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Cabbage Can Be A Key Ally In Cancer Prevention

BY LORETTA SORENSEN
P&D Correspondent

Cooked cabbage. Just the sound of those words used to make my face crinkle up — not in a good way!

That all changed a couple years ago when I learned to make stir fry. To my amazement, guess what vegetable seemed so delightfully tasty in stir fry? Yup — cabbage!

Fortunately for me, as long as I don't cook the daylights out of it, turns out cabbage is loaded with impressive nutrients. It's most impressive health benefit? Cancer prevention.

That's because researchers have shown that cabbages are rich in antioxidants, anti-inflammatory properties and glucosinolates.

Cabbage studies have also revealed that red, green and Savoy cabbage have different health benefits and consuming each variety provides the broadest health benefits.

According to Christine Gerbstadt, MD, RD, physician and registered dietitian, red cabbage is a great source of fiber; vitamins A, D, and K; folate (vitamin B); and lots of trace minerals. All of that packed into just 22 little calories in one cup of red cabbage.

Food researchers have learned that raw cabbage has cholesterol-lowering ability, but steaming cabbage causes a binding together with bile acids in the digestive tract that lowers cholesterol levels even more.

If cancer prevention benefits are what you're looking for, experts recommend eating cabbage either raw or lightly cooked to obtain the most measurable health benefits.

If you're partial to microwaving vegetables, just know you'll lose the same number of enzymes in two minutes of microwaving that you would in seven minutes of steaming. Enzymes are the

compounds that help prevent cancer.

When it comes to vitamin C, red cabbage contains between six and eight times more of the nutrient than green cabbage.

Taking in anti-inflammatory nutrients has been found to be crucial to preventing cancer development. Chronic inflammation increases the risk of cancer, especially in combination with oxidative stress.

Glucosinolates, found in cabbage, can be converted into compounds that prevent a variety of cancers, and are a sort of "extra benefit" in addition

to cabbage's anti-inflammatory characteristics.

Researchers have known for years that cabbage juice helps heal stomach ulcers. Current food studies show cabbage provides a variety of nutrients that benefit the stomach and intestinal linings. That includes regulation of bacterial populations found in the stomach.

Red and green cabbage have a more defined taste and crunchy texture in comparison to Savoy cabbage, a more delicate vegetable. Bok choy and Chinese (Napa) cabbage also provide these health benefits.

Don't limit yourself to just stir-fried cabbage, but here's a super simple stir-fry recipe to get you hooked!

1/4 head of cabbage — chopped coarsely or fine — finely chopped will cook faster

1 tsp. olive or other healthy oil

1/4 tsp. sea salt or seasoning salt (such as Lawry's)

Heat oil in non-stick pan. Chop cabbage and place in hot oil. Add salt or seasoning to taste. Stir and cook cabbage until tender, about 7 minutes, less if you like the crunch.

Other vegetables can also be added to and cooked with the cabbage. My personal favorite is broccoli. Enjoy!



Loretta SORENSEN

Bariatric Surgery, Weight Loss Benefit Sexual Health

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

It's easy to get discouraged about losing weight. But we've got a great incentive for you: a better sex life! A recent study found that two years after obese women had bariatric surgery, many of those who lost around one-third of their pre-surgery weight reported heightened sexual responses, not to mention a better quality of life and improved hormone levels. That helped them sustain their weight loss — or lose even more. And that, well, it's an ongoing cycle of rewards! Guys, the sexual benefits of weight loss are just as true for you (80 percent of men with erectile dysfunction are overweight or obese). But you don't necessarily have to undergo surgery to achieve weight loss and gain these benefits.

Adopting a healthy-weight lifestyle that includes walking 10,000 steps daily, eliminating the Five Food Felons (any grain that isn't 100 percent whole, all added sugars and sugar syrups, and trans and saturated fats) and making sure you eat nine servings of fruit and vegetables a day can help you lose around one pound a week and improve your sexual health. (You'll find it easier to stick with your physical activity routine and nutritional plan if you have a pal to walk with and a foodie partner to check in with.)

Healthy weight loss will help you shed a poor body image (proven to dampen sexual desire), regain energy (you'll move around more easily, your heart functions better), and improve your self-confidence — a very appealing quality. You'll see pounds disappear, and stay off, while you get it on!

HOW STRESS HURTS AND HOW TO BANISH IT

Did constant stress make "Breaking Bad's" protagonist Walter White (Bryan Cranston) such an unhealthy, moody guy? Chances are pretty good it did, and it may have made him sick in the first place.

