

February is American heart Month

Visiting Hours

Learn To Recognize Heart Disease's Warning Signs

BY WILL HURLEY, MD
Yankton Medical Clinic, P.C.

When someone goes into cardiac arrest, it's a race against the clock to save his or her life. Each day about 700 Americans die before they reach the hospital. During American Heart Month in February, it's important to learn to recognize the warning signs of heart disease.

WHY ARE WARNING SIGNS OF HEART DISEASE IMPORTANT?

Heart disease is the leading cause of death in the United States. Coronary artery disease becomes increasingly common in men over age 40 and in women after menopause. Ignoring warning signs of heart disease can be fatal.

Heart attacks can occur without warning, but often there are symptoms of heart disease years before the attack. Some common warning signs are chest pain with exertion or activity, shortness of breath, swelling in the legs and feet, leg pain with walking, high blood pressure and high blood cholesterol. If you have any of these symptoms, speak with your health care provider about them. If you follow your provider's advice, you may be able to prevent a major heart attack.

CHEST PAIN (ANGINA)

Angina is a temporary pain, tightness, or pressure in your chest that occurs if your heart muscles are not getting enough oxygen. The pain may travel to your throat or jaw, around your back, or to your left shoulder or arm. It is possible to have a heart attack with no warning, but many people have angina for some time first.

Angina that occurs when you exercise and disappears with rest is called stable angina. Angina that is new or comes on unexpectedly or when you are resting is called unstable angina. Unstable angina is much more serious than stable angina and may mean that without immediate medical attention a heart attack will soon occur.

SHORTNESS OF BREATH

Shortness of breath is the most common warning sign of heart failure. Heart failure doesn't usually mean your heart has stopped. Generally it means that your heart is having trouble pumping enough blood around your body. This causes fluid to build up in and around your lungs. The fluid makes breathing difficult.

Heart failure can usually be treated. If it is not treated, it will get steadily worse. If you begin to get breathless going upstairs or after less and less exercise, or if you need more

pillows to breathe comfortably in bed, you need to see your health care provider as soon as possible.

SWELLING (EDEMA) IN THE LEGS AND FEET

Millions of Americans have leg swelling from causes other than heart disease. However, the collection of fluid in your legs can be a warning sign of heart problems. This is especially true if you have other symptoms, such as shortness of breath. You may have swelling in your abdomen, too. Tell your health care provider if you notice fluid collecting in your legs, ankles, or feet.

PAIN IN THE LEGS WITH WALKING (CLAUDICATION)

Pain that occurs in the calf muscles when you walk can be a sign of heart and blood vessel disease. This type of pain happens only with activity and stops a minute or two after you stop the activity. It occurs when your muscles are not getting enough oxygen because of blocked arteries. Blockages in the leg arteries may mean there are blockages in the heart (coronary) arteries as well.

HIGH BLOOD PRESSURE AND HIGH BLOOD CHOLESTEROL

High blood pressure and high blood cholesterol are both warning signs of possible heart problems in the future. You usually can't tell if you have either high blood pressure or high blood cholesterol without measuring your blood pressure or testing your blood. Both measurements may be done routinely at health check-ups. A blood pressure machine may be available in your local pharmacy. Both blood pressure and cholesterol screening may be offered in your community from time to time. High blood pressure and high blood cholesterol can be treated by your health care provider.

RISK FACTORS

It's also important to know your risk factors. These include items such as high cholesterol, high blood pressure, obesity, smoking, diabetes and family history. Your health care provider can help you sort out your risk factors and find ways to live a healthier lifestyle.

SUMMARY

If you have any of these warning symptoms, you should see your health care provider, so he or she can help you determine if you have heart disease.

THIS WEEKLY COLUMN IS PRODUCED BY THE PUBLIC RELATIONS OFFICE AT AVERA SACRED HEART HOSPITAL TO PROMOTE HEALTHY LIFESTYLES AND PROVIDE USEFUL MEDICAL INFORMATION TO OUR COMMUNITY.

Dr. Farmer's New Pasture

BY VAL FARMER
www.valfarmer.com



Val FARMER

It is official. My wife Darlene and I know our plans.

