

Home Cookin' Can Rock Your World

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Country singer/songwriter Rockin' Robin Miller knows what he wants and doesn't want:

"Don't want no high-class restaurant bill. Don't want no fast-food drive-thru girl. Now, I know what rocks my world: Home cooking."

There are many studies that point to the benefits of home cookin' compared with restaurant/fast-food dining. But the most recent, released at the annual American Heart Association meeting, examines data from the Nurses' Health Study and the Health Professionals Follow-up Study and concludes that folks are eating at home less frequently than ever. Along with this increase in restaurant dining, there's been a sharp increase in obesity and Type 2 diabetes.

That's no coincidence. First, when you eat at a restaurant, it's easy to make unhealthy choices: fries with that extra-large soda; ice cream and chocolate sauce on that slice of pie — choices you wouldn't or couldn't make at home. Second, if you opt for inexpensive, cheap food, chances are you're not getting the best-quality ingredients; fat and sugar are used to bolster flavors; often meats are from animals raised with antibiotics or growth hormones; preservatives, emulsifiers, texturizers and more all are added to keep food looking appetizing (even if it isn't good for you).

So if you and your kids want to get healthier, have more energy, spend less money and have more quality time together, get everyone involved in home cookin'. Even take a helpful cooking class together. Then you'll find out who's the rockin' chef in your house.

FITNESS DIRECTLY TIED TO BRAIN HEALTH AS YOU AGE

Age and unfitness fuel lots of Groucho Marx-type humor — "When I was younger, I looked forward to getting up early in the morning to exercise. Now, getting out of bed in the morning is my exercise" or "I work out constantly ... I'm always running late!" — but age and lack of fitness isn't a laughing matter.

If YOU slide into sloth when you get older, you won't be amused by such jokes (mostly because you won't stay sharp enough to get them).

A new study reveals that when you're older, your brain health is directly tied to your cardiorespiratory fitness. Seems having a healthy heart and lungs beefs up connections between various regions of your brain, and that's key to thinking clearly.

Fortunately, you don't have to be Jack LaLanne to reap the senior cerebral benefits of aerobic endurance. (At 70, he swam 1.5 miles wearing shackles while towing 70 rowboats holding 70 people!) Instead, try these three tips to help you achieve a younger RealAge and better brain function.

Practice deep breathing. Close your eyes. Breathe in slowly for a count of four; hold it for a two-count. Exhale slowly and evenly for an eight-count. Repeat five times, twice a day.



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

Walk, walk, walk. Aim for 10,000 steps a day; so grab a pedometer and a buddy and enjoy!

Maintain a healthy weight with a Mediterranean diet. Healthy weight reduces strain on heart and lungs, eases cardio-damaging inflammation and helps oxygenate your brain and body!

And remember, running late doesn't count as exercise!

DON'T TOLERATE AN ASPIRIN ALLERGY MISDIAGNOSIS

In the 1976 film "Network," moviegoers applauded when evening news anchor Howard Beale (played by Peter Finch) screamed "I'm not going to take this anymore!" But if you think you're allergic to aspirin and have decided YOU'RE not going to take it anymore, it may not be the best idea.

Many people are told that they're allergic to aspirin when really they're having a non-allergic reaction. That's a shame. Aspirin is an effective, low-cost treatment for preventing a second heart attack or stroke (not to mention nine cancers, including breast, colon, liver, kidney and brain). And some experts believe it's also useful for prevention of potentially fatal first-time cardiac events in high-risk folks. Even if you don't have a reason to take aspirin today, tomorrow you could find yourself in need of one of medicine's oldest remedies.

According to new research from the American College of Allergy, Asthma and Immunology, "34 percent of [cardiovascular] patients studied were mistakenly labeled as having aspirin hypersensitivity," and none of the patients who were told they were hypersensitive were referred to an allergist for testing.

The reason you need to find out whether you're allergic (very rare) or just don't tolerate the med well is because treatment options can allow you to take aspirin. Your first step: See an allergist; find one at allergyandasthma.org.

We've long advocated taking two 81-mg aspirin at night, with a warm glass of water before and after. We don't want to see you denied the cardiovascular (and cancer prevention) benefits of this amazing and time-honored medication.

SODA HEALTH WARNING: THIS TIME FOR MIDDLE-AGE GUYS

There are startling uses for Coca-Cola, ranging from removing gum from your child's hair to wiping out slugs and snails in your vegetable garden (sugar entices them; acid finishes them off). In fact, Dr. Mike was on Dr. Oz's show last month to demonstrate that Coke is great at cleaning toilets. Tip: Only by pouring it directly

into the bowl.

So it's really no surprise that a big study of more than 42,000 middle-age men 45 to 79 found that guzzling two or more sodas and fruity drinks daily (including artificially sweetened ones) increased a guy's risk for heart failure by almost 25 percent!

