

# Teens Who Participate In Sports Are Happier

BY MICHAEL ROIZEN, M.D.,  
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SUBMITTED PHOTO  
Pictured are, from left: Bev Karstens, BA, RTRM, Team Leader; Kelsey Buschkamp, RTRM; Jill Potts-Griess, RTRM; Sheri Goeken, BS, RTRM; Will Eidsness, MD, Board Certified Radiologist; and Paulette Dreesen, RTRM. Not pictured: Jen Kreber-Torsney, RTRM and Karissa Heine, RTRM.

## Yankton Medical Clinic, P.C. Earns ACR Re-Accreditation

Yankton Medical Clinic, P.C. has been awarded a three-year term of re-accreditation in mammography as the result of a recent review by the American College of Radiology (ACR). Mammography is a specific type of imaging test that uses a low-dose x-ray system to examine breasts. A mammography exam, called a mammogram, is used to aid in the early detection and diagnosis of breast diseases in women.

Yankton Medical Clinic, P.C. uses only board certified technologists in mammography to perform digital mammograms for their patients. In addition, Board Certified Radiologist, Will Eidsness, MD, is onsite to read all scans performed at the Clinic.

The ACR gold seal of accreditation represents the highest level of image quality and patient safety. It is awarded only to facilities meeting ACR Practice Guidelines and Technical Standards after a peer-review evaluation by board-certified physicians and medical physicists who are experts in the field. Image quality, personnel qualifications, adequacy of facility equipment, quality control procedures and quality assurance programs are assessed. The findings are reported to the ACR Committee on Accreditation, which subsequently provides the practice with a comprehensive report they can use for continuous practice improvement.

The ACR is a national professional organization serving more than 34,000 diagnostic/interventional radiologists, radiation oncologists, nuclear medicine physicians and medical physicists with programs focusing on the practice of medical imaging and radiation oncology and the delivery of comprehensive health care services.

## Diabetes Support Meeting Set For Aug. 11

The next Yankton Area Diabetes Support meeting will be Aug. 11 at 1 p.m. on the Avera Sacred Heart Campus, Pavilion, conference room 2.

Kim Neuhafen will demonstrate how to use the AveraChart patient portal, and Susan Barnes RN CDE will discuss important diabetes lab tests.

Everyone is welcome. You do not have to have diabetes to attend. If you are interested, Kim will help you sign up for AveraChart patient portal. A snack will be provided.

## Tyler To Present At TBI Summer Institute

VERMILLION — Aug. 13-14 at the Hilton Garden Inn, Downtown, Sioux Falls, the Center for Disabilities is hosting the Traumatic Brain Injury (TBI) Summer Institute with Janet Tyler, Ph.D., CBIST as the presenter.

For more than 23 years, Dr. Tyler served as director of an innovative statewide program in Kansas that provided training, consultations and technical assistance to educators serving students with brain injuries and their families. There she developed the first of its kind program for training school personnel to serve students with TBI that went on to serve as a national training model.

The summer institute is free for South Dakota educators thanks to funding from the South Dakota Department of Education, Special Education Programs. Topics include "Definition, Demographics, and Causes of TBI," "Recovery Process, Concussion and Long-Term Sequela of TBI," "Acquired Brain Injuries (e.g., brain tumors, brain infections, etc.)," "Transition to Post-Secondary Education, Adult Services and Community" and even more. Continuing education credits and one graduate level credit from the University of South Dakota are available.

"Dr. Tyler brings decades of experience working with individuals diagnosed with TBI, as well as designing programs and supporting professionals working with TBI," said Eric Kurtz, Ph.D., Center for Disabilities director of clinical operations. "It's a great opportunity for educators, service providers or anyone working with individuals with a TBI that cannot be passed up."

For more information about the Center for Disabilities, go to [www.usd.edu/cd/](http://www.usd.edu/cd/).

## USD

## Center For Brain/Behavior Research To Host Symposium

VERMILLION — The University of South Dakota has announced the creation of the Center for Brain and Behavior Research ([www.usd.edu/cbbre](http://www.usd.edu/cbbre)). The mission of the Center is to build a nationally recognized research and training center in South Dakota to advance the understanding of brain structure, function and health.

The Center will promote innovative basic to translational research that addresses problems in neurology, neuropsychology and psychiatry, and provide outstanding training for research students and fellows. The Center includes 47 faculty and 54 graduate students, research fellows and staff from the USD Sanford School of Medicine, School of Health Sciences, College of Arts and Sciences and School of Education. As part of its training mission, the Center has already obtained a grant from the National Institutes of Health to support the Summer Program for Undergraduate Research in Addiction (SPURA <http://sites.usd.edu/spura/>), a summer undergraduate re-

search experience.

"The Center for Brain and Behavior Research is an opportunity for the University of South Dakota to educate students, through advanced training and research programs, and to develop a better insight into brain function and health for all South Dakotans," explained Dr. Mary Nettleman, M.D., dean of the USD Sanford School of Medicine.

