

Prescription Drug Abuse On The Rise Among Today's Children

Many children experiment with drugs. What many parents and caregivers may be surprised to discover are even stereotypically "good" kids may try drugs, and legal drugs are becoming just as popular as illegal ones among kids looking to experiment.

Statistics indicate that children of all ages are using drugs in increasing amounts. According to DrugFree.org, about 15 percent of 7th graders have experimented with marijuana and 50 percent of students have tried it by the end of high school. Alcohol use often begins around age 11. The Substance Abuse and Mental Health Services Administration says that prescription painkillers use has grown to 5 percent of users who enter treatment. In fact, prescription drug use is quickly becoming more popular among kids than other types of mood altering substances.

A time of growth, experimentation and a little more personal freedom, school-aged years are when many youngsters try drugs and alcohol. With the wealth of drug commercials on television, many kids who do not feel comfortable going the illegal drug route turn to prescription drugs they can easily find in their medicine cabinets. Students often mistakenly think that because a doctor prescribes a medication, it is safer than street drugs. This is not the case.

According to the Teen Drug Abuse Web site, 60 percent of teens said that drugs were sold, used or kept at their school. One in five teens has abused a prescription pain medication, prescription stimulant, or tranquilizer. And at least one in 10 teens reports using cough medicine in order to get high. Marijuana still remains the most popular drug of choice among students, but OTC and prescription drugs are gaining ground.

In lieu of "keg" parties and other booze-heavy social events, some students are now hosting

"pharm" parties, where a bevy of pharmaceutical drugs are available. Students carry baggies of assorted pills referred to as "trail mix." And searching through medicine cabinets for staples like Vicodin, Xanax, Ambien and other pain/tranquilizer pills is called "pharming." OxyContin and Vicodin are now more popular among teens than cocaine and ecstasy.

The U.S. Office of National Drug Control Policy says that some pills are more commonly abused than others. These include:

- opiates, such as codeine, oxycodone and morphine
- central nervous system (CNS) depressants, such as barbiturates and benzodiazepines
- stimulants such as dextroamphetamine and methylphenidate

While some children turn to drugs simply for the rush or high, others are self-medicating undiagnosed problems, such as ADD or depression. Prescription drug use can be very easy to mask from adults because many authority figures are focused on street drugs like marijuana or cocaine. Here are some pointers for recognizing the abuse of prescription drugs.

- Check to see if pills routinely go missing from the medicine cabinet.
- Pay attention to behavioral changes in students, including lethargy, aggression, sleeping changes, secrecy, etc.
- Talk to other parents about prescription drug use.
- Listen for lingo used among children as described above in relation to social events.

Parents can keep prescription drugs under lock and key to help prevent stealing and abuse of pills. They can also limit the number of OTC medications stored at home.



YMC Awards Medical Student Scholarship

Yankton Medical Clinic, P.C. awards a \$5,000 scholarship to a third-year medical student of Sanford School of Medicine of The University of South Dakota, with preference given to those entering a primary care field (Internal Medicine, Family Medicine, Pediatrics, OB/GYN) with an intention to return to practice medicine within a 50-mile radius of Yankton, SD. The 2011 Yankton Medical Clinic, P.C. Medical Student Scholarship was awarded to Brandon D. Steger of Vermillion.

Pictured above is the Yankton Medical Clinic, P.C. Scholarship Committee (l to r): Leona Cammock, MD (Family Medicine); Mary Lee Villanueva, MD (Oncology/Hematology); David W. Withrow, MD, FAAP (Pediatrics); scholarship winner Brandon Steger; Tyler Hanson, MD (Internal Medicine); and Amy Eichfeld, MD, FACOG (Obstetrics/Gynecology). Not pictured: Mary J. Milroy, MD, FACS (Breast Surgery).

Weber Receives Humanism in Medicine Award

Scott A. Weber, DO, Yankton Medical Clinic, P.C. Family & Sports Medicine Physician, was recently presented with the 2011 Leonard Tow Humanism in Medicine Award by The Arnold P. Gold Foundation.

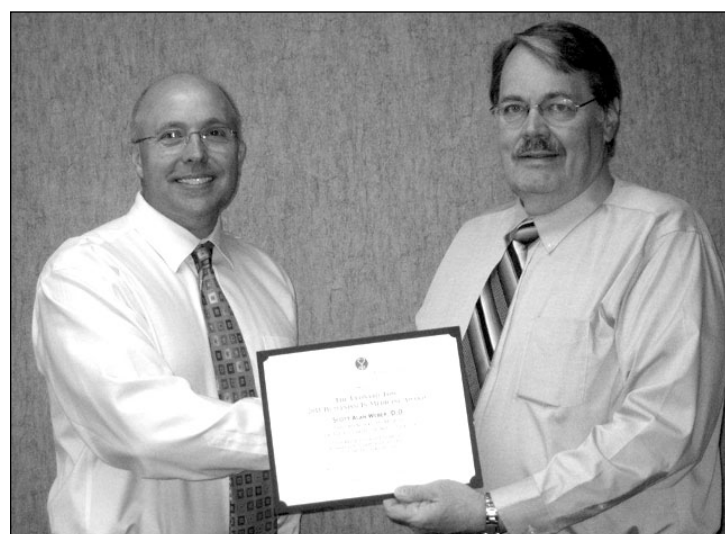
Nominations for the Humanism in Medicine Award were made by faculty members and fourth year medical students at Sanford School of Medicine The University of South Dakota.

Nominations were based on the following criteria:

- Consistently demonstrates compassion and empathy
- Acts as a role model for professional behavior
- Shows respect for all
- Demonstrates cultural sensitivity in working with people of diverse backgrounds
- Displays effective communication and listening skills

With this honor, Dr. Weber is now a member of the Gold Humanism Honor Society, an international society with 92 established medical school chapters.