This information follows on the heels of mountains of research showing that for young, middle-age and older guys and gals, drinking sodas and sugar-added juices contributes to everything from obesity to fatty liver disease. So let's look at better ways to quench your thirst and boost your health at the same time.

Go for water: You can flavor it with lemon or lime slices or pineapple and watermelon chunks. Also, enjoy caffeinated water, pulp-in fruit juices, coffee and tea.

While there's no specific recommendation for how much water you should drink a day (that depends on the content in the food you eat, your health, age and level of activity), the Dietary Reference Intake from food and liquid is 91 to 125 fluid ounces. Generally, you'll need to drink 50 to 60 ounces a day. Your skin, guts, heart and brain will say "cheers!"

WHEN TOO MUCH CAFFEINE IS TOO MUCH

When the "NCIS" poster girl for caffeine, Abby Sciuto (Pauley Perrette), goes for yet another 36-ounce Caf Pow, chances are she's exceeding the Food and Drug Administration-recommended limit of 400 mg of caffeine, or four to five cups of coffee daily. But she's not alone: Folks are gobbling up lots of products that can fuel a caffeine overload.

In addition to coffee, water and chocolate with caffeine, we have caffeinated peanut butter, jellybeans, gummi bears, beef jerky, caramelized popcorn, potato chips, marshmallows, sunflower seeds and, yes, waffles and maple syrup. The problem? Seems no one knows the potential health risks that these treats-with-muscle pose, especially to children, who have easy access to such products. That's why the FDA has asked the caffeinated food industry to step back.

We believe caffeine is risky for a child's developing neurologic, osteopathic and cardiovascular systems. The FDA and the American Academy of Pediatrics agree. Yet 73 percent of kids already consume caffeine on a daily basis.

What can be done about the proliferation of caffeine-laced products? The food industry could show restraint. Really! Wrigley already pulled caffeinated gum off the market "out of respect for the FDA." And the FDA is considering action: "We believe that some in the food industry are on a dubious, potentially dangerous path. If necessary, and if the science indicates that it is warranted, we are prepared to ... establish clear boundaries and conditions on caffeine use."

Before it comes to that, you need to avoid caffeine-enhanced products that are processed or have sugar added, and keep all of them away from kids.

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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SUBMITTED PHOTO

Kathy Magorian and a young girl named Catarina at a school-based health screening USD nursing assisted with in Guatemala.

USD Nursing Students To Provide Health Care In Guatemala

LOS JOMETES, Guatemala — The University of South Dakota Department of Nursing has added a new international clinical experience opportunity that will allow nursing students to travel to Guatemala to provide health care services to rural, indigenous people.

Students will work with residents in and near Los Jometes, a small community in the middle region of the Central American nation, beginning in Fall 2016.

Kathy Magorian, USD's Nursing Department academic director, said planned activities for nursing students include doing school screenings in rural villages, making referrals to primary care outpatient clinics and leading education sessions with local teachers. "The option to participate in a

cultural immersion clinical experience on a global level while learning nursing skills will be an incredible opportunity for our students," she said.

The clinic, organized by USD Nursing and the USD Center for Academic and Global Engagement, promotes a mission of the University of South Dakota for its students to become more aware of global cultures while receiving real-world experience in a specific field. USD student nurses will be working at the clinic for one week.

"Through these international programs, our students learn that public health and access to health care are global concerns," said Michael J. Lawler, dean and professor, USD School of Health Sciences.

2016 South Dakota Healthcare Video Contest Under Way

A short message promoting healthcare careers could earn a creative high school team a \$1,000 prize to be split with their school. Two runners-up will each split \$500 with their schools, for a total of \$2,000 in cash prizes to be awarded in the 2016 Healthcare Video contest.

South Dakota students in grades 9-12 are encouraged to create a 26-second video promoting the healthcare careers of Certified Nursing Assistants and/or Emergency Medical Technicians/Paramedics.

South Dakota's healthcare industry is projected to be among the largest growth industries from 2012-2022. The industry is expected to add 7,305 workers to South Dakota's economy, which is a 13.8 percent growth almost double the 7 percent growth projected for all industries. The 65 and older population will increase by 95 percent between 2015 and 2035.

Videos will be judged on four criteria: educational

value, entertainment value, originality and content. Videos are to be 26 seconds with no more than five participants per team.

The contest is sponsored by the SD Association of Healthcare Organizations, the SD Healthcare Workforce Center, Yankton Rural Area Health Education Center (YRAHEC) and Midcontinent Communications. The winning video may appear on regional television as a public service announcement, which will be determined by the sponsors based on entries received.

The contest aims to bring a greater awareness to high school students, their peers and others about the demand for healthcare workers in the state.

