



**YMC's Susan Schavee Receives Award**

Yankton Medical Clinic, P.C.'s retiring Director of Human Resources, Susan Schavee, PHR, was the recent recipient of the University of South Dakota's Partner in Physician Assistant Education award. The award is given to formally express gratitude of the support offered in securing clinical rotations for physician assistant students each year.

The award was presented to Schavee (center) by Betty Hulse, MSPAS, PA-C (left) and Lisa Miller, MSAS (right) of USD's School of Health Sciences.

**Secrets To Being Lean... Even During The Holidays**

Eggnog, turkey and stuffing, assorted pastries -- the holidays are as much about the food and drink as they are about sharing good times together. So is it any wonder that many gain weight during the holiday season?

Researchers at the National Institute of Child Health and Human Development and the National Institute of Diabetes and Digestive and Kidney Diseases have found the average person gains a pound a year from holiday eating, which accumulates and can lead to health problems later in life. But there are some lucky few who seem impervious to the goodies, staying thin despite the extra holiday food. How do some seem to stay so thin all of the time?

According to Men's Health expert and editor-in-chief David Zinczenko, who has spent more than 20 years interviewing all sorts of leading weight loss experts and reviewing various studies, "What separates the fit from the fat is a series of rules." These rules are easy to follow and they don't require any special exercise equipment, crash dieting or subsisting solely on wood chips to keep fit. Here are some things to consider during the holidays and as you make healthy eating resolutions for the new year.

- Stop dieting. Some studies indicate that individuals who are currently on a diet are more likely to gain weight in subsequent months or years. That's because restriction of fat and caloric intake can affect muscle growth and bone density. Muscle burns calories very well, so you want to hold onto strong muscles. Also, carefully monitoring what you eat can lead to stress hormones flowing through the body. Hormones like cortisol have been linked to weight gain. So ease up on watching every bite of food you eat and you just may be happier -- and thinner -- for it.
- Choose high-protein foods. Protein fills the stomach and takes a longer time to digest in the body, which in turn helps you to burn calories. Selecting lean proteins, like turkey, chicken, lean beef, and pork, can help you to feel fuller longer and reduces the chance you'll nibble on fluff snacks during the day. When faced with holiday fare, choose protein sources to fill you up before indulging on other items.
- Fill up on fiber, too. Studies indicate that getting 25 grams of fiber, which is easily achieved by having three servings of fruits and vegetables, can boost fat-fighting efforts of the body by at least 30 percent. Many processed foods are increasing fiber content, but be sure to read labels. That fiber may also be accompanied by a lot of sugar and extra carbohydrates. Fresh fruit and vegetables and whole grain breads are easy ways to get a fiber boost.
- Engage in fun exercise. Many people equate staying thin to



spending hours at the gym every day. But all it takes is about 20 to 30 minutes of any type of daily activity, whether that be chasing around the kids or playing fetch with a dog. The concept of losing weight just by doing enjoyable activities is known as non-exercise activity thermogenesis, or NEAT. So go for a bike ride and burn 200 calories in the process.

- Skip fat-free foods. It would seem foods that have no or low fat would be better for you, but fat is actually a necessity for the body -- helping you to feel satiated. Eating a fat-free item could have you feeling hungry soon after and ready to snack later on. In addition, some fat-free items have extra sugar or preservatives for flavor, which can undermine weight-loss plans.
  - Don't be a couch potato. Get up from that computer chair and cut down on television watching. A sedentary lifestyle can easily pack on the pounds. A study by researchers at the University of Vermont found overweight participants who cut their daily TV time in half (from an average of 5 hours to 2.5 hours) burned an extra 119 calories a day. Remember when you were a kid playing with your friends outside from sunrise to sunset? You probably weren't overweight then. But adults now spend more time indoors, and all that time spent in front of the tube could be hindering your weight-loss efforts.
- If you follow a few easy rules, there finally may be a way to stay thin without dieting, even during the holiday season.



Using an ergonomic shovel can help you avoid back injuries while shoveling snow.

**Avoid Strains And Pains From Snow Shoveling**

Snow certainly may be beautiful when it is delicately falling flake-by-flake to the ground. But when the snow slowly but surely starts to pile up, the beauty of a winter's landscape can turn into a formidable project.

A recent 17-year study published by the American Journal of Emergency Medicine says that snow shoveling sends on average more than 11,000 adults and children to the hospital every year. Snow shoveling can contribute to broken bones, head injuries, pulled backs, and even heart attacks. Overworking the muscles, falling, and being hit with the shovel were the most common reasons for getting hurt during a shoveling session.

Individuals who have existing heart problems may actually experience a heart attack if they overtax themselves while shoveling. Adults over the age of 55 are more than four times as likely than younger people to suffer heart-related side effects while shoveling snow.

