



COLD, SNOW ARE STILL HERE

Get The Scoop On Shoveling Safely

Heart attacks, strain on the back, muscle spasms, and additional conditions can all be side effects of shoveling snow. A required task in many regions of the country each winter, shoveling snow could turn into a medical emergency.

Typical winter conditions, such as temperatures below 20 degrees F, a few inches of snow and the physical activity of shoveling, can cause death rates from heart attacks to triple among men 35 to 49 years old, say medical experts. While shoveling may seem like child's play, it's really the equivalent of playing an active game of tennis or doing speed walking. That's a big demand on the body, primarily for individuals who are not accustomed to such physical exertion.

Also, people underestimate just how many pounds of snow are being moved. On average, a shovel loaded with snow can weigh approximately

15 pounds. Repeatedly removing snow over the course of even a few minutes can add up to thousands of pounds.

Shoveling snow safely requires a few precautions.

- If you are prone to heart trouble, ask your doctor if it is safe to shovel snow. If not, hire a professional or a neighborhood kid to do the shoveling.
- Don't smoke or drink caffeine before starting to shovel. These substances can constrict blood vessels and compound problems of blood flow to and from the heart.
- Stretch your back, legs and arms before shoveling to reduce the chance for strain or more serious injury. Warm up muscles by walking or marching in place. Swing your arms and rotate your neck as well.
- Choose a small-bladed shovel. This will pre-

vent you from overloading the shovel with snow.

- Always bend with the knees and lift with your legs. Step in the direction you'll be throwing the snow so you're not pivoting at your back and waist, potentially causing injury.
- Do a lot of pushing of snow and a little lifting whenever possible.
- Shovel in sections, especially when there is a heavy accumulation of snow.
- Dress in layers so you can remove them to feel comfortable. You don't want to sweat and risk hypothermia. Also, drink plenty of water to stay hydrated.
- Pay attention to what your body is telling you. If you feel pain, shortness of breath, dizziness, or any other adverse symptoms, stop shoveling and get rest or medical attention.



You should not bend at the waist when shoveling snow due to the heightened risk of injury.

Kampshoff Joins Staff At Clinic

Yankton Medical Clinic, P.C. is pleased to announce that General Surgeon, Jesse L. Kampshoff, M.D. has been certified as a Diplomate of the American Board of Surgery.

Dr. Kampshoff earned Diplomate status by passing the American Board of Surgery's stringent certification examination, a test of the physician's abilities in the field of surgery. American Board of Surgery Diplomates must continue to demonstrate their competence in the specialty by taking recertification exams every 10 years.

Dr. Kampshoff has been in



Dr. Jesse L. Kampshoff

practice at the Yankton Medical Clinic, P.C. since August 2009.

Bray Returns From APGO Course

Yankton Medical Clinic, P.C. Board Certified Obstetrician and Gynecologist, Kevin Bray, MD, FACOG, recently returned from an Association of Professors of Gynecology and Obstetrics (APGO) Course in Scottsdale, Arizona.

APGO is a non-profit, membership-based organization for women's health educators. Courses provided by APGO promote excellence in women's health care by providing optimal resources and support to educators who inspire, instruct, develop and empower women's health care providers of tomorrow.

Dr. Bray is currently the Clerkship Director for the Yankton Program; a Clinical Professor with the OB/GYN Department at The Sanford



Dr. Kevin Bray

School of Medicine of The University of South Dakota; and a member of The Sanford School of Medicine Admissions Committee. He has been in practice at Yankton Medical Clinic, P.C. since October 1995.

Help Your Kids Learn Lifelong Healthy Habits

(ARA) — Teaching kids healthy habits can be tough. From learning how to apply sunscreen to knowing how often to bathe, kids need help from mom and dad on caring for their bodies — including their skin, hair and nails.

Some of the American Academy of Dermatology's tips for parents and their children to care for skin, hair and nails include:

- Use peanut butter to get gum out of hair.
- Avoid using hair styling products near the face to prevent acne.
- Wear sunscreen every day to prevent skin cancer and premature aging. Even on a cloudy day, up to 80 percent of the sun's ultraviolet rays can pass through the clouds.
- Don't use tanning beds. There is no such thing as a safe tan.
- Put an ice pack on a bruise to reduce swelling. If it's a bad bruise, elevate the area above your child's heart for about 15 minutes to keep the bruising and swelling to a minimum.

The American Academy of Dermatology provides information about caring for skin, hair and nails for kids ages 8 to 12 and their parents on its Web site, www.KidsSkinHealth.org.