I mentioned before that my wife Darlene has learned Russian and that I wanted to see her use that language in a meaningful way in our lifetime. The time didn't seem right until now. It also helps ease my mind that Dr. Mike Rosmann is waiting in the wings to extend this column to my loyal readers.

We are prepared to leave behind the column, my consulting and mediation work, seven children, their spouses, and our 23 grandchildren to do something else. This something else is demanding and strenuous.

Beginning the middle of May, we are going to serve as missionaries in Mongolia for 23 months. If indeed we are going out to pasture, this is the biggest pasture there is.

About Mongolia. There is nothing cushy about Mongolia. It is a sparsely settled land of 2.7 million people of which 1.2 million live in the capital city of Ulaan Baatar. Thirty percent of the population is nomadic or semi-nomadic herders who make their living selling wool, cashmere, milk, meat, and animal skins.

Mongolia is located south of Siberia and north of China. The winters are cold and windy with lots of sun — something like North Dakota. Nothing new — at least not for us.

The herders with their goats, sheep, cattle, camels, yaks, and horses underwent a summer drought in 2009 followed by a devastating 4 month winter of snow, ice, and bitter cold. The death loss from the herds was horrific.

With the worldwide recession, the market for high end cashmere products plummeted. Herdsmen were in trouble with their lenders calling in loans and repossessing their tent homes and remaining livestock. There were disputes about collateral and herd counts. Displaced herdsman and their families migrated to the capital in search of jobs and a fresh start. Any of this sound familiar?

A church mission. We will be serving as missionaries for the Church of Jesus Christ of Latter-Day Saints. The church has a program

can request the kind of mission and service they are willing to provide. Church leaders make every effort to accommodate the needs, abilities, and desires of senior couples as these assignments are made.

Darlene has had 15 years of background and study with the Russian language. I have taken courses in Russian these past two years. We inquired about serving in a Russian-speaking country.

The Church missionary department responded that they had a need for a senior couple in Mongolia where the people over 40 generally speak Russian as a second language. Also the Mongolian language uses the Cyrillic alphabet which will make it easier for us to learn the language.

Our fifth daughter served as missionary in Mongolia so we were familiar with the country through her experiences. We were delighted with the mission call to serve in Mongolia. Our particular assignment will be to assist the Mongolian people and church members with family history and genealogy work. Again, this is one of Darlene's passions she has developed over the years.

There are 5 senior couples currently serving in Mongolia with two more couples arriving this spring. The rest of the missionary force consists of single young men and women in the 19-25 year age range. The church has been in Mongolia for 18 years and has about 9,000 members. It is the fastest-growing Christian denomination in Mongolia. **Continued contact.** I will have a blog,

drvalfarmer.blogspot.com, where I will be posting some of my thoughts and photographs from Mongolia. Those who wish to follow our adventures and experiences in Mongolia may do so.

Before May, I will be renovating my website to consolidate my writings into more readable segments, particularly those articles on family management in agriculture. When I return in 2014, I will resume my farm family consultation and mediation work. Readers can access archived articles on my website **www.valfarmer.com** for a one-time \$5.00 subscription fee.

My two books, "To Have and To Hold" and "Honey I Shrank the Farm" will be available and distributed for the next two years by my daughter, Tassa Barney, JV Publishing, PO Box 207, Grover, MO 63040. They are currently on sale at \$8.00 and \$7.50 each with a combined \$2.95 shipping fee. The books can also be ordered through my website, using PayPal.

If any of you wish to communicate with me can do so through the JV Publishing address above or through my email at **val@valfarmer.com**. In the meantime, after my column concludes at the end of March, we will be visiting our children and grandchildren in North Carolina, Mississippi and Utah. We will be attending our son Trace's graduation in Civil Engineering from BYU at Provo, Utah on April 20.

We will be taking a week-long immersion experience in Mongolian and receive tutoring via our daughter and also with a Mongolian speaker using Skype.

Retirement is going from one kind of work to a different kind of work. Work is defined as sustained effort toward a meaningful goal. *"You only grow when you come to the end of something and begin something new."* - John Irving.

Maybe we aren't going out to pasture after all.