Relentless tension packs a pretty tough punch: It affects how developing immune cells are expressed, even before they're sent out of the bone marrow (that's where they're manufactured) and into your bloodstream. And what's the expression they adopt? Pro-inflammatory (they're professionals at revving up trouble). That makes you vulnerable to everything from mood swings and heart disease to autoimmune conditions and even cancer. Plus, stress turns on other pro-inflammatory genes, making it the greatest ager of all!

But we can help you de-stress both in the short term and for the long run.

Short-term solutions? Sweat, breathe hard, burn off stress hormones with exercise, walking (10,000 steps a day is the best), sex, you get the idea. Soak in a warm tub with Epsom salts. Relaxing your muscles helps relax the mind. Go for 10 minutes of mindful meditation. Relaxing the mind helps relax the body. Do these stress-busters daily.

Long term? Identify your stress triggers and get help defusing them — talk with a therapist, your family or other advisers. Write out options that would help you unwind. Plot a course of action, and act on it. Then plan for fun!



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

Make time for friends, hobbies, a good book and loved ones in your weekly routine. We can't stress enough just how important this is to your long, healthy, younger life.

DO GUT BACTERIA TRIGGER RA?

Impressionist painter Pierre-Auguste Renoir tied paintbrushes to his hand when rheumatoid arthritis made them impossible to grip, and although the disease seems to have been around for millennia, when Renoir's RA hit him in the early 1890s, it was considered one of the first documented cases of the modern era.

Since then, this autoimmune attack on the lining of the joints and erosion of surrounding bone has become more common — more than 1.3 million North Americans have it. And the newest research shows an association with fewer beneficial intestinal bacteria and an overgrowth of an inflammatory gut bacterium, *Prevotella copri*.

We think excessive antibiotic use and/or disruptive chemicals in the food supply and environment may upset your guts' balance of good and bad bacteria (you've got trillions of them in there), and can increase vulnerability to a variety of autoimmune conditions.

Our suggestion: Help your body prevent or manage an autoimmune condition such as RA by nurturing those bacteria teeming inside you, so the good and bad stay in balance. Eat a high-fiber diet of only 100 percent whole grains and lots of fresh fruits and veggies; six red meat; maintain a healthy weight to reduce bodywide inflammation; and get plenty of exercise to keep your metabolism humming at a good rate. Taking a probiotic supplement also may help (we like spore probiotics containing *Bacillus coagulans* GBI-30, 6086 and *Lactobacillus GG*, a strain activated by stomach acid). So ask your doctor if that's a smart move for you, and for your joints.

SUPPLEMENTAL PHONIES

Leonardo Di Caprio's Frank Abagnale Jr. in "Catch Me If You Can" and Freddy Benson (Steve Martin) in "Dirty Rotten Scoundrels" prove just how much folks love a con man — moviegoers laid out more than \$200 million to see these tricksters. But that's nothing compared with the \$15 BILLION spent in one year (2007) on "alternative" supplements — many herbal — that are phony than Abagnale's medical degree and Freddy's disability.

A recent study looked at 44 herbal products from 12 companies, 30 species of herbs and 50 leaf samples to see if their contents were related IN ANY WAY to what their labels stated.

• 59 percent of the products contained material from plants NOT listed on the label.

• Just 48 percent contained what they claimed as the active ingredient. Of those, 1/3 were contaminated with ingredients and fillers; some that pose health risks.

• Only two of 12 companies delivered what they promised on the label without any substitutions.

The Food and Drug Administration says store shelves contain more than 300 "adulterated" supplements, some with unidentified prescription medications, others with heavy metals that up the risk of heart attack, stroke and death. That's why ClevelandClinicWellness.com (Dr. Mike is the Clinic's Chief Wellness Officer) sources supplements only from manufacturers and suppliers that have been verified as providing pure products.

What can you do?

• Rely on an ingredients certification seal from the United States Pharmacopeial Convention. Five companies (go to usp.org) have earned them.

• Remember, even reliable supplements are just that! They're meant to supplement, not substitute for, a healthy lifestyle.

KIDS AND VIOLENT MOVIES: NOT A GOOD MATCH

In this year's "The Lone Ranger," an entire tribe of Native Americans is slaughtered and a bad guy makes a meal of an enemy's heart. The rating? PG-13. Isolated movie horror? The American Academy of Child and Adolescent Psychiatry says your kids will view more than 16,000 murders on the big and small screens before age 18, and more often PG-13 films are becoming the source.

A recent study found that gun violence in PG-13 films more than tripled from 1985-2010, and now contain more gun violence than R-rated films. (PG-13 means parents are strongly cautioned about letting kids 13 or younger see the film.)

