

SET FOR SPRING



Neighborhood Dental of Yankton has announced it will move to its location at 422 Broadway in the spring of 2013. The new building will be combining the two offices (currently at 232 Capital Street and 812 Belfast) to provide patients with more convenient hours and greater flexibility at one central location. Watch for more details and offers in the months to come on the web at neighborhooddentalcare.com or follow Neighborhood Dental on Facebook.

Jarvis New Head Of Nutrition Services At ASH

Avera Sacred Heart Hospital of Yankton is pleased to announce that Doralynne Jarvis has been named its new Director of Nutrition Services.

Jarvis has worked at Avera Sacred Heart Hospital since 2003 as a clinical dietitian and as a dietitian for both ASHH and Hy-Vee. In 2007, she became the Assistant Director of Nutrition at Avera Sacred Heart Hospital.

Originally from Pierre, Jarvis attended South Dakota State University where she earned her bachelor's degree and then completed her dietetic internship with the University of South Dakota.

Jarvis takes over for Carla Scott-Schmidt who retired this month after serving 12 years at Avera Sacred Heart and another 28 at Avera Queen of Peace in Mitchell.



Jarvis

ASH Welcomes New Vice President Of Mission

Avera Sacred Heart Hospital is pleased to announce the addition of Kara Payer as its new Vice President of Mission.

Payer, a Wagner native, comes to Avera Sacred Heart Hospital following a position at the Avera Central Office in Sioux Falls where she was a clinical intelligence analyst.

"I'm honored with the opportunity to serve at Avera Sacred Heart Hospital," Payer said. "The opportunity to be with people and help communicate and enhance our mission is a great challenge. Mission reminds us of why we're here and who we're called to be."

Payer had also previously worked at Mount Marty College as a business instructor and at St. Michael's Hospital/Avera in Tyndall as the corporate compliance officer.



Payer

American Cancer Society Offers Help Through Holidays

Holiday festivities filled with joy are in season, but for cancer patients, their loved ones, and caretakers, this time of year may be especially challenging. The American Cancer Society offers free information, day-to-day help, and emotional support to help you through every step of the cancer journey, so patients, survivors, and loved ones can focus on getting well, even during the holidays.

"You never really appreciate everything you are blessed with until the day you realize it can all be taken away," said Matt Ellefson, a Sioux Falls cancer survivor and father of five. "The holidays are a time that brings family, friends, and loved ones together. To me, that's a chance to show them my unconditional love and let them know that I am blessed to have them in my life. Don't ever assume that there will be another day to tell them how you feel. Even if you're blessed with many special people in your life, tell them all and tell them often."

The American Cancer Society offers a variety of programs in your area that can help lessen the burden of cancer for patients and loved ones:

- Cancer Survivors Network and WhatNext are online support networks for anyone who has

been diagnosed with cancer. Have questions answered, learn more about your diagnosis, and find the support you need.

- Road to Recovery. The American Cancer Society coordinates local community volunteers to give free rides to lifesaving treatment and check-ups. American Cancer Society volunteers in the U.S. gave free rides to treatment to more than 15,000 cancer patients last year.

- Patient Lodging Program. When clinics and hospitals are far from home, South Dakota's Patient Lodging Program and local hotels provide free overnight stays.

- Reach To Recovery. Breast cancer survivors are matched with newly diagnosed breast cancer patients with a similar situation (type of cancer, stage in life, etc.) for emotional support and useful information.

- Look GoodFeel Better. Cancer takes a toll on the body. Trained volunteer cosmetologists teach women how to cope with skin changes and hair loss using cosmetics and skin care products donated by the cosmetic industry.

Cancer information is available 24 hours a day, 365 days a year at 1-800-227-2345 or at www.cancer.org, the Society's comprehensive and trusted Web site.

