

KIDS FIRST



Infertility

One of the most devastating problems facing many couples today is not being able to have a child - infertility. I see this in many patients that I have had the good fortune to meet. The anguish is nothing short of heart breaking for many. Many such couples have been everywhere - fertility clinics, have had fertility enhancing drugs, vitamin injections, counseling, etc. All to no avail.

In my own experience, I have found most cases of fertility to be fairly one-sided. In other words, I have found that it is usually women that seem to be at fault and unable to achieve pregnancy. Now, do not get me wrong, I am not blaming women for this difficulty in any way, and this is not a sexist remark, but the problem, I have observed, seems to be more with women than with men. Let me explain.

Women are much more familiar with this function whereas most men are not. For you who are not all that aware of exactly how this all takes place, let's look at the following. When a woman ovulates, the egg goes down one fallopian tube one month and

then down the other fallopian tube the next month. In other words, it tends to alternate to give one or the other a break. The egg starts at one end of the fallopian tube and ends up at the uterus or womb at the other. The egg does not swim or have any flippers, arms, or legs, and so it is carried along by what we call passive transport. In other words, it is simply a bystander going for a ride; much like a ride in a convoluted water tube of a water park. The reason this takes place is because of a very exact function of the different muscles that make up the walls of the fallopian tubes. They literally "squeeze" the egg from one end of tube to the other. The purpose of this function is to meet the sperm at the other end so that fertilization can take place and a baby starts to be developed. In other words, the egg starts at one end of the fallopian tube and the muscles of the tube gently squeeze it from one end to the other. This process is called peristalsis and is very similar to swallowing while you eat; the muscles in your esophagus, the tube which you swallow food through, literally guide what you have just swallowed, all the way down into your stomach. The same goes with the Fallopian tube.

Let's look at this in the light of a couple not being able to achieve pregnancy:

In most couples who are labeled "INFERTILE" (and you know how much I detest labels) it seems that the egg is not able to make it through the fallopian tube to meet the sperm. Unless that union is allowed to take place, there is no pregnancy, hence no baby. Not a good thing.

Let's look at this even closer for a moment:

As I mentioned, the function of the muscles of the fallopian tubes is to propel the egg from one end to the other, in order to meet the sperm. In cases of infertility, however, this does not take place. Why would the muscles that are *designed* and *programmed* to perform that very special function every month, decide suddenly that they simply won't do it? Well, the answer is quite simple — it is not their decision. The muscles of your body do not decide, on their own, what to do. They are literally ordered or not ordered to do their job. In cases of infertility, I have found that the muscles are simply not able to take the egg from one end of the fallopian tube to the other. In most cases, it is the fault of the nervous system which controls that very function. In most cases I have found that the culprit is a vertebral subluxation, generally in the lower part of the spine, which interferes with the manner in which the Fallopian tubes would normally

function. By correcting the subluxation, and allowing the nervous system to be then able to control the function of those Fallopian tubes normally, couples, I have found, can achieve pregnancy.

So, If you have been having difficulties in this area, Please call us - we can help.

JOIN US!

Tuesday, Dec. 18, 2012

@ 7pm

For a special lecture on

Natural Options for Infertile Couples

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Call 605-665-4284 To Reserve Your Seat

Dr. Scott Plath has practiced in Yankton for 33 years. He is a Certified Industrial Consultant, Certified Med X Rehab technician and a fellow of Applied Spinal Biomechanical Engineering and is a member of their advisory board.

If you need additional information, please call me personally at 605-665-8228

Plath Chiropractic & Wellness
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WELL-INFORMED FANS



JAMES D. CIMBUREK/P&D
The Yankton student section holds up copies of the Press & Dakotan Winter Sports Preview, featuring Yankton head coach Chris Haynes on the cover, during introductions at Friday's boys' basketball opener with Watertown.

Huskers, Ducks To Play In NCAA Region Volleyball Final

OMAHA, Neb. (AP) — Nebraska moved within a win of the NCAA volleyball tournament's final four with a surprisingly easy victory over Washington at the Omaha Regional on Friday night.

Gina Mancuso had 14 kills and Morgan Broekhuis and Hannah Werth added nine apiece in the three-set sweep.

The fourth-seeded Cornhuskers (26-6) will play Saturday night against No. 5 Oregon (28-4), with the winner advancing to the national semifinals next week in Louisville, Ky. The Ducks moved on with a four-set win over BYU.

Nebraska's match lacked the theater of its previous meetings with the Huskies.

The Huskies swept Nebraska in the 2005 national championship match; the Huskers rallied to knock out Washington in the 2008 regional finals; and the Huskies prevailed in a tense regional final in 2010 that ended with coaches John Cook of Nebraska and Jim McLaughlin of Washington having to be separated.

"For those of us who were there in 2010, that feeling was still there, and we had a lot of motivation to come out and beat Washington,"

Mancuso said. "I think we played great, and I think our energy level was definitely there, and revenge played into that."

The Huskers won by scores of 25-14, 25-21, 25-23.

Nebraska broke a 22 tie in the third set with a Mancuso kill and a Washington net violation. After the Huskies' Krista Vansant got a kill off a Nebraska fingertip, Broekhuis pounded the game-winner.

"At this point, it doesn't matter if you play your best or your worst, you've just got to win," Cook said. "It's a matter of win and advance so we can keep playing. We're not ready to take off our jerseys."

Vansant led Washington with 11 kills. The 13th-seeded Huskies (25-7) hit just .130.

"Preparation is something very important to us," McLaughlin said. "I have to look at how we did things and what we can do different. We'll get another chance at this. We'll keep knocking on the door and it will open."

Earlier, Liz Brenner pounded 26 kills and Oregon defeated BYU 25-23, 25-21, 22-25, 25-12.

The Ducks set a school record for wins in a season and reached a

regional final for the first time in 10 tournament appearances.

Pac 12 player of the year Alaina Bergsma had 17 kills, Ariana Williams 13 and Katherine Fischer 12 for the Ducks, who were playing BYU for the first time since 1988. Lauren Plum had 68 set assists.

"This is hard work and this has been done by kids that are willing to work as hard as anybody in the country, and they've proved that because we haven't had a top-five recruiting class," Oregon coach Jim Moore said. "But I'll still take my kids against anybody."

Jennifer Hamson, the West Coast Conference player of the year, led the 12th-seeded Cougars (28-4) with 18 kills. BYU, which came into the match second nationally in hitting (.313), hit just .259 for the match and .081 in the final set.

The Ducks had won 17 straight sets before BYU took the third. Tia Withers' service ace and Kathryn LeCheminant's kill put the Cougars up 19-12, but the Ducks scored nine of the next 12 points to cut it to 22-21. The 6-foot-7 Hamson had kills on three of the next four points to send it to a fourth set.

Congratyoulations.



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