Contact your high school counselor or Yankton Rural AHEC for more information. Visit www.yrahec.org for contest details, forms and rules. Telephone YRAHEC at 605-655-1400.

Entry deadline to YRAHEC is Feb. 17, 2016.

Action Needed To Avoid Gap In Health Coverage

PIERRE — The South Dakota Division of Insurance reminds consumers with individual coverage Dec. 15 marks the last day to select health insurance coverage for a Jan. 1, 2016, effective policy date.

Division Director Larry Deiter says the Dec. 15 deadline to take action is important in order to avoid any gaps in health coverage. This especially applies to policyholders whose current coverage is through a DAKOTACARE plan previously offered through the Federally Facilitated Marketplace.

DAKOTACARE recently announced it is not offering health insurance through the Marketplace in 2016. Individual policyholders were notified of the changes to their current plan, including the loss of any current federal financial assistance to lower monthly premiums, copayments, coinsurance and deductibles.

"Any DAKOTACARE policyholders who received a tax subsidy in 2015 and want to maintain eligibility for assistance must take action to select a different plan offered on the federal government's Marketplace," said Deiter.

Consumers can review all health plan options available in South Dakota and sign up for health insurance coverage by working with their agent or a navigator, contacting a carrier directly or visiting healthcare.gov to view plans available through the Marketplace.

"I encourage all consumers to review their health insurance options to determine what plan best meets their needs in 2016," says Deiter.

Open enrollment runs through Jan. 31, 2016. A listing of carriers offering insurance in 2016 can be found in the "Consumers" section at <http://dlr.sd.gov/insurance>.

Program Helps South Dakotans Manage Chronic Disease

BROOKINGS — Living with a chronic disease, like diabetes, Crohn's disease or arthritis, can be lonely, confusing and, if not managed correctly, debilitating.

Working to provide South Dakota adults living with chronic conditions with the skills and resources they need to better manage their conditions, SDSU Extension, along with many other statewide collaborators, partnered with South Dakota Departments of Health and Social Services to launch the South Dakota Better Choices, Better Health program in 2013.

Developed by Stanford University almost two decades ago, Better Choices, Better Health is an evidence-based program with a proven track record in 50 states and 27 countries.

"Chronic disease is among the top five causes of death in our state. Through collaboration, we can provide this research-based, self-management program to help South Dakotans better manage their chronic conditions and live healthier, happier lives," explained Suzanne Stluka, SDSU Extension Food & Families

Program Director, who serves as one of two grant project directors.

South Dakota Better Choices, Better Health was initially introduced to the South Dakota communities of Rapid City, Pierre, Aberdeen, Huron, Sisseton, Mitchell and Sioux Falls. To aid in expanding the program statewide, the partnering South Dakota organizations recently received a two-year, \$765,140 grant from the Administration on Aging (AOA).

"As anyone familiar with chronic disease understands, it is a lifelong condition. Through Better Choices, Better Health and the partnership between our three organizations, we're able to provide long-term solutions to help manage chronic disease," said Linda Ahrendt, former Administrator of the Office of Chronic Disease Prevention and Health Promotion with the S.D. Dept. of Health.

Ahrendt also explained that the grant funds will be used to implement sustainable program infrastructure.

South Dakota Better Choices, Better Health trains

local volunteers to lead workshops which bring adults suffering from a variety of chronic conditions together once a week for six weeks to learn self-advocacy skills and healthy life skills, such as eating a balanced diet and engaging in regular exercise, that will help them better manage their chronic conditions. South Dakota Better Choices, Better Health Master Trainers and Lay Leaders use curriculum, which is written by Stanford University.

"Through the program, participants gain self-confidence and learn how to be an advocate for their own health — basically, it teaches those with chronic disease how to manage once they've left the doctor's office," said Lori Oster, program coordinator for Better Choices, Better Health, who works on contract with the S.D. Dept. of Health.

A three-year study of 1,000 Better Choices, Better Health participants from across the U.S. showed an improvement in overall

health and quality of life.

"This data is encouraging. The AOA grant allows us to conduct our own evaluation to learn what South Dakota participants think and how they feel they benefited from the program," says Lacey McCormack, Assistant Professor of Nutrition and Dietetics at South Dakota State University and grant co-project director with Stluka. "We want to see whether participants' self-efficacy in disease management increases over the course of the program. So many times programs are evaluated based on dollars spent and people impacted. We are measuring the success of Better Choices, Better Health based on its ability to improve the lives of South Dakotans."

To learn more about this program, how you can participate or volunteer to lead, contact Megan Olesen, SDSU Extension Nutrition Field Specialist, 1-888-484-3800 or Betterchoices.betterhealth@sdstate.edu or megan.olesen@sdstate.edu.

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