



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 teams that have already signed up: Baldwin Filters, Balls of Fury, Cherished Relationships, First Dakota National Bank, First National Bank South Dakota, Avera Sacred Heart Hospital, and Yankton Medical Clinic.

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YANKTON DAILY
PRESS&DAKOTAN



Haberer Named Assistant Director Of Nutrition

Registered Dietitian Nicole Haberer, Hartington, Neb., has been named Assistant Director of Nutrition Services at Avera Sacred Heart Hospital.

Haberer has worked at Avera Sacred Heart for more than four years as a dietitian. She takes the place of Doralynne Jarvis who was promoted to Director of Nutrition Services after Carla Scott-Schmidt's retirement.

"Nicole and I have worked together for nearly five years now," said Jarvis. "I look forward to working with her and the rest of our Nutrition Services staff as we prepare for the completion of the Northern Lights addition and our new kitchen and cafeteria."



Haberer

Tullo Earns Advanced PET/CT Certification

Radiologist Ralph Tullo, MD, Avera Medical Group Radiology, has completed an Advanced PET/CT continuing medical education symposium for 16 credit hours. The course reviewed current state-of-the-art techniques and uses of PET/CT in the diagnosis and management of patients with cancer.

Future trends in this very advanced imaging technology, available here at Avera Sacred Heart Hospital, were presented. The role of this imaging modality in the earliest determination of tumor response to chemotherapy was discussed. This application is very useful in determining which patients will respond to a particular chemotherapy regime, often within one or two cycles. This allows changing chemotherapy early if there is tumor resistance.



Tullo

YMC Audiologist Attends Convention in Ariz.

Yankton Medical Clinic, P.C. Audiologist Jason R. Howe, MS, FAAA, CCC-A, recently attended the Academy of Doctors of Audiology Annual Convention in Phoenix. This meeting is designed for clinical audiologists, dispensing audiologists, research audiologists, and scientists interested in hearing, hearing loss, dizziness, tinnitus, and hearing aids.

Topics included: Applying acoustical science to digital hearing aid fittings; Prevention of hearing loss in the workplace; Risks, benefits, and limitations of extended wear and deeply inserted hearing aids; Review of research from Johns Hopkins regarding the importance of early identification and treatment of hearing loss in individuals with signs of dementia and/ or cognitive impairment; Reluctance of the adult with hearing loss to pursue hearing aids—cognitive decline in adults with untreated hearing loss and how this may affect the ability to make rational decisions; and, the importance of collaboration and cooperation between audiologists and primary care providers—what the patient's doctor expects from the audiologist for evaluation and treatment of hearing disorders and positional vertigo.

Howe offers audiology evaluations and services for pediatric through adult patients at Yankton Medical Clinic, PC and Vermillion Medical Clinic. Appointments may be scheduled at Yankton Medical Clinic, P.C. by calling (605) 665-1722, and Vermillion Medical Clinic by calling (605) 624-8643.



Howe

Patrick Joins Lewis & Clark Specialty Hospital

Lewis & Clark Specialty Hospital of Yankton congratulates Dr. Kent M. Patrick, MD, in becoming the newest member of the Yankton medical community.

Patrick is a board-certified orthopedic surgeon specializing in surgical and non-surgical treatment of the spine. He graduated from the University of Iowa College of Medicine, Iowa City, Iowa.

Dr. Patrick specializes in spinal disorders of the cervical, thoracic and lumbar spine including deformity, fractures, disc disease, disc ruptures and spinal stenosis. Surgical treatments include microsurgery, total disc replacement, instrumentation and fusion.

Dr. Patrick began seeing patients Dec. 6 in his clinic, Yankton Spine, located in the Lewis & Clark Medical Plaza, Suite 200. Call 605-260-2118 for an appointment.



Patrick

YMC's Mikkelsen Earns ABIM Certification

Yankton Medical Clinic, P.C. Board Certified Internal Medicine physician Beth A. Mikkelsen, MD has successfully earned her Board Certification in the subspecialty of Hospice and Palliative Medicine from the American Board of Internal Medicine (ABIM).