Oz And Roizen/Healthlines Extra

Some Good Words On Aspirin

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

When Eddie Morra (Bradley Cooper) popped a magic pill in last year's "Limitless," he could have been taking plain ol' aspirin and still have seen fantastic results. That little tablet of acetylsalicylic acid has health benefits far beyond its pain-squelching powers: It reduces your risk of heart attack and stroke (we say, take two baby aspirins, 88 milligrams each, every day, always with a stomach-protecting half-glass of warm water before and after); increases fat-burning; decreases fatty liver; protects against breast, colon, esophageal, prostate and ovarian cancers; and cuts your risk of dying from those cancers significantly. And now, this most ancient of drugs (seems Egyptians used willow bark — it contains aspirin's active ingredient — as a therapy for all sorts of aches and pains) is being tested as a 21st-century targeted cancer therapy. People with colon cancer and a genetic mutation (in their PIK3CA gene) who take aspirin daily can slash their risk of death from colon cancer by an astounding 82 percent.

About 17 percent of people with colon cancer have this mutated gene, so aspirin may save thousands of lives. And results start quickly: Two well-done colon cancer studies show that aspirin starts protecting you in 90 days. Just remember, if you're taking aspirin to fight off colon cancer, don't follow the every-other-day regimen sometimes recommended for heart health (theoretically, that can spare your stomach problems). To win this war (and you can), you want aspirin's benefits every day, but don't forget that half-glass of warm water before and after!

SODA'S KNEE-JERK REACTION

As Rock Hudson demonstrated in the 1952 movie classic "Has Anybody Seen My Gal?" being a real soda jerk takes skill and dedication. Today, if you drink sugary sodas, the (ahem!) jerk's on you — and it can bring you to your knees. Guys who drink five or more sugary soft drinks a week are twice as likely to have knee problems from loss of joint-cushioning cartilage as fellas who skip all sodas. The researchers suggest that the ingredients in the soft drinks, such as phosphoric acid, artificial coloring and sugars, may be the culprits. This info, added to an earlier study that showed reduced bone density in women's hips if they drank colas, should make soft drinks harder to swallow.

So if you're looking for a way to add fizz to your holidays without risking bone damage (or empty calories), consider these beverages that come with a bundle of health advantages:

Carbonated water doesn't damage bones and contains no calories: So, add a puree of fresh blueberries, raspberries, mango or kiwi to a frosty glass of seltzer, garnish with a sprig of mint and enjoy the heart-loving, gut-cleansing power of fruit, along with great flavor.

Looking for a festive winter cocktail? Opt for mulled wine (skip the added sugar) with healthy spices such as cinnamon (lowers blood sugar), cloves (fight inflammation) and slices of citrusy lemon and orange. A glass of wine a day (if your doc says it's OK) can help you lower your risk of heart disease and memory loss. Cheers!



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

EASING SOME ALZHEIMER'S SYMPTOMS WITHOUT MEDS

In "Elegy for Iris," John Bayley tells of his enduring love for novelist Iris Murdoch as she sank into Alzheimer's disease. When she'd insist on wearing socks while swimming or would constantly ask, "When are we going?" he was flexible and inventive in his responses. Now research confirms what Bayley knew instinctively: Caretakers can do a lot to lessen Alzheimer's behavioral symptoms — without using medications.

Delusions, aggressive behavior, irrational fears, agitation, repetitive behaviors, wandering, loss of inhibition or vocal outbursts may be triggered by everything from overstimulation (too many people, too much noise or activity) to physical pain, such as arthritis. Determining a behavior's trigger and removing it can be life-changing — for the person with Alzheimer's disease as well as for the caregiver. Here are some examples of how caregivers have modified behaviors:

- Night after night, an 84-year-old mom would go into her daughter's bedroom complaining she was frightened. Solution: Daughter left a night light on in her bedroom and installed a white-noise machine to block out "mystery" noises that might be upsetting. Everyone slept better.
- Grunts and sighs punctuated an 80-year-old man's dinner-table conversation, upsetting everyone in the household. His daughter-in-law suspected that he was in pain. Solution: An exam revealed he had nerve pain in his

feet — made worse when he sat on a wooden chair. A cushion and a footstool have made his dinner appearances much calmer.

These examples show how small adjustments can have big payoffs for everyone! You'll be surprised at the improvements you can make happen.

GET YOUR (FAT) CELLS INTO THE RHYTHM

When Franz Welser-Most conducts the Cleveland Symphony, he's counting on every section of the orchestra to follow the tempo he sets. Without that, it's cacophony.

