

# Becoming A Pro On Probiotics

BY MICHAEL ROIZEN, M.D.,  
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**OZ AND ROIZEN**

Dr. Mehmet Oz and Dr. Michael Roizen

Madonna says probiotics make her feel younger than she felt 20 years ago. Looks like others feel that way, too. By 2016, North Americans will spend \$33.5 billion on dairy products with added gut-friendly bacteria. But are you getting enough bang for your buck? Not if the probiotics — which are known to control immune strength, protect against auto-immune diseases and gastro-problems like irritable bowel syndrome, help lower lousy LDL cholesterol and fight type 2 diabetes (or, if out of whack, trigger it) — can't make it through the manufacturing process, storage or your stomach acid.

That's why it is so important to choose a probiotic that comes with its own natural suit of armor, such as the spore form of bacillus coagulans. Each bacterium is a little hard spore that provides a defense against potential killers, so the intestines get a full dose of the bacteria. We recommend getting 2 billion to 4 billion spores of bacillus coagulans in protected capsule form a day. And if you — or your child — takes an antibiotic, make sure you take that daily dose while on the antibiotics and for two weeks afterward.

Other ways to help healthy gut bacteria flourish: Eat only 100 percent whole grains (fiber feeds the good bacteria what they need), avoid saturated fats (they KO good bacteria and let nasty ones thrive), eat at least nine servings of fruits and veggies a day, don't take antibiotics unless truly necessary (they lay waste to good gut bacteria) and avoid all antimicrobial hand washes unless they're alcohol-based.

**IT'S THE BERRIES!**

There's Chuck, Halle, Walter, Ken and Daryl (Berry, Berry, Berry, Berry and Strawberry, that is!). And while they all pack super-powers as actors or athletes, they can't compete with the amazing health benefits of actual berries — particularly blueberries and strawberries.

Strawberries and blueberries contain anti-inflammatory nutrients called anthocyanins, a specific type of flavonoid that dilates blood vessels and keeps gunky plaque from building up on the inside of your arteries. And a study of 96,000 women in their 20s, 30s and 40s found that the risk of heart attack plummeted 32 percent from eating those berries three times a week. That's compared with those who eat the berries only once a month — even if they consume a lot of other veggies and fruits. (Guys, just because you weren't in this study, don't think you won't benefit from eating berries too — dig in!)

- To get the benefits:
1. Eat them raw (well-rinsed) and without added sugar. If you put them on 100 percent whole-grain cereal, you've got a major heart-healthy breakfast! (Remember, use nonfat milk or yogurt, or try almond, soy or walnut milk.) Also enjoy blackberries, black cranberries and raspberries — they, too, pack a wallop of heart-lovin' anthocyanins.
  2. Toss them into salads, and mix them up with fresh herbs (mint or basil are great choices).
  3. Cooked berries also rock — they don't lose their anti-inflammatory powers, but an-

thocyanin does degrade by 16 percent to 41 percent. Try a spicy fruit sauce flavored with cayenne pepper, cilantro and diced tomatoes on baked fish or skinless chicken.

**A NEW WRINKLE IN TREATING PLANTAR FASCIIITIS**

Jennifer Lopez fell off her high heels (ironically) while performing the song "Louboutins," about 7-inch-high shoes. Australian Prime Minister Julia Gillard did a face-plant when her spikes got caught in the lawn at India's Gandhi memorial. But as dangerous as the fad for stiletto shoes is, it's nothing compared with the heel pain that propels more than 2 million people a year to a doctor's office for relief of plantar fasciitis.

Plantar fasciitis is an inflammation of the thick tissue (the plantar fascia) extending along the bottom of the foot, connecting the heel bone to the toes and creating your arch. It causes both sharp and dull pain, and stiffness in the bottom of the heel.

Treatment usually combines exercises (see below) to stretch the fascia, ice to reduce inflammation, heel cushions for arch support, overnight splinting and injections of steroids to stop the pain. Unfortunately, 2.4 percent to 5.7 percent of folks who get steroid injections rupture their plantar fasciitis.