Board Certification is voluntary and includes an exam that tests a physician's ability to diagnose and treat patients within the specialty of Internal Medicine and within different subspecialties, such as hospice and palliative medicine. The subspecialty of hospice and palliative medicine focuses on relieving symptoms, providing emotional and spiritual support and helping guide medical decisions for patients with serious illnesses.

Dr. Mikkelsen has been in practice at Yankton Medical Clinic, P.C. since August 1999. She is the Medical Director for Hospice and Palliative Care and Dakota Diabetes, both at Avera Sacred Heart Hospital and an Assistant Professor of Clinical Medicine at Sanford School of Medicine of The University of South Dakota.



Mikkelsen

Mall Walk For Children's Care Feb. 2 In S.F.

SIOUX FALLS — The 19th annual Mall Walk for Children's Care Hospital & School will be held at the Empire Mall in Sioux Falls on Saturday, Feb. 2 at 9:30 a.m. The fun-filled day will feature children's performer Phil Baker, clowns, cheerleaders, mascots, and lots of great prizes.

Hosted by the Children's Care Auxiliary, the event raises money for therapies, education, medical care, equipment, software, and other needs of youngsters from birth to age 21. In 2012, Mall Walk raised \$97,600, a total that organizers are hoping to exceed this year. One hundred percent of the dollars raised by participants goes directly to wish list purchases for the kids.

Pre-registration is Thursday, Jan. 31, from 11 a.m.-6 p.m. and Friday, Feb. 1, from 7:30 a.m.-6 p.m. at Children's Care Hospital & School, 2501 W. 26th Street, Sioux Falls. Registration on the day of the event opens at 8 a.m. in the JCPenney wing of the mall.

Donations for individual walkers or teams can now be collected online — as well as in person, on the phone, or through the mail. Participants can earn prizes provided by generous sponsors based on the amount of money they raise.

For more information on the Children's Care Mall Walk, visit www.cchs.org, or contact Jackie Knowlton with the Children's Care Foundation at 605-444-9808.

Oz And Roizen

Menu, Calories And Miles To Go Before You Burn It Off!

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

King Features Syndicate, Inc.

With slight apologies to Robert Frost, when it comes to making menu choices, it appears you'll eat less if you know just how many "miles there are to go before you sleep."

That info comes from an interesting study: On a menu with no nutritional data, people ordered meals totaling 1,020 calories; put the calorie count next to each menu item, and folks ate only 927 calories; add how many minutes of walking it takes to burn off the calories, and the total was 916; post how many miles you have to walk to burn off the calories — well, orders fell to 826 calories!

So next time you sidle up to a menu board, consider that if you weigh 150 pounds, you're burning around 90 calories per mile regardless of speed.

- A Big Mac with medium fries (930 calories)? Takes 10.3 miles to walk it off!
- Original Boca vegan burger (70 calories), 100 percent whole-wheat bun (100-200 calories), yellow mustard (9 calories in three teaspoons) and 3 ounces of broccoli carrot slaw (25 calories): just 3.3 miles to walk off 304 total calories.
- KFC mashed potato bowl (680 calories): You're hoofin' it for 7.5 miles.
- Subway chopped salad with turkey breast (110 calories) and packet of honey mustard dressing (80): Gone in 2.1 miles.

One more tip: Turns out that trading 1 mile a day of car travel for 1 mile of walking is an effective way to lose weight, and, say the researchers, it could save billions a year in health care costs.

BRUSH UP YOUR SEX LIFE

You can buy a set of Austin Powers misshapen teeth for \$9, but considering what they tell you about that Mike Myers character, you might not want to go there. Men in their 30s with erection problems (Austin couldn't sustain it with the seductive Ivana Humpalot) are three times more likely to have chronic gum inflammation, periodontitis, than fellas that age without dysfunction. What causes their get-up-and-go to go away? Only 3 percent to 5 percent of cases are from a hormone deficiency. Most ED stems from cardiovascular problems associated with inflammation.

Gum inflammation typically causes bleeding when brushing and, like Austin, your teeth can seem elongated as gums recede. It also contributes to bodywide inflammation that damages the lining of blood vessels, leading to problems with blood flow. If the flow don't go, guys, you're a no-show. (FYI: Female sexual function is also contingent on blood flow.)