Does this matter? According to the AACAP, onscreen violence often is shown to be the only way to resolve conflict. Seems like this conflict-resolution technique has become common in a few NFL locker rooms. Are these related? Impressionable kids, especially those with emotional problems (and some of those playing macho sports), often adopt such aggressive behaviors. And even if repeated exposure to onscreen violence doesn't spark aggressive behavior, it amps up fear. Not a good foundation for a happy life.

So, parents, take the G (guidance) in PG-13 seriously, and read movie reviews before giving the thumbs up or down. And guess what? Your kids really won't mind if you explain your reasons for a thumbs-down. They want to curb violence; 64 percent believe government officials aren't doing enough to create common-sense gun laws. Maybe PG means parents need guidance, and the kids can give it!

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.

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Medicare Part D: Check Your Coverage

BROOKINGS — The annual enrollment period for Medicare Part D is here. Participants have until Dec. 7 to make any changes, explained Carrie Johnson, SDSU Extension Family Resource Management Specialist. If a new plan is chosen, it will take effect on Jan. 1, 2014.

Johnson said that prior to Sept. 30 all participants should have received an annual notice of change and evidence of coverage documents from their current plan provider.

"Make sure to review these documents very carefully as they outline the plan changes made for the 2014 year," Johnson said.

When reviewing the Medicare Part D forms, Johnson said participants should pay close attention to the following information:

- Look to see if the monthly premium and/or deductible have changed.
- Check your new co-payments for the drugs you are on to see if they have been modified.
- Make sure the medica-

tions you are on have not been removed from the insurer's formulary.

• If you have had a change in your health since reviewing last year, make sure that your new medications are covered.

• Confirm that your medications are on the same drug tier for the year ahead. If not, you may have a lower or higher co-payment during the year.

• Make sure your pharmacy still intends to accept your plan. Participants can also visit the Medicare website, <http://medicare.gov/>; and enter their personal information into the secure site.

"By visiting the site, participants will be shown the best options for their situation. It doesn't hurt to just run the numbers to see if making a change can save money in the long run," she said. "If they decide not to make any changes, they can just keep their current plan and do nothing."

2014 BRINGS CHANGES

Another reason Johnson encourages participants to review their coverage is changes

are coming in 2014. These changes include:

- The initial deductible will decrease by \$15.
- The initial coverage limit will decrease from \$2,970 to \$2,850
- The out-of-pocket threshold will decrease from \$4,750 to \$4,550.
- During the coverage gap, beneficiaries will continue to receive a 52.5 percent discount on brand name drugs and a maximum of 72 percent co-pay on generic drugs.
- For assistance with finding the right plan in South Dakota, contact Senior Health Information Insurance Education (SHIINE) <http://www.shiine.net/>:
 - Eastern SD: 1-605-333-3314 or 1-800-536-8179
 - Central SD: 1-605-224-3212 or 1-877-331-4834
 - Western SD: 1-605-342-8635 or 1-877-286-9072

If you have additional questions, you can contact Johnson at 605-688-4035.

YMC's Svanda And Schultz Complete Course

Yankton Medical Clinic, P.C. is pleased to announce that Connie Svanda and Jodi Schultz have successfully completed a two-day chemotherapy and biotherapy course in Sioux Falls.

Svanda and Schultz are registered nurses in Yankton Medical Clinic, P.C.'s Infusion Center.

Center Offers Medicare Part D Enrollment Help

Open enrollment for Medicare Part D is now through Dec. 7. The Center, 900 Whiting Drive, has several trained volunteers able to assist, free of charge, with Medicare Part D.

Call The Center at 665-4685 to schedule an appointment.

Avera@Home Launches in Yankton, Creighton

Home health and hospice services offered by Avera Sacred Heart Hospital in Yankton and Avera Creighton (Neb.) Hospital will be unifying into a single agency, called Avera@Home, this week.

"Avera@Home offers the same dependable services by the same great people," states Cindy Senger, Vice President of Avera@Home. "This new structure makes our agencies more efficient and gives us the ability to offer services to more people in more areas. This does not change how we care for our patients."

Over the course of a six-month period, 20 of Avera's home health and hospice agencies will join Avera@Home. "Our goal is to make sure that patients have access to the services they require," said Sandy Dieleman, Avera@Home CEO. "Home- and community-based services are an important part of health care. Today, not every-

one has access to these services and we are working to expand our services to meet this need."

The first agencies to go live were the home health and hospice services in Mitchell, hospice services in Sioux Falls and homemaker services in Yankton. As each agency converts into the new company they also "go-live" with a new Meditech software package specifically designed to manage home- and community-based services.

The new organization repositions Avera's home health and hospice services to meet the changing demands for health care delivery. Health care reform requires better population health management — particularly for patients with chronic diseases. Demographics are driving where care is provided. These changes mean that home health and hospice care are now a central and growing piece in the health care delivery process.

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