A better treatment routine? Research now shows good effects from a combination of plantar-stretching exercises (they're absolutely essential), icing morning and night, and Botox injections. For an exercise, try this one: Cross your affected foot over the knee of your other leg. Grasp your toes and pull them up. Hold 10 seconds. While holding, rub your plantar fascia (it'll feel like a tight band) with your other hand or thumb. Repeat 10-20 times, three times a day.

Then, check with your doctor about the pros and cons of the off-label use of that wrinkle-fixer.

**START TAKING ANOTHER ODD OMEGA — OMEGA-7**

Omega is the last letter of the Greek alphabet, but you can bet this isn't the last you'll be hearing about purified omega-7, a healthy fatty acid like omega-3, that decreases body-wide inflammation. (Important tip: You want only purified omega-7, or palmitoleic acid, not the one from sea buckhorn. That's palmitic acid, and it INCREASES inflammation.)

Recently, we got a letter from a guy who's

taking purified omega-7 and wanted to reassure his wife it was a smart move. Well, he can tell her that only good things come from taking it. In fact, she may find he's now like Alien Burt in the '70s sitcom "Soap." (If you recall, Bert had bouts of impotence with his wife Mary, but when aliens captured him and sent a replica — Alien Bert — to take over his life, including sleeping with his wife Mary, she was left without any complaints.) And here's what else purified omega-7 may do for you (the studies are preliminary):

Purified omega-7 seems to lower levels of highly specific C-reactive protein (hs-CRP). Elevated levels of hs-CRP indicate how inflamed your artery walls are. Reduce that inflammation, and you may lower your risk for heart disease, stroke, memory loss, wrinkles and even impotence. Early studies also show purified omega-7 might decrease fatty liver and insulin resistance, lower blood sugar and decrease triglyceride and lousy LDL cholesterol levels, while increasing good HDL.

We don't see any negative side effects from taking this friendly fat. That's why Dr. Mike takes 420 mg of purified omega-7 a day.

**BLINDNESS/ASPIRIN LINK IS B.S. (BAD SCIENCE)**

Sometimes writers have to straighten out other writers: For example, Samuel Clemens once sent a cable to The Associated Press to correct a faulty story. "Reports of my death," he wrote, "are greatly exaggerated." Well, here are a couple of misleading headlines we feel obliged to straighten out: "Aspirin Linked to Blinding Eye Disease" and "Aspirin Triples Chance of Blindness Disease."

Here's the B.S. behind the study: In 1997, researchers asked around 2,400 people 49 and older to fill out a questionnaire about their lifestyle and medication usage. Eleven percent reported regular aspirin use. Fifteen years later, researchers found 63 people from that group had developed wet macular degeneration (WMD), a condition in which abnormal blood vessel growth in the center of the retina distorts vision. Of those people, about 22 percent reported regular aspirin use. Triple the risk of WMD!? Pretty flimsy data.

Also, according to the researchers, they never asked about aspirin dosage; they assumed 150 mg daily. And they asked only about taking aspirin at the beginning of the survey, so they had no way of knowing if participants stopped, continued or increased their dose or if they started taking aspirin regularly as they got older.

Our advice: If you're at risk for WMD — you smoke, have high blood pressure or high cholesterol or are obese, 65 or older or Caucasian — and you're taking daily aspirin, talk to your doctor. Our recommendation is STILL two 81 mg tablets of baby aspirin a day, with a half glass of warm water before and after. The benefits vastly outweigh the risks.

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, visit sharecare.com.

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**Save the Date: June 28-29**  
Theme this year: **Relay's Got Talent!!**  
**Kickoff for Teams:**  
**February 25th, 5:30-7:00pm,**  
**Avera Pavilion**

Its going to be a great kickoff this year with a chili cook off provided by the RFL committee members - vote for your favorite:) All teams are encouraged to attend! And we have some great information that will help with new teams, revive veteran teams, and get everyone revved up for Relay again!

