

Grant Focused On Better Health Care

VERMILLION — A 2010 report by the Washington, D.C.-based Institute of Medicine (IOM) calls for change in nursing education. "As patient needs and care environments have become more complex, nurses need to attain requisite competencies to deliver high-quality care." In other words, education that better prepares those health care professionals to meet patient needs.



Dieter

The goal is to increase the proportion of nurses with a baccalaureate degree to 80 percent by 2020.

Carla Dieter, who heads the University of South Dakota Department of Nursing, says the research inspired USD to place greater emphasis on its four-year Bachelor of Science in Nursing (BSN) program. "It provides a solid base for practice within complex health care systems in more diverse environments," she says.

The inaugural Rapid City BSN program began in fall 2014 with 18 students and generous scholarship support by the John T. Vucurevich Foundation. A spring semester class will begin in January.

BSN programs in Sioux Falls and Vermillion began in 2013. Those classes will graduate in spring 2015.

The John T. Vucurevich Foundation increased its annual scholarship funding in Rapid City from \$60,000 to \$120,000 because nursing is a critical workforce shortage area in western South Dakota. "This will have a huge impact on our ability to attract and assist students in completing their BSN," Dieter says.

Funding will continue annually through the 2017-18 school year with scholarships awarded to students in the Rapid City nursing program.

Servants Heart Clinic Today At RTEC

Servant Hearts Clinic, a free, Christ-centered medical clinic, will be open today (Monday) from 5:30-8 p.m. at the Regional Technical Education Center (RTEC), 1200 W. 21st St., Yankton.

This is a totally free medical clinic for urgent care conditions. Servant Hearts Clinic provides care for physical, mental health, emotional, and spiritual issues, and may serve as an entry point to other services in the community.

For further information about this clinic, call 605 760-2986 or e-mail servantheartsclinic@gmail.com.

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.

The 2015 Healthcare Video Contest is under way. South Dakota students, grades 9-12, are encouraged to create a 30-second video boosting healthcare career awareness.

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 30 seconds with no more than five participants per team.

Cash prizes will be awarded to three teams. First prize is \$1,000 to be split between the student team and their school. Two runners-up will earn \$500 with \$250 going to the student team and \$250 to the team's school.

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. 18, 2015.

Oz And Roizen

Test Time Is Your Blood Pressure Too High?

BY MICHAEL ROIZEN, M.D., AND MEHMET OZ, M.D.
King Features Syndicate, Inc.



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

Back in 1982, Billy Joel wrote: "Two men out and three men on/ Nowhere to look but inside/ Where we all respond to PRESSURE." That's how it can feel when you're sitting in the doctor's office waiting for a blood pressure test. For many, when the doc takes their BP, it soars, and it turns out that has serious consequences.

The U.S. Preventive Services Task Force says that between 15 percent and 30 percent of people who are told they have high blood pressure after an in-office "cuff on arm" test do NOT experience hypertension in their day-to-day life. As a result, people are given unnecessary medication! (And many more who really have it don't get tested or treated!)

The best way to diagnose high BP, says the USPSTF, is to follow up an in-office test with an ambulatory monitor that you wear for 24 to 48 hours. Every 30 minutes, it assesses your BP – even while you're sleeping. Then, a reliable diagnosis can be made.

You want to know (and get treated) if your BP is elevated. High BP causes strokes, heart attack, cognitive decline and kidney disease. Even if you have mild only hypertension (140 to 159/90 to 99 mmHg) and no overt cardiovascular disease, taking antihypertensive drugs reduces your risk by more than 80 percent; you also can get your BP down with healthy lifestyle changes. Sometimes it's best to do both.

So like Billy Joel said, "You have to learn to pace yourself ... You're just like everybody else – pressure."

TAKE CARE OF YOUR FEET AND THEY'LL TAKE CARE OF YOU

In "Oh, The Places You'll Go!" Dr. Seuss writes: "You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose." For folks who live to be 80, that can add up to 110,000 miles in a lifetime ... and 25 percent farther, if you get in our recommended 10K a day (our No. 2 Do-Over Deed from Dr. Mike's upcoming book, "This Is Your Do-Over," due out Feb 24).