The children's section of the Web site features interactive

games with Sammy the Skin Cell where kids can catch bugs, explore mazes and zap ultraviolet rays. The site also explains how skin, hair and nails work and how to take care of them, as well as fun facts including:

- An inch of skin has 650 sweat glands, 20 blood vessels and at least 1,000 nerve endings.
- You lose between 50 and 100 hairs a day.
- Hairstyles that pull the hair, like ponytails and braids, can cause hair loss.
- Fingernails grow faster than toenails, and nails grow faster in the summer than in the winter.

For parents, the Web site provides additional information on how to help their children properly care for their skin, hair and nails, as well as information about adult conditions like rosacea and psoriasis.

The adult tips are more in-depth and range from how to help your child prevent acne to how to know if your child's insect bite is dangerous and should be brought to your doctor's attention.

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Spring is around the corner, so keep healthy the remainder of winter

(ARA) — In many areas of the country, the snow and wintry conditions will linger into spring. And yes, the risk of contracting colds, especially those "change-of-season" colds, will arise. When cold weather hits, you prepare your house by checking the furnace and making sure your car has the proper fluids. "Winterization" applies to your car, your house and your body. To ward off those winter to springtime change-of-season sniffles, think back to what your mom told you — eat right, go to bed early and to stop touching everything.

Her advice has apparently withstood the test of time. Dr. Carl Wurster, chair of the Allied Health Department at Brown Mackie College — Boise, provides us with 10 tips on ways you can stay healthy the remainder of the winter.

1. Exercise more. You'll help ward off sickness if you're in good shape. The body does not go from marginal to excellent health in a short time span. Regular exercise increases blood circulation and you also tend to drink more water when you exercise, which increases adrenalin secretion.

2. Eat more protein and good fats. "If you're not in good shape, adjusting your diet is the best thing you can do," says Dr. Wurster. "Proteins contain immune globulins, which the body uses to fight viral and bacterial infections. Proteins also contain chemicals that make up antibodies. You naturally crave foods with higher fat content in the winter because when the sun gets lower in the sky, your body increases the production of dopamine. That's the chemical that makes you feel good. Almonds and yogurt are good fats that help maintain body temperature."

Dark chocolate is loaded with dopamine. It makes the brain feel better. Even if you gain five or 10 pounds during the winter and early spring, the insulation helps protect you from the cold. Don't worry, because your appetite for rich foods drops in the summer. It's all biochemical.

3. Drink more water to pre-



COURTESY OF ARACONTENT

vent hypothermia. We drink less water in the winter because we're not as thirsty. Mountain climbers and hikers know that inadequate water leads to dehydration and frostbite. Without enough water, the mucus in your throat gets thicker and sets you up for pneumonia. "Some people die of pneumonia during the winter and early spring because they don't have the normal clearing functions to get the bacteria and viruses out of their system," says Dr. Wurster. The change-of-season weather, when you think it's OK to leave home with a thin jacket — can lead to severe colds.

4. Get enough sleep. Most people sleep longer in the winter because it's colder and they're not very active. Increased sleep causes a big change in cortisone secretion from your adrenal gland — which has a positive effect on the immune response. Adequate sleep lowers your

chances of picking up a bug.

5. Take your vitamins. By taking vitamin C and other supplements you lower your chances of picking up an upper respiratory infection. The average person has 2.3 colds a year, according to the American Academy of Family Physicians Foundation.

6. Lower the thermostat at your home. We often set thermostats too high during the winter months. The humidity dries out the mucus in your respiratory tract, increasing the chance of an infection. Before leaving your house for a short trip to the market, open several windows for a few hours to circulate the air.

7. Wash your hands. Beware of fomites. "Viral bugs thrive on fomites, which are communal objects, that we all touch — like door handles or phones," says Dr. Wurster. After thoroughly washing your hands, use the paper towel to open the restroom door.

8. Take more showers and fewer baths. The steam from a shower helps loosen the mucous membranes. "That's why steam rooms are good for you during the winter and spring," he adds.

9. Don't invite sick people to your house. Sick friends and relatives should stay home. The same goes for the workplace. Airplanes are the main vectors for the spread of disease caused by re-circulated air. Try to keep your hands away from your nose and mouth until you de-plane and then wash your hands. Or, better still, always keep a small bottle of antibacterial hand sanitizer with you.

10. Don't overuse antihistamines and decongestants. This dries up the mucous membranes, making them a haven for infections.

When was the last time Dr. Wurster had the sniffles? It's been several years. He's taking his mother's advice.

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