2011 The Preston Connection Feature Service
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Drugged Driving Can Be Deadly

BY TROOPER DEANNA GOEMAN
South Dakota Highway Patrol

Drugged driving can be deadly. According to the National Highway Traffic Safety Administration, out of the 12,055 drivers who died in car accidents in the U.S. who were tested for drugs, one-third tested positive for drugs. What is a drug? A drug is any substance when taken into the human body impairs the person's ability to operate a motor vehicle safely. This includes alcohol, illicit drugs and prescription drugs. According to the National Highway Traffic Safety Administration National Roadside Survey, more than 16 percent of weekend nighttime drivers tested positive for illegal, prescription, or over-the-counter medications. These statistics are indications that continuing education, prevention, and law enforcement efforts

are needed from public safety.

In the past two decades drunk-driving deaths plummeted from 30,000 a year to 15,000. In large part to stricter laws, organization support such as MADD, education and social stigma with an arrest. Lack of education is a large part of prescription drug abuse and DUI's.

Your ability to drive can be affected by prescription drugs or over the counter medications purchased at a pharmacy. These medications include minor tranquilizers, antihistamines, and antidepressants. Prescription medication is more likely to affect your driving abilities within the first two weeks. Many times you are not able to predict how medication will affect you until a situation arises where you have to respond quickly to avoid a crash. Dentists, doctors, and

pharmacists need to tell their clients of any risks associated with any medication they provide. Not only can driving while on prescription drugs be dangerous for yourself and the public. If the drugs cause impairment it is against the law. Here are some safety tips when mixing medication with driving.

- If you have to take medication that affects your driving plan ahead. Ask a friend to drive, or take a taxi or public transport.

- If you are concerned about your ability to drive safely, do not stop taking your medication. Stop driving, and discuss your concerns with your doctor or pharmacist. There could be another medication you can take that will not affect your driving ability.

- Always ask your doctor or pharmacist about side effects of

medications that you have been prescribed, particularly whether they are safe to take when driving.

- Always tell your healthcare provider about any other drugs (including prescribed, over-the-counter, herbal and illicit drugs) that you are taking, as these may interact with your medications and affect your ability to drive.

- Do not use other drugs like alcohol or marijuana with your medication, they could increase the effects. Talk with your health care provider about the effects of alcohol on the medications that you are taking.

- When taking over-the-counter medications such as cold and flu preparations, it is important that you take the medication as directed, some of these may impair driving ability. Talk to your pharmacist.

SCHOLASTICS

Semmler Named Student Of the Year At ISSE

Stewart School in Sioux Falls, is proud to announce that Tera Semmler represented them as Business Student of the Year at the ISSE (International Salon & Spa Expo) show in Long Beach, California, January 28 & 29. Tera, a native of Parkston, competed for International Business Student of the Year against representatives from Nuts and Bolts Member Schools from United States & Canada. Stewart School added Nuts and Bolts to curriculum to assist future professionals in developing skills for providing 5 star customer service and building a successful business no matter what type of salon or spa they choose to work in. Tera was judged on criteria which is key to being a successful salon professional. She also had to submit a DVD presentation outlining how she will be able to implement the skills she has learned through the Nuts and Bolts program.

Area Students To Do Spring Service Projects

ORANGE CITY, Iowa—Bennett Mabey, Leah Mabey, Michael Mabey and Samuel Santos are among the approximately 200 students from Northwestern College in Orange City, Iowa, who will travel across the U.S. and around the world for the college's annual Spring Service Projects (SSP) March 3-12.

Northwestern mission teams are traveling to three international sites this year. Students will serve in two youth hostels in Amsterdam in the Netherlands; with the Moravian Church in Bluefields, Nicaragua; and with United Christians International in Haiti.

Ten Spring Service Project teams are partnering with ministries in the United States. Students will participate in an after-school program and community improvement projects in Jonesboro, Ark.; serve through work projects, relational ministries and recreational activities in Jacksonville, Fla.; help with construction, tutoring and community cleanup in Opelousas, La.; and renovate a new ministry center for Urban Impact in New Orleans.

In Minnesota, one team will teach English to Somali immigrants in Minneapolis, while another will interact with youth and participate in work projects and a community snow carnival on the Grand Portage Indian Reservation.