That's a lot of wear on your toes, arches, 26 bones and more than 33 joints that make up each foot and ankle. Showing your hardworking walkers some TLC makes you younger and more energetic, reduces stress and eases aches. So here are some simple ways to pamper those puppies.

1. Foot check! (Daily, if you have diabetes.) Blisters or sores? Don't let them

fester. Tingling or numbness? Could be from ill-fitting shoes or diabetic nerve damage. Aching feet also offer clues to your overall health. Sore joints may indicate arthritis. Puffy ankles or swollen feet may signal high blood pressure, heart or kidney problems, or sitting too much! Mention persistent symptoms to your doc.

2. Relax with a 10-minute soak in warm water with Epsom salts – an anti-inflammation remedy for dry skin, sore muscles and even small wounds. Then smooth rough spots with a pumice stone and moisturizer. Make sure not to breathe in the pumiced stuff; it can cause lung inflammation. Dry off and roll your arches over a wooden rolling pin. Ahh!

ONE MORE REASON TO BE FIT DURING PREGNANCY

There's a tabloid term – pregorexia – that describes a mother-to-be on a starvation diet. Nicole Kidman (two birth children) and Victoria Beckham (four kids) often are used as examples of women who preserved their hyper-skinny figures during their pregnancies.

Now, being too thin while pregnant is bad for mother and fetus, but what we see a lot more of these days is women at the other end of the spectrum: More than 50 percent of all pregnant women in North America are overweight or obese, and that's very bad news for a developing fetus. It seems pregnant women who are obese and eat a high-fat diet endanger the development of blood stem cells in the fetal liver, which compromises development of the immune system. The researchers suggest that moms who are obese while pregnant might be one reason for the rise in immune diseases and allergies in children.

So if you're pregnant or planning on it, make the Five Food Felons – trans and saturated fats, added sugars and syrups, and refined grains – your sworn enemies. Get daily exercise (walk, aim-

ing for 10,000 steps a day) and gain just enough weight to keep your fetus healthy: less than 15 pounds if you're obese (BMI more than 30); 15-25 pounds if you're overweight (BMI 25.0-29.9); and 25-35 pounds if you are a healthy weight (BMI 18.5-24.9). And take a daily prenatal vitamin with DHA for three months before trying to conceive, right through delivery and breastfeeding. That decreases childhood cancers by 65 percent, birth defects by 80 percent and autism and autistic spectrum disorders by 40 percent.

BEWARE! SLOW WITS FROM FAST FOODS

In "Dude, Where's My Car?" Ashton Kutcher has a run-in with a drive-thru operator that seems to confirm what a recent study found: Eating fast food dulls the brain ... and then? ... affects how kids do in school.

An Ohio State University study looked at more than 11,000 kids from fifth to eighth grades and found that the more fast foods the fifth-graders ate, the lower their test score gains in reading/literacy, mathematics and science three years later. (And this is when they're supposed to gain a lot.) Eating fast food three or more times a week was associated with a whopping 20 percent smaller gain in test scores!

Overall, 10 percent of the kids said they ate fast food every day; 10 percent ate it four to six times a week; and over 50 percent said they gobbled up fast food between one and three times weekly.

What is it about fast food that dumbs down kids? Research shows that diets high in fat and sugar have an immediate negative impact on memory building and learning. That one-two punch KO's neurotransmitters that the brain needs to think and form memories! Plus, nutritionally deprived fast foods lack iron and other nutrients that build brain strength, while trans fats used to fry foods flat-out dull your brain power.

So, dodge the fast food at school, and set a good example at home. Once they can see and taste the difference, they'll discover just how much more alert they are at play and at school.

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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Ramlin's With Coach Rozy

Finding The Energy To Beat Adrenal Fatigue

BY MARK ROOZEN

Avera Sacred Heart Hospital

needed for immediate survival.

WHAT CAUSES ADRENAL FATIGUE?

Adrenal fatigue happens when your body and adrenal glands can't keep up with the high levels of daily stress we experience. Experts believe that an episode of acute or prolonged stress, can cause adrenal glands to become overloaded.