The Relay For Life Committee would like to welcome the following teams: Baldwin Filters, Balls of Fury, Cherished Relationships, First Dakota National Bank, First National Bank South Dakota, Avera Sacred Heart Hospital, Yankton Medical Clinic, and Shur-Co.

The Relay For Life Committee would like to thank the following 2013 "very generous" sponsors to date: Lewis & Clark Specialty Hospital (Hour of Hope Sponsor), Yankton Medical Clinic (Silver Level Sponsor), Dr. Baumann (Hour of Hope Sponsor), Yankton Family Dentistry-Drs. Michael & Darcie Briggs (Hour of Hope Sponsor), Avera Sacred Heart Cancer Center (Silver Level Sponsor), City of Yankton- Dept of Parks & Rec (Relay Sponsor), Summit Activities Center (Raffle Sponsor), Sara Lee Bread (Community Meal Sponsor), Yankton Daily Press & Dakotan (Gold Level Sponsor), Yankton Rodeo Association (Luminaria & Raffle Sponsor), SD Pork Producers (Community Meal Sponsor), SAPA (Hour of Hope Sponsor), Sacred Heart Monastery (Survivor Lap Sponsor), Larry's Heating and Cooling (Luminaria Sponsor), First National Bank South Dakota (Hour of Hope Sponsor), KPI-JCI (Raffle Sponsor), and Fejfar Plumbing & Heating (Luminaria Sponsor).

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**Center For Disabilities' Spring Conference Set**

SIOUX FALLS — The Center for Disabilities at the USD Sanford School of Medicine will host "Embracing Autism with Practical Supports," March 12-13, in Sioux Falls at the Hilton Garden Inn.

Keynote speaker for the conference is Judy Endow, M.S.W. Endow is an author and international speaker on a variety of Autism Spectrum Disorder (ASD) related topics. She is part of the Wisconsin DPI Statewide Autism Training Team and a board member of the Wisconsin Chapter of the Autism Society of America and the Autism National Committee. In addition, she also works with the Autistic Global Initiative, a program of the Autism Research Institute. Endow maintains a private practice in Madison, Wis. providing consultation for families, school districts and other agencies. On the autism spectrum herself, she is the parent of three grown sons, one of whom has also been diagnosed with an ASD.

The conference addresses two main keynote topics — "Embracing Life Autistically" and "Diagnostic Deficits and the Humanity of Autism" — along with the presentation "Outsmarting Explosive Behavior."

"This is a great opportunity to hear from someone who has a truly unique perspective on important issues related to ASD," stated Dr. Eric Kurtz, director of the Center for Disabilities ASD Program. "As a professional working in the field of ASD, a parent of a child with an ASD, and a person with autism herself, Judy Endow provides essential information on effectively supporting individuals with ASD."

For more information or to register for the conference, go to [www.usd.edu/medical-school/center-for-disabilities/spring-autism-conference.cfm](http://www.usd.edu/medical-school/center-for-disabilities/spring-autism-conference.cfm).

**SDSU To Host Health Professions Career Camp**

BROOKINGS — This summer, medically-minded high school students will have the opportunity to preview their potential futures in health care during South Dakota State University's Health Professions Career Camp.

The camp, held July 16-19, 2013, is sponsored by Avera McKennan Hospital and University Health Center and is hosted by SDSU. Students who are entering their junior or senior year of high school next fall are invited to attend and cultivate their interest in health care.

The wide-ranging activities, including hands-on lab experiences in human anatomy, pharmacy, nursing, exercise science, nutritional sciences and DNA fingerprinting, as well as visits to local health care facilities, will allow students to explore and discover new facets of medical fields they may not have experienced previously. Campers will have the opportunity to work with SDSU faculty throughout their experience. The camp is also an opportunity for students to familiarize themselves with SDSU's campus and programs. The tentative schedule allows for a trip to the campus Wellness Center, a student panel and a campus tour.