Many people do not realize just how much of a workout snow shoveling can be. The physical demand of the activity can be on par with running on a treadmill, forcing the heart to work overtime. Compounded by cold temperatures, snow shoveling is nothing to take lightly. Heeding advice to be cautious can be the way to stave off injury or something more serious.

\* Treat shoveling just like any other exercise and warm up first. Stretch your muscles, jog in place and get the heart pumping.

\* Invest in an ergonomic shovel. These shovels are typically lighter than traditional steel shovels and have a handle and design that reduces the need to bend a lift.

\* Move smaller loads of snow at

a time. The average shovelful of snow can weigh 20 pounds or more, so lifting less should provide some relief.

\* Push the snow as much as you can to displace it. Should you have to lift it, bend at the knees. Do not twist or throw the snow over your shoulder or you risk back injury.

\* Take a break every few minutes to catch your breath and have some water. It is easy to become dehydrated or overheated while shoveling, but not know it due to the cold.

\* Wear the proper footwear to avoid falls on ice and snow. Many injuries occur due to falls on slippery surfaces.

\* For those who are not physically fit enough to shovel snow, consider investing in a snow blower or pay to have the snow removed.

**Fabulous Figs — Just Some Little Known Facts**

Figs are a fruit that have been eaten for centuries. Remnants of figs can be traced back to 5000 B.C. Although they thrive in tropical climates, fig trees can also be grown where the temperatures drop to freezing. Many fig tree owners choose to protect their trees overwinter by covering and insulating them from the brunt of the cold.

Despite their far-reaching history, many North Americans have never tried a fresh fig. Some have described their soft pulp as tasting like a mix between a strawberry and a peach. There are many different varieties, and it is important for the new grower to know what color a ripe fig of their particular variety turns when it is ripe. A ripe fig will be tender to the touch, but not so mushy that it falls apart. Figs only ripen on the trees and care must be placed to wait until they have ripened before picking.

Figs do not last long at room temperature, but can be stored for a few days in the refrigerator. Otherwise, turn figs into many different recipes promptly. Bake them into pies, use in loaf breads and muffins or replace the oil component with fig puree to provide the moisture in cakes.

**Meningococcal Meningitis Cases Peak In Winter Months; Get Vaccinated**

(ARA) - School nurses are urging parents to vaccinate their pre-teens and teens against meningococcal disease, a rare but potentially life-threatening bacterial infection that can cause meningitis and take a child's life in just a single day. Cases of meningococcal disease begin to peak during the late-winter and early-spring months, so now is a perfect time to be sure children have been vaccinated.

The Centers for Disease Control and Prevention (CDC) recommends that preteens and teens get vaccinated beginning at age 11 with a booster dose by 18 years of age. Despite this recommendation, more than a third of teens 13-17 years of age in this country have not been vaccinated against meningitis, leaving far too many children unprotected.

"Parents may be unaware about the importance of meningococcal vaccination, and that public health officials now recommend a booster dose by 18 years of age," said Linda Davis-Aldritt, MA, BSN, RN, FNASN, FASHA, and President of the National Association of School Nurses (NASN). "School nurses nationwide have joined with families affected by meningitis and public health officials to educate communities about the dangers of meningitis and the need for vaccination."

Gaitley Batton knows all too well the dangers of this disease - she contracted meningitis on New

Year's Day as a child. Gaitley was fortunate to survive, but not without consequence - she had to have her leg amputated below the knee due to tissue damage caused by the disease.

Gaitley and her mother Heidi Moody have joined the NASN's Voices of Meningitis campaign, in collaboration with Sanofi Pasteur, to raise awareness about the disease and the importance of vaccination for preteens and teens.

"I continue to live with the lasting effects of this disease every day," said Batton. "No one should have to go through what my family and I did, which is why I'm sharing my story. Vaccination is the best way to help protect preteens and teens from this disease."

About 10 percent of the 1000 to 1200 Americans who get meningococcal meningitis each year will die. Like Gaitley, many who survive this disease - one in five - are left with serious medical problems, including amputation of limbs, brain damage, deafness, and organ

damage.

Adolescents are thought to be at increased risk for meningitis because of common, everyday activities they engage in with other teens, like sharing drinking glasses and kissing, since meningococcal bacteria are spread from person to person through close contact. Not getting enough sleep can also increase their risk of getting the disease. A national telephone survey found that nearly 82 percent of teens engage in many of these activities. The result? Teens put themselves at risk for getting meningitis every day, making vaccination all the more important.

"Winter break is a great time to get preteens and teens vaccinated, and parents need to know that any health-care visit is an opportunity to discuss vaccination," said Moody. "Parents should make it their priority to schedule a vaccination appointment. Don't wait, do it today."

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