So, if you brush up on dental hygiene, you can help protect your enjoyment of the greatest health-bestowing, tension-releasing, love-bonding activity. Here's how:

- Brush two to three times a day for at least two minutes each time. Floss once a day.
- See a dental professional at least twice a year for a cleaning and checkup.
- Eliminate added sugars and sugar syrups from your diet, and amp up intake of veggies and fruit (aim for about half of your total daily calories) and take supplements of 900 mg of omega-3 DHA and 420 mg of purified omega-7



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

daily. They'll reduce inflammation and may protect your heart — and your enjoyment of life.

DIAGNOSING APPENDICITIS WITH ULTRASOUND AND SPEED BUMPS

Knowing that you have appendicitis can be tricky; the initial discomfort mimics many other ailments, from stomach cramps to the flu. But if it goes undiagnosed, the risks are real: The guitarist for the metal band Slipknot, Jim Root, dodged a bullet last year when he waited a week to go to the hospital after his appendix burst. The resulting spread of infection causes life-threatening peritonitis.

He could have spared himself serious peril if he'd opted for the latest quick and non-invasive ways to diagnose appendicitis. Ultrasound, in experienced hands, can now be used in place of a radiation-intense CAT scan to get a clear image of what's going on with the tube-shaped sac attached to the large intestine. Doctors say that it is particularly important for children, who can then avoid unnecessary exposure to radiation.

And if that isn't available, docs in England discovered that driving yourself over a speed bump (we kid you not!) will give you a pretty good idea of whether your discomfort is appendix-related. The physicians found that 95 percent of their patients with appendicitis said coming into the hospital parking lot over the speed bumps had caused them acute pain. And those who reported pain but didn't have appendicitis turned out to have ruptured ovarian cysts, diverticulitis and other serious abdominal conditions.

Being able to pinpoint appendicitis with less-invasive and less-expensive diagnostic tests is great, even if some of it happens on the left side of the road.

VEGGIES' SECRET POWERS

Lisa Simpson tried to convert the cartoon world's most dedicated carnivores — Homer and Bart — by declaring: "Good news, everyone! You don't have to eat meat! I've got enough gazpacho for everyone." That's because Lisa knows veggies can clear up everything from your digestion to your complexion, and help prevent cancers, heart disease, depression and even impotence and orgasmic dysfunction.

So whether you eat your seven to nine servings a day or, like 77 percent of Americans, you can't find a veggie anywhere on your

dinner plate, here are five little-known powers of vegetables, for the New Year and a new you.

A vegetable-rich diet makes it easier to quit smoking: People who eat the most veggies are three times more likely to quit smoking and stay smoke-free than the veggie-deprived.

Asparagus prevents a hangover: Phytonutrients in asparagus help metabolize chemicals that produce the morning-after headache. That's the spear-it!

Kids who eat their veggies have higher IQs: Breast-fed young-uns who went on to eat legumes, cheese, fruit and vegetables at 15 and 24 months had IQs that were an average of two points higher by age 8.

Veggie-eating adults have bigger brains: Getting plenty of plant-based vitamins C, D, E and the Bs plus omega-3 fatty acids (we always recommend algal DHA-omega-3s) protects against Alzheimer's-associated brain shrinkage — and that strengthens memory and thinking skills.

Veggies make you happier: And happier means less stress, better sex, fewer wrinkles, fewer colds and a longer life!

So eat your seven to nine servings a day and smile!

COLD WEATHER WORKOUTS! (REALLY, IT'S POSSIBLE)

Winter exercise might be a lot easier if you had the sunny outlook of Officer Marge Gunderson (Frances McDormand) in " Fargo": "It's a beautiful day," she says while driving through a colorless tundra of ice and snow. But that's hard to summon up sometimes. So, here's how to make winter workouts more fun, less bone-chilling and less expensive than the gym!

For indoor workouts:

1. Start a new activity: Try a workout video; put your bike on a stationary stand in front of your TV (never watch without pedaling!); or put on tunes and dance for 20-30 minutes — and do it regularly.
2. Find a mall-walking group.
3. In an apartment building or at work, take up stair climbing from lobby to top floor and back. (Do it with a friend, and you'll do it more often.)