The Center will host its first Center for Brain and Behavior Research Symposium, Aug. 21-22, at the Lee Medical Sciences Building in Vermillion. The symposium will feature lectures from nationally recognized neuroscientists, including Marina Picciotto, Ph.D., Yale University; Bita Moghaddam, Ph.D., University of Pittsburgh; Eugene Tunik, Ph.D., Rutgers University and Paul Whalen, Ph.D., Dartmouth College. The symposium will also include talks and poster presentations from USD students and faculty.

For more information, visit [www.usd.edu/cbbre](http://www.usd.edu/cbbre) for schedule, updates and a registration form.

Teenage angst is big at the box office: Millions of dollars have been made off a sulky James Dean in "East of Eden," a grumpy Judd Nelson in "The Breakfast Club," and the intriguing Ellar Coltrane in this summer's "Boyhood." But while you may pay to see adolescents acting out on the big screen, back home you're probably hoping for children with fewer emotional upsets. Well, one way to help your kids feel good about themselves and their life is to encourage them to participate in school sports teams. Joining a team helps protect teens from stress and depression, which afflict an estimated 23 percent to 40 percent of kids ages 12-17.

As a team member, kids form strong friendships and they learn to think not just about their own needs, but the needs of their teammates. Equally important, they're physically active. Regular exercise dispels stress, improves self-image and protects kids (and adults) from chronic illnesses, like Type 2 diabetes, that are linked to depression.

Fortunately, a record number of children are benefiting: In 2013, 3.2 million girls and 4.5 million boys were participating in school sports — including cheerleading, track and field, and swimming.

But what if your teenager won't go out for school sports? Suggest other team activities: chess club, science club or debate team, for example. Your child will still benefit from being on a team. Just make sure he or she also makes a commitment to get physically active. Bowling? Archery? Jogging? There's something for everyone! That way your child will stay happy and healthy.

## MAJOR REVIEW OF VACCINE SAFETY OFFERS GOOD NEWS

Actor Frank Langella gave Barbara Walters the chickenpox a couple of years ago when he kissed her just as he was coming down with shingles! Apparently Langella didn't get the shingles vaccine (available since 2006) and Walters, who never had chickenpox as a child (the varicella vaccine wasn't available until 1995), was never inoculated.

Not only do vaccines reduce misery, they save lives and are cost-effective. In 2009 alone, vaccinating kids in the U.S. against a wide range of illnesses prevented an estimated 42,000 deaths and 20 million cases of disease; along the way they saved \$13.5 billion in health-care costs.

But some folks worry vaccines are dangerous, and avoid getting them or inoculating their children. That's why it's such good news that a recent study in the journal Pediatrics found that serious complications from vaccines are extremely rare and the evidence is very strong that the measles/mumps/rubella (MMR) vaccine is NOT associated with autism. It also bluntly identified serious adverse events that have happened (very, very infrequently): MMR vaccines have triggered febrile seizures; the varicella vaccine is associated with complications when given to someone with immune deficiency; and rotavirus vaccines may be related (again rarely) to gastrointestinal blockages. Vaccines are not absolutely safe, but weighing all

# Avera Offers Electronic Health Record

SIoux FALLS — Avera is offering a new way for patients to become a more active partner in their own health care through AveraChart, a secure Internet portal to a patient's individual electronic medical record. Avera hospitals and clinics are now enrolling patients in AveraChart.

Patients can begin the enrollment process simply by contacting their clinic or hospital registration staff. Receptionists will provide the exact information patients need to self-enroll at home, or will start the enrollment process for them. Using AveraChart from their home computer or mobile device, patients can message their care team, review test results, read their health record, see their visit history and more. AveraChart is available across the entire Avera system, through all Avera hospitals, clinics and providers. So far, approximately 30,000 Avera patients have signed up.

"We're pleased to offer AveraChart throughout our region. Our local providers enjoy developing a strong personal connection with patients and their families. Nothing replaces a face-to-face visit. Yet with today's widespread use of the Internet, AveraChart offers another way to stay engaged with our patients," said Tad Jacobs, DO, Chief Medical Officer for Avera Medical Group.

Just like online banking, an Internet portal offers patients the benefits of convenience and privacy.

"Patients can request a prescription renewal or check test results, anytime, day or night. Wherever patients have access to the Internet, they have access to AveraChart," said Dr. Jacobs.

While clinic and hospital staff check messages often and respond in a timely manner, AveraChart messaging is not intended for emergencies.

"In an emergency, or if you are unsure about acute symptoms, go to your local emer-

gency room or call 911," Dr. Jacobs said.

Similar to online banking or other online transactions, patients can trust the security of AveraChart.

"AveraChart was created specifically for our health system with extensive measures to ensure that patient records remain private and secure," Dr. Jacobs said.

Parents can request proxy access for their children's records; likewise, adult children can request proxy access for elderly parents. No one has access to electronic patient records except for the patient and care team. For ex-

ample, insurance companies, employers, government, law enforcement agencies or schools cannot access patient records on AveraChart.

More than ever before, medical providers are interested in helping patients prevent disease and maintain overall good health.