Well, your body is like an orchestra (there are cardio players and lung instruments, for example). And your central nervous system is the conductor. It sets a master clock that guides the timing of your cells' daily duties. But bodywide inflammation, excess fat storage in your liver or belly, elevated blood sugar, stress — a whole ensemble of troublemakers — may "break" the rhythm that keeps cells functioning properly.

When that happens to fat cells, it changes the timing of messages they send to your brain. The result: You're starving when you shouldn't be (midnight snacking sound familiar?), and you pack on pounds even if you don't take in more calories. Before you know it, your body is singing a new tune: Bye-bye, Mozart; hello, heavy metal.

We've got four steps to get your fat cells back in harmony with your body!

1. Eat three meals and two snacks a day. Go heavy on fruits, veggies, 100 percent whole grains and healthy fats (olive, canola) and proteins — salmon and trout are especially good.
2. Get physically active; walking 10,000 steps a day is powerful medicine.
3. Every day, take 900 milligrams of algal oil DHA omega-3; a probiotic; 1,000 IU of D-3 (1,200 IU if 60+); and half a multivitamin twice a day.
4. Head to bed at the same time every night for seven to eight hours of shuteye.

MAKE LOVE, MAKE HAPPINESS

The Beatles got it half right when they sang, "Money can't buy me love." Seems it also can't buy you happiness, at least not compared to the bliss that comes from having sex. According to a survey of 16,000 people, sex, not money, is the gateway to contentment. But that doesn't mean that random hook-ups, multiple partners or being single amplifies your happiness. The researchers discovered married folks have more sex than single folks (and are happier — 43 percent versus 24 percent), and the number of partners in a year that brings the most happiness is exactly one!

How does sex produce happiness? Well, there's the pleasure of immediate gratification; the stress release from intimacy; the boost in self-esteem that comes from being desired by someone you care about; and, when part of a long-term relationship, the deep pleasure of an enduring connection with another human being.

So we want you and your honey to make time for making love.

- Set a date night with your partner, and stick to it no matter what happens with the kids, your job or your extended family. Try sharing a dinner, going to a movie or just hanging out and talking without interruption. You'll be amazed at how gratifying that calendar entry can be.

- Talk to one another about your sexual relationship. Got questions, suggestions or objections? Share them, resolve them and then enjoy!

- And tell your partner when you're turned on. Agree on a signal or sign that says: "Hey! Let's get happy!"

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Medical Officer at the Cleveland Clinic Wellness Institute. For more information go to www.RealAge.com.

© 2012, MICHAEL ROIZEN, M.D. AND MEHMET OZ, M.D.

Here's hoping your Christmas is a **Resounding Success**
For your friendship and support, we are deeply grateful.
*I heard the bells on Christmas Day
Their old, familiar carols play,
And wild and sweet the words repeat
Of peace on earth, goodwill to men!*
~ Henry Wadsworth Longfellow

ProCenter HEARING

112 W. 3rd, Yankton
665-1045 • 1-800-246-1045

CareCredit
Making care possible... today

MasterCard VISA

Merry Christmas & Happy New Year!

From all of us at Roger's Family Pharmacy
We hope your holidays are unforgettable!

Our office will be closed December 25th & January 1st.
Open Christmas Eve till 2pm - for Emergencies call 605-760-1283

Asthma/Allergy Relief Is a Phone Call Away!
SIOUX CITY ALLERGY & ASTHMA ASSOCIATES, P.C.
For Appointments Phone: (712) 274-6884

Satellite clinic in Yankton on the 3rd Thursday of each month.

- Same Day Skin Test Results
- Treatment of Asthma, Cough & Sinus Problems

GOOD NEIGHBOR PHARMACY
Serving the healthcare needs of the Yankton area since 1923

YANKTON Rexall

109 West 3rd St., Yankton, SD
605-665-7865 • 1-800-377-6337
www.yanktonrexall.com
Convenient Drive-Thru We accept all insurance plans and Medicare

Michael & Dan

Holiday Open House

Friday, December 21 | 9am - 4pm

There is no time more fitting to say *thank you* and to wish you a happy holiday season. Please join us at our Holiday Open House for cookies and refreshments.

1 FIRST DAKOTA NATIONAL BANK

Yankton Downtown :: 665-7432 :: 225 Cedar Street
Yankton North :: 665-4999 :: 2105 Broadway Avenue
firstdakota.com Member FDIC