For outdoor activity:

1. Layer for warmth to wick away chilling moisture. On your torso, wear a synthetic material that draws sweat off the skin and keeps you warm. The next layer should insulate — fleece works nicely. The outer layer should be wind-resistant and waterproof, but breathable. Leggings that provide a light wicking layer and fit easily under wind-resistant, insulating outer pants are toasty. And a head cover that protects ears, neck and cheeks does wonders for your stamina, as do double-layered foot cozies — a water-resistant shell over a standard running/walking shoe. If you're warm, it's more likely you'll do it again tomorrow.

Now you'll be able to enjoy striding out for your 10,000 steps a day!

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Medical Officer at the Cleveland Clinic Wellness Institute. To live your healthiest, visit sharecare.com.

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Report: Nebraska Has High Levels Of Radon In Homes

LINCOLN, Neb. — Radon testing in Nebraska continues to indicate that a high level of radon gas in homes in the state is common. Of more than 48,000 homes tested since 1990, 59 percent have been above the acceptable health level set by the Environmental Protection Agency, according to the Nebraska Department of Health and Human Services.

Radon is a colorless, odorless, naturally occurring gas that originates in the soil and can build to dangerous levels in homes. Since it is radioactive, it's very damaging to lung tissue when people breathe it in. EPA estimates that approximately 21,000 lung cancer deaths per year are due to radon exposure.

The EPA-set health standard for radon is 4 picocuries per liter of air, although exposure to even lower levels can raise a person's risk.

A recent analysis of radon data shows:

- As more homes in Nebraska are tested for radon, the state average is creeping higher, up to 6.3 picocuries per liter from 5.9 picocuries per liter in 2010.
- The average radon level in some counties has increased to above 4.0 picocuries per liter, with Sheridan, Garden, and Holt counties joining the 69 counties that tested that high previously.
- Dawson and Gage counties

have joined Cedar County in the category of having an extremely high level. These counties have results in the 205-290 picocuries per liter category.

"The data supports what we've known for some time," said Sara Morgan, Indoor Air Quality Program Manager. "Nebraska homes are very likely to have high levels of radon."

Sealing obvious cracks and openings in the foundation of the home can slow radon entry, as can pressurizing the basement by opening air registers. However, since these steps will only lower the radon level slightly, contacting a licensed contractor will be the next step for most homes with higher levels. The contractor can install a permanent mitigation system which will actively pull the radon from under the foundation slab and exhaust it above the roof.

On the Nebraska Radon Program website, new maps show radon averages across the state, as well as how many homes have been tested, and the percentage of homes that test high.

To see the new summary data and maps showing areas in the state with high radon levels, visit <http://www.dhhs.ne.gov/radon>. This page will also have information on how to get a radon test kit and a list of contractors who are licensed to mitigate radon levels in homes.

South Dakotans Invited To Join Statewide Weight-Loss Program

An estimated 45 percent of Americans will make a New Year's resolution this year. The most popular is a pledge to lose weight. But according to research, fewer than one in 10 will reach their goal.

Why the low success rate? Several factors can come into play but the lack of a strong support network and no one to hold a person accountable are high on the list.

Be Well South Dakota is hoping to turn those numbers around by creating a statewide support group. It's called the 2013 Pound Pledge — an invitation for South Dakotans to lose weight together.

"Our goal for all participants is a combined weight loss of 2,013 pounds by April 1. If 200 people make the pledge, the average will be 10 pounds per person," says Trisha Dohn, a health and wellness expert for Be Well South Dakota. "We've created a Facebook app — <https://www.facebook.com/bewellsd/app_10098688857> — so it's very easy to sign up. Tell us

your height, current weight and how many pounds you pledge to lose in 12 weeks."

Participants are encouraged to enter how many pounds they lose each week into the Facebook app. Prizes will be given to weekly winners. Anyone who checks in six or more times will be entered for a chance to win a grand prize.

"According to the Center for Disease Control, 65 percent of the people in our state are obese. South Dakota ranks in the bottom 50 percent for overall health," states Dohn. "At the same time, the CDC reports at least half of an individual's health status is directly related to lifestyle choices. We want to help people across South Dakota keep their resolution this year to lose weight and become more healthy."

Weekly updates as well as wellness advice and support for participants will be posted on the Be Well South Dakota website at <http://bewellsouthdakota.com/>.



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