Dr. Weber has been in prac-



Dr. Paul Bunger (on right) presenting Dr. Scott Weber (on left) with the 2011 Leonard Tow Humanism in Medicine Award.

tice at Yankton Medical Clinic, P.C. since April 2002. He is currently a Clinical Assistant Professor at Sanford School of Medicine The University of South Dakota, Vermillion, SD; the Director of Sports Medicine at Mount Marty College,

Yankton, SD; and is Board Certified in Family Medicine and Sports Medicine.

In 2001 the prestigious Humanism Award was awarded to recently retired Yankton Medical Clinic, P.C. Cardiologist, Michael R. McVay, MD.

Practical Tips For Migraine Relief

(ARA)—Anyone who has ever experienced a migraine knows how debilitating it can be. When you're suffering from a migraine, it's likely that you have a hard time focusing on anything else besides the pain you're enduring.

If migraines are interfering with your daily life, it's a good idea to visit a doctor who can suggest the best ways to combat your headaches. But there are also some practical steps you can take to avoid migraines. Here are a few ways you can minimize the onset of migraines and ease your pain and nausea during a migraine episode:

- Get good and regular sleep. Migraines often follow sleepless nights. Do what you can to establish a consistent sleep schedule. If you're having trouble sleeping, remove distractions such as a TV or radio, which can prevent you from entering a deep sleep when left on all night.
- Try acupressure therapy. Similar to acupuncture, but without the needles, acupressure can provide natural pain relief by applying pressure to certain points in your body. This can be

done with your hands, or through a device you can wear, such as Sea-Bands, which can be worn to apply pressure to a point just below your wrist. A recent study conducted by Berolina Clinic in Germany concluded that 83 percent of its participants - all chronic migraine sufferers - experienced a reduction in nausea when wearing Sea-Bands.

- Establishing consistency in your diet can also help reduce the frequency of migraine attacks, according to the medical experts. Also, if you suspect a certain food is causing your migraines, try eliminating it from your diet and see if it helps. Eating at different times each day or skipping meals can also trigger migraines.
- Try relaxation techniques. Stress is a major cause of migraines, so anything you can do to eliminate stress from your life will help. In addition, you may want to try deep-breathing exercises and muscle-relaxing routines designed to help your body deal better with stress and tension. If you are looking for a

place to get started, ask your doctor which types of exercises he or she recommends.

- Get regular exercise. Perhaps nothing reduces stress and promotes good sleeping habits more than getting a good workout on a regular basis. Being physically active for at least a half hour a day can go a long way toward reducing your headaches.
- If you do experience a migraine attack, try to get to a dark, calm place. Lie down and sleep if your pain and schedule allows you to. Applying hot or cold packs to the affected area or the back of your neck may also help relieve your pain.

The pain caused by migraines can be extremely unpleasant and affect your ability to participate in normal daily activities. By doing what you can to avoid migraine attacks, you'll help ensure that the disruption they cause is kept to a minimum. For more information on migraine relief, visit www.sea-band.com/blog.

Mikkelsen Receives Golden Apple Award

Yankton Medical Clinic, P.C. Board Certified Internist, Beth Mikkelsen, MD, is the recipient of the 2010-2011 Golden Apple Award, Yankton Campus, from the Internal Medicine Department of Sanford School of Medicine of The University of South Dakota. The award was presented to Dr. Mikkelsen in recognition of, and with gratitude for, her continuing dedication, sacrifice, and passion for excellence in serving as the Internal Medicine Faculty Member who most helped and inspired the 3rd and 4th Year Medical Student Classes of 2011 and 2012.

Dr. Mikkelsen has been in practice at Yankton Medical Clinic, P.C. since August 1999. She is the Medical Director of Hospice and Palliative Care and of Dakota Diabetes, both at Avera Sacred Heart Hospital



Lori A. Hansen, MD, FACP, FACCP, Yankton Medical Clinic, P.C. Board Certified Pulmonologist and Yankton Campus Dean of Sanford School of Medicine of The University of South Dakota presenting Beth A. Mikkelsen, MD with the Golden Apple Award.

and an Assistant Professor of School of Medicine of The Clinical Medicine at Sanford University of South Dakota.

YMC Cardiologist Completes CCT Program

Yankton Medical Clinic, P.C. is pleased to announce that Will C. Hurley, MD, FACC, has met the level two training requirements for verification of Cardiovascular Computed Tomography (CCT) experience by the Society of Cardiovascular Computed Tomography (SCCT).

Dr. Hurley completed level two CCT training for the SCCT by meeting rigorous standards through acquisition, interpretation and evaluation of CCT studies, as well as completing hours of continuing medical education related to CCT.

SCCT is the international professional society representing physicians, scientists and technologists advocating for research, education and clinical excellence in the use of cardiovascular computed tomography, for the benefit of improved patient care. Since SCCT's inception in 2005, the membership has grown to 4,000 -which includes cardiologists, radiologists, technologists and administrators from 52 countries around



Hurley

the world. Dr. Hurley is Board Certified in the Subspecialty of Cardiovascular Disease, as well as Nuclear Cardiology. He is a Fellow with the American College of Cardiology, an Associate Fellow of the American College of Chest Physicians; and a member of the American Medical Association, American College of Physicians, Mayo

Clinic Alumni Association, University of SD Alumni Association, South Dakota State Medical Association, and SD 7th District Society Medical Association. He is also currently a Clinical Assistant Professor with Sanford School of Medicine of The University of South Dakota. Dr. Hurley has been with Yankton Medical Clinic, P.C. since November 2001.

Dr. Hurley also provides outreach services at Wagner Community Hospital, Wagner, SD.

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