Still other students will spend the week assisting with a dental clinic and child education programs in Cary, Miss.; working in a free

health clinic and learning about urban ministry and racial reconciliation in Jackson, Miss.; helping at a homeless shelter in Spartanburg, S.C.; and serving with a ministry to ex-prisoners in Lindale, Texas.

Spring Service Project members raise their own travel funds through their individual families, friends and churches and also through fundraisers on campus and in the community.

Northwestern College's short-term mission programs bear the Standards of Excellence in Short-Term Missions (SOE) seal, ensuring that participating organizations get NWC mission teams that are of high quality. SOE standards include adequate pre-trip training and resources, as well as consistent post-trip follow-up and accountability.

Bennett Mabey is a junior and a biology health professions major at Northwestern College. He will be participating in short-term mission work with Voice of Calvary Ministries in Jackson, Miss. Mabey is the son of Mark and Tamara Mabey of Yankton.

Leah Mabey is a senior and a biology health professions major. She will be participating in short-term mission work with Shelter Youth Hostels in Amsterdam. Mabey is the daughter of Mark and Tamara Mabey of Yankton.

Michael Mabey is a junior and a biology health professions major at Northwestern. He will be participating in short-term mission work with United Christians International in Haiti. Mabey is the son of Mark and Tamara Mabey of Yankton.

Samuel Santos is a junior and a biology health professions major. He will be participating in short-term missions work with Voice of Calvary Ministries in Jackson, Miss. Santos is the son of Ricardo and Lori Santos of Yankton.

UND Dean's List Released

GRAND FORKS, N.D. — The University of North Dakota Deans' list includes students whose grade point averages are in the top 15 percent of the enrollment in each of the University's degree granting colleges and schools. A student must have completed no fewer than 12 semester hours of academic work for the semester, of which eight or more hours must be graded work rather than "satisfactory/unsatisfactory."

From the area is Garret Jepsen of Meckling.

Leap Day Babies Relish Their Unique Birthdays

NEW YORK (AP) — Peter Brouwer turns 56 on Wednesday. But if you count the times he's celebrated his true birth date, he's only turning 14.

Brouwer is a Leap day baby. And like a lot of people born Feb. 29, he relishes the uniqueness of his birthday. He even thinks there's an advantage to marking your real birthday just once every four years.

In off years, Brouwer says, most Leap day babies — perhaps 80 percent — celebrate their birthdays in February "because they're born in February. We call them strict Februarians."

But Jennifer Whisnant of Greensboro, N.C., whose daughter Ava was born in 2008, says they "celebrate on the closest Saturday for a party, or on March 1st, which is technically when she would have been born had it not been Leap year."

Birth certificates and most government agencies like Social Security use Feb. 29 for those born on Leap Day, but leaplings occasionally encounter bureaucratic difficulties using their true birth dates. Some computerized dropdown menus don't include Feb. 29.

On Facebook, Anne McCarthy's friends get a note Feb. 28 that her birthday is the next day. Then on March 1, "there would be nothing. So, unless it was a Leap year, friends would not see birthday re-

mindings for the actual day," said McCarthy, of Boston, turning 24 on Wednesday (in Leap time, 6).

There are no reliable numbers on exactly how many babies are born on Leap day, but statistically, the odds of being born then are the same as any other day.

"The law of averages means your chance of being born on Feb. 29 is one out of 1,461," Brouwer said, explaining that 1,461 equals 365, or the number of days in the year, times four, plus one for the extra day in the four-year cycle. "We figure in the U.S., there's about 200,000 of us, and in the world, about 5 million."

There's also no good way of definitively determining whether mothers with scheduled C-sections or induced births avoid or embrace Leap day.

Fewer babies are born on weekends in the U.S. than on other days, according to research by the National Center for Health Statistics, and since Leap day fell on a Sunday in 2004 and a Friday in 2008, birth numbers from those years don't tell the whole story.

What will happen this year is anybody's guess. At Inova Health System in Virginia, where more than 20,000 babies were born last year in four hospitals, "women are running from the date. That's what we've found," said spokesman Tony Raker.

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