Adrenal fatigue can be caused by:

- Stressful experiences - death of loved one, divorce, or surgery
- Exposure to toxins and pollution
- Prolonged stress due to financial hardship, bad relationships or work environment, and other conditions that entail feelings of helplessness
- Negative thinking and emotional trauma
- Lack of sleep
- Poor diet and lack of exercise

ADRENAL FATIGUE SYMPTOMS

So we're stressed and the adrenal glands stop producing hormones efficiently? When this happens, every bodily function is affected and as adrenal hormone levels shrink, our normal "GET-UP-AND-GO" will appear to have GOT-UP-AND-WENT.

Adrenal fatigue symptoms include:

- Morning fatigue or trouble waking up
- Decreased libido
- Depression
- Muscle weakness
- Poor focus
- Bone loss
- Inflammation
- Increased allergies
- Difficulty sleeping
- Irritability
- Fatigue
- Cravings for sugar
- Hair loss
- Weight gain
- Muscle tension
- Inability to tolerate high carb/potassium foods unless paired with fat and protein



Mark ROOZEN

renal system.

If you have experienced any of these adrenal fatigue side effects, take heart, here are 3 ways to treat and support your adrenal system.

THE 3 STEPS TO HEAL ADRENAL FATIGUE

Treatment for adrenal fatigue involves reducing stress on your body and your mind, eliminating toxins, avoiding negative thinking, and replenishing your body with healthy food and positive thoughts.

1. Diet

In every case of adrenal recovery, diet is a huge factor. There are a number of foods that support adrenal function. They will help replenish your adrenal energy so your system can come back to full health. But first you must start by removing any hard to digest foods and any toxins or chemicals in your environment.

The idea is to remove anything that taxes your adrenals. Foods to avoid are:

— Caffeine: This can interfere with your sleep and make it hard for your adrenals to recover. If you HAVE to have

your morning cup of joe then limit the amount to the morning before noon.

— Sugar & sweeteners: Watch the high fructose corn syrup and artificial sweetener too. Avoid sugary foods, cereals, candy, sweets, etc. Be aware of sugar used as an additive. Use raw honey or stevia as an alternative.

— Processed and Microwaved foods: Most microwaveable foods have many preservatives and fillers that are hard to digest. Try to buy food on the outer walls of your grocery store and prepare your own food whenever possible.

— Hydrogenated Oils: Vegetable oils like canola and corn oil are highly inflammatory which can lead to adrenal inflammation. Use good fats such as coconut oil, olive oil or organic butter.

Next, you will want to add in nutrient dense foods that are easy to digest and have healing qualities. The top superfoods for adrenal health include:

- Coconut
- Olives
- Avocado
- Sea Salt
- Cruciferous vegetables (cauliflower, broccoli, brussel sprouts, etc.)
- Fatty fish, e.g. wild-caught salmon
- Chicken and turkey
- Nuts, such as walnuts and almonds
- Seeds, such as pumpkin,

chia, and flax

• Kelp and seaweed These foods help overcome adrenal insufficiency because they are nutrient dense, low in sugar and have healthy fat and fiber.

2. Supplements

Another big key to overcoming adrenal fatigue, is taking the right supplements. I always recommend eating the right foods to heal your body. However, much of the fruits and vegetables do not have the same amount of nutrition that it did even 50 years ago. So, certain adrenal boosting nutrients are needed to get your adrenal function back up such as:

- Vitamin B5
- Vitamin B12
- Vitamin C
- Vitamin D3
- Zinc
- Magnesium
- Fish Oil

Taking these supplements in their whole food form could greatly improve your symptoms of adrenal insufficiency.

3. Stress Reduction

The last and most impor-

tant key to restoring your adrenal function is to treat your mind and stress needs. Pay attention to your body!

1. Rest when you feel tired as much as possible.
 2. Sleep 7-8 hours a night
 3. Stay on a regular sleep cycle. Ideally, in bed before 10 pm
 4. Minimize work and relational stress
 5. Eat on a regular food cycle and reduce sugar and caffeine
 6. Exercise
 7. Avoid negative people and self talk
 8. Take time for yourself (do something relaxing)
 9. Seek counsel or support for any traumatic experiences
- We can't remove all stress from our lives, but we can help to manage the stress and keep our energy at peak levels for success.

Mark "Coach Rozy" Roizen is CEO/Director of COACH ROZY PERFORMANCE - POWERED BY AVERA. He can be reached at 817-219-2811 or emailed at rozyroozen@gmail.com

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