"AveraChart is an important tool of health care delivery in today's society," Dr. Jacobs said. "It is meant to enhance a patient's relationship with his or her physician and care team — not replace the advice of a medical provider."

To learn more, go to [AveraChart.org](http://AveraChart.org)



## OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

the data, the benefits of vaccinations exceed the risks by about 40,000 to 1.

So, talk to your doc to see if you need shingles and pneumonia vaccines, as well as boosters for whooping cough, tetanus, etc. And for children, let's give kids protection from disease.

## TEMPORARILY GASSY VEGETARIANS LIVE LONGER, AND THEY'RE GOOD FOR THE ENVIRONMENT!

"Beans, beans, the musical fruit. The more you eat, the more you toot. The more you toot, the better you feel. So eat your beans at every meal!" That schoolyard rhyme contains some nutritional truth, because, if you're like most fiber-deprived North Americans, adding veggies to your diet can (for a while) increase production in your gas pipeline.

On the other hand, if you become a bean-loving vegetarian, you'll cut your dependence on all that's involved in raising animals (including their gas production), which in turn can help reduce greenhouse gas emissions. Another benefit? A vegetarian diet helps you live longer!

According to data from the Adventist Health Study 2 — a group of 96,000 people, half of whom were meat eaters and half of whom were vegans, vegetarians or semi-vegetarians who ate meat less than once a week — veggie lovers live younger and longer. In fact, the mortality rate for meat eaters (during the study) was 20 percent higher than for folks who ate little or no meat.

So, if worry about "tooting" is keeping you from becoming vegetarian or semi-vegetarian, consider this: Eating foods such as broccoli, Brussels sprouts and beans may cause flatulence, but it also fights colon cancer. Type 2 diabetes, heart disease and obesity! And over time, your body adjusts: One study found that while 35 percent of new bean eaters reported increased flatulence, only 3 percent said it was still a problem by week eight. Also, if you rinse canned beans, you remove most of the trouble-making chemicals and still get a nutritional bonanza.

## THE MAGIC OF MUSHROOMS

In John Tenniel's 1865 illustrations for Lewis Carroll's "Alice in Wonderland," 3-inch-tall Alice encounters a hookah-smoking caterpillar sitting on a mushroom: "One side will make you grow taller, and the other side will make you grow shorter," the creature tells her. Back then, that bit of fantasy gave the homely looking mushroom a reputation as a source of magic powers. Now, 150 years later, we know just how packed with real power such fungi are — they can grow your body's immune strength and cancer-fighting ability.

Mushrooms also deliver a good dose of vitamin D, including D-2 and D-3. They make it, like humans do, when exposed to sunlight or zapped with UV light in the controlled environment of a mushroom farm. Three ounces of maitake mushrooms contains over 900 IU of vitamin D; three ounces of shitake, almost 130 IU. Most varieties also contain potassium, copper, riboflavin, niacin and folate, plus bioactive compounds (phenols, sterols and triterpenes) that may help control blood sugar and cholesterol levels, fight inflammation and battle infection. Crimini and Portobello mushrooms are packed with as many antioxidants and polyphenols as carrots, green beans, red peppers and broccoli.

Try adding some to soups, stews and pasta sauces; feast on marinated and grilled Portobello "burgers"; and mix ground mushrooms with lentils, black beans and sweet potatoes for a tasty veggie burger. Tip: To be safe (and avoid an Alice moment or worse), don't pick wild mushrooms. To reap health benefits, stick with farm-raised varieties, and eat them cooked, not raw.

## NEW DIAGNOSTIC TOOL FOR CHRONIC FATIGUE SYNDROME

When a low-energy Cher was finally diagnosed with CFS/ME (chronic fatigue syndrome/myalgic encephalomyelitis) in 1992, she stopped performing for three years; and CFS sidelined Flea from the Red Hot Chili Peppers for a year, too. But they're not alone. This hard-to-handle ailment affects 1 million North Americans (mostly women 40-60) and leaves victims fatigued and often in pain, unable to think clearly and less able to take care of daily tasks. CFS seems to develop after an infection with a virus or bacteria, or even as a result of an imbalance in gut bacteria.

Up to now, the only way a doctor could diagnose CFS was to eliminate other causes of symptoms and see if your fatigue, unrelieved by sleep, persisted for six months. But a recent study shows a brain PET scan may identify people with CFS quickly and accurately. Turns out people with diagnosed CFS have widespread nerve cell inflammation, particularly in brain areas related to fatigue, pain and thought processing. No such inflammation is seen in PET scans of the brain of healthy folks.

While there's no Food and Drug Administration-approved medication to treat CFS (meds just manage symptoms), there are dietary changes that may ease brain inflammation. Avoid saturated fats in meats, poultry skin, and palm and coconut oil. Also, eliminate added sugars and sugar syrups; up your intake of omega-3s from fish like salmon and by taking a 900 IU daily supplement of DHA algal oil; plus, eat cytokine-suppressing celery, artichokes and green peppers. Now, that's using your brain!

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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Daniel Smith, BC-HIS has been serving the Yankton & surrounding area for almost 27 years.

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