"It's about getting students who are in the medical career exploration phase into a college classroom setting, into health care facilities and time with health care practitioners," said Greg Heiberger, camp coordinator. "The breadth and depth of this experience for students is remarkable."

Since its inception, Health Professions Career Camp has been open to no more than 25 students. The small group gave the young people more opportunities for one-on-one time with faculty but also limited the number of interested students who could actually attend. This summer, however, the camp will accept 50 participants. This larger number will be divided into two groups during the camp in order to preserve the personal aspect of the experience.

The registration cost for the camp, including food, lodging and all other expenses, is due by April 15. Financial assistance is available to those in need.

For more information on the Health Professions Career Camp, visit <http://www.sdstate.edu/nurs/outreach/health-camp/index.cfm> or contact Heiberger at 605-688-4294 or [greg.heiberger@sdstate.edu](mailto:greg.heiberger@sdstate.edu).

**Orthopedic Surgeon Joins YMC**

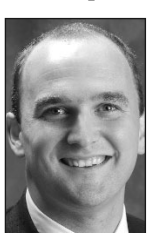
Yankton Medical Clinic, P.C. is pleased to announce the addition of Orthopedic Surgeon, Brent Adams, MD to our physician specialty staff. Dr. Adams is originally from Yankton, completed his undergraduate degree at South Dakota State University, and is a graduate of The University of South Dakota School of Medicine.

Dr. Adams completed his orthopedic surgery residency at the University of Kansas-Wichita and a fellowship in spine surgery at the Twin Cities Spine Center in Minneapolis, MN. He is board certified in orthopedic surgery and has also been a faculty member for the University of Kansas-Wichita orthopedic surgery residency program.

He will provide care for a multitude of musculoskeletal conditions with a subspecialty focus in spine surgery. Conditions that he will treat include cervical and lumbar spinal stenosis, scoliosis, disk herniations, sciatica, arthroscopic rotator cuff repair, total joint replacement of the hip, knee and shoulder, fracture care, carpal tunnel surgery and athletic injuries.

He is a member of the American Academy of Orthopedic Surgeons, North American Spine Society, and Scoliosis Research Society.

He will begin seeing patients at the Yankton Medical Clinic, P.C. March 11. Appointments can be made by calling (605) 665-1722.



Adams

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VERMILLION — The first group of medical students has been selected for participation in the University of South Dakota Sanford School of Medicine's Frontier And Rural Medicine (FARM) program.

The six participants have also been matched to their host communities, as follows: Milbank — Nicholas Kohles of Aberdeen; Moberidge — George Ceremuga of Rapid City; Parkston — Josh Doorn of Sioux Falls; Platte — Erin Rasmussen of Vermillion; and Winner — Heather Walker of Vermillion and David Kapperman of Hartford.

"The Frontier and Rural Medicine selection committee was very impressed by the quality of applicants for the program. We are confident the communities will be impressed by these students as well," said Susan Anderson, M.D., director of the FARM program. "Further, we want to express our appreciation for the ongoing support of Gov. Daurgaard, the South Dakota Board of Regents and the South Dakota State Legislature in this important new effort," she added.

The FARM program is a new initiative designed to combat the rural physician shortage by exposing students to the challenges and unique opportunities inherent in rural medicine. Begin-

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SUSAN ANDERSON, M.D.

ning in the fall of 2014, the participants will spend nine intensive months in carefully selected host communities during their third year of medical school, working with local physicians and becoming immersed in the communities.

Rasmussen, first-year medical student, said she was eager to sign up for the FARM program.

"I am so honored and excited to have the opportunity to be a part of the program. Having been raised in Vermillion, which I consider to be a small community, I knew this program was for me," said Rasmussen. "I am excited to go into another small community and learn about medicine while also getting to know the people who live there."

Rasmussen, who majored in communication studies at USD, feels her undergraduate education will provide an important skill set to bear when it comes to interacting with a wide variety of patients.

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