need No Doctor," they were extolling the healing power of love — one of the essentials for a long, healthy life. (And little did they know, they were advocating something that could reduce future

avoidable health care problems.)

Unfortunately, in the U.S. today, folks are not embracing the life-extending and life-improving powers of love (and sex), physical activity and healthy nutrition. The result? We're living longer but sicker. Obesity is now the No. 1 cause of death in the U.S., and the expected number of healthy years that an American loses to disability has increased from 9.4 to 10.1. Chronic disability accounts for nearly half of the cost of U.S. health care and because of health care costs, America is becoming less competitive. Spending on other important programs, like education and jobs, becomes increasingly difficult. This should humble every American (without the pie, please!).

Obesity and the health problems it triggers — diabetes, dementia, cancer, heart disease, depression, a lousy love life, and more — can be avoided. The power to have a long, healthy life is in your jeans! So here's what you can do.

Get your diet on a healthy track by avoiding the Five Food Felons (added sugars and syrups, saturated and trans fats, and any grain that's not 100 percent whole). Walk 10,000 steps a day, and get 30 minutes of strength-building exercise two to three days a week. Meditate for 10 minutes daily. Open your heart to your friends, family and strangers. Generosity and love are great health builders.

GUT BACTERIA AND AUTISM

The bacteria in your guts are like a baseball team. Let's call them the Biomes. If the players are out of sync, the team will suffer. But if the manager (you) puts a good mix of players on the field (and in your gut), you'll see better results.

Now, like any team, the Biomes suffer a few setbacks along the way (diarrhea, antibiotics, stress, food poisoning), but usually bounce back if you eat a bacteria-loving diet (green vegetables, garlic, onions and high-fiber foods, and avoid red meat, added sugar and processed foods) and take probiotics such as bacillus coagulans GBI-30, 6086 to fill out the roster. But what if your biome is chronically short a couple of key players?

Scientists and doctors have been studying children with autism spectrum disorder who also have gastrointestinal problems — about 50 percent do — to see if there is a relationship between the two conditions. Turns out these children have significantly fewer types of gut bacteria, along with lower amounts of three critical strains, Prevotella, Coprococcus and Veillonellaceae. In other words, they need more players on the team. Even more important, researchers found that the imbalance correlated with behavior problems, and have suggested that managing GI problems can dramatically improve ASD-related behavior.

So if your child has ASD and GI problems, talk with your doctor about getting a lab test of a stool sample. If results show that your child's biome is a couple of players short, explore medical treatments that may provide some relief.

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, visit sharecare.com.

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