

VISITING HOURS:

Safety Tips For Avoiding Summer Health Dangers

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You may be more likely to catch a cold in the winter, but summer brings health problems, too. Warm weather and longer days draw many South Dakotans to the outdoors during summer and unfortunately, sometimes into the Avera Sacred Heart Hospital Emergency Department. Everyone benefits by knowing some precautions to help enjoy the summer and do it safely.

SIMPLE STEPS TO SAFER SUNNING

We all enjoy the sun — but be sure to protect yourself from its damaging rays. Sunburn is a first-degree burn involving the outer layer of the skin. Repeated burns and overexposure to the sun increases the risk of skin cancer. Use a sunscreen with an SPF factor of at least 15. Apply sunscreen 15 minutes before going outdoors and repeat the application every two hours, or as directed.

- 10 to 3 rule. Avoid the sun between 10 a.m. and 3 p.m. when the sun's rays are strongest.
- Use sunscreen. Lotions, creams, ointments or gels with sunscreen or sunblock help reflect or scatter some of the sun's rays. The higher the number (i.e., SPF15), the longer you can stay in the sun before burning.
- Wear a hat. A hat with at least a three-inch brim all around is ideal

because it can protect areas often exposed to the sun, such as the neck, ears, eyes and scalp.

- Wear sunglasses. Sunglasses with ultraviolet (UV) protection can help protect your eyes from sun damage.
- Check your skin regularly. You can improve your chances of finding precancerous skin conditions — dry, scaly, red and slightly raised lesions — by performing self-exams regularly. The earlier you identify the signs, the greater the chances for successful treatment.

TAKING THE HEAT: HEAT EXHAUSTION

Heat exhaustion occurs when your body cannot sweat enough to cool you down. Symptoms include fatigue, dizziness or nausea, cool or clammy skin. Skin color may be pale or flushed, depending upon the individual.

Heat exhaustion can lead to a more serious heat stroke that requires emergency care. Symptoms of heat stroke include disorientation and hot, dry, red skin. To avoid heat exhaustion, drink plenty of fluids throughout the day. Avoid strenuous exercise during the hottest periods of the day and rest when you feel hot or tired. Dehydration occurs when your body loses too much water.

Be sure to protect yourself against heat-related illnesses like heat stroke and heat exhaustion. Pregnant women, seniors and people with heart or lung disease should be especially cautious. Play it cool and:

- Avoid prolonged exposure to the heat and sun. Schedule yard work and exercise during early morning or evening hours.
- Drink plenty of fluids even if you're not thirsty. Water is the best choice.
- Use an air conditioner or fan to keep air circulating.

DEHYDRATION DANGERS

Summer dehydration can creep up so it's a good strategy to keep replenishing fluids. It's particularly important to keep an eye on your kids...especially if they tend to keep playing and exercising until they look as if they're ready to drop. Dehydration can lead to serious complications, including kidney stones.

Usually, though, people don't drink quite enough and may feel listless, light fever, headache, nausea or overall tiredness. The darker the urine, the more dehydrated the person is. So hydrate, hydrate, hydrate until the urine is clear and copious. Here's a few tips to avoid dehydration:

- keep a water bottle handy;
- never pass a water fountain without a sip;
- plain water is fine, you don't need bottled water. Most adults need five 8-ounce glasses of water a day.

INSECT STINGS

With the warm weather come bees, wasps and hornets. Here are some helpful tips to prevent those unpleasant bites and stings.

- Wear shoes. Avoid bare feet and sandals when walking in grass.
- Use insect repellent. Be sure to use on both your skin and clothing.
- Avoid perfume or scented lotions. If you're going to be outdoors, don't wear flowery scents which attract bees.
- Use cups or clear bottles for drinking. Bees, wasps and yellow jackets are attracted to open soda cans and often fly inside.

Bees, wasp or yellow jacket stings in most people cause a localized reaction with redness and swelling. To treat, remove the stinger with a tweezer or by gentle scraping. Use an icepack to reduce swelling. Emergency treatment is warranted when wheezing, chest tightness, hives or swelling occur. Use an insect repellent containing DEET to prevent bug bites and bee stings. Children will need to use a lower concentration of DEET than adults.

BEE STING ALLERGIES

Most people, in fact, are not allergic to insect stings. Of the 25 million Americans who are stung every year, fewer than 4 percent will have an allergic reaction. Unfortunately many think they are allergic and seek unnecessary medical treatment for stings that could have been treated at home. Pain, swelling and redness are typical.

- Those symptoms of something not typical, of an allergic reaction, which requires immediate medical attention, may include one or more of the following:
 - hives, itching, swelling in areas

other than the sting site;

- tightness in the chest and difficulty in breathing;
- hoarse voice or swelling of the tongue;
- dizziness or sharp drop in blood pressure;
- unconsciousness or cardiac arrest.

Treatment is with epinephrine, either self-injected or administered by a doctor. Because one dose may not be enough to reverse the reaction, immediate medical attention following an insect sting is recommended.

TICKS

Ticks are parasites that attach themselves to the skin and feed on blood. To prevent bacterial infection, a tick should be removed as soon as it is discovered. To remove a tick, pull it out gently with a tweezers, being careful not to crush the body. Wash the area with soap and water and apply an antiseptic. To prevent bites, check yourself and children frequently, when in the woods. Wear lightweight protective clothing and use an insect repellent containing DEET.

The staff at the Avera Sacred Heart Hospital Emergency Department wishes you a safe and enjoyable summer.

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.

Farmer Says: Too Many Children Are Being Spoiled And Pampered

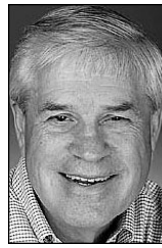
BY VAL FARMER

Psychologist William J. Doherty at the University of Minnesota has taken a hard look at the pressures facing parents in our affluent consumer culture and the results aren't pretty. In his book, "Take Back Your Kids," he highlights examples of parents who are devoted, sensitive and caring but fail to set enough limits.

Doherty says the central problem is that parents are being too good to their children. There is not enough effort to teach children to bear responsibility in their families and their communities. They are not taught to contribute to the world around them, help care for others, make sacrifices within the family or contribute to the common good.

In analyzing the changes in modern parenting practices, Doherty makes the following observations:

- We have gotten a lot better at being sensitive to their needs and a lot worse at setting limits for them.
- We no longer want our children to grow up in fear of our anger, but we now live in fear of theirs.
- We know when to explain ourselves and negotiate with our children, but not when to cut off further discussion.
- We know the importance of open expression, but don't know when to insist that a child be quiet or stop interrupting adult conversation.
- We support our children's right to express their ire and frustration, but don't know when they cross the line into disrespect.
- We are expert at finding community activities for our children to participate in, but don't know when to say "enough."
- We are willing to bend our family time to fit our children's schedules, but are hesitant to limit their schedules for the sake of the family.
- We are better at knowing what to buy for our children than



VAL FARMER

what to deny them.

- We are better at helping our children make their own decisions, but are confused about when we should make decisions for them.

- We are better at advocating for our children when dealing with the school, but fail to side with the school when our child's behavior is out of line.

• We are more involved with our children's sport activities, but we have lost the balance between home life and our children's outside activities.

Where does this abdication of parental power come from? Doherty says these attitudes stem from a consumer mentality of self-interest. Parents take a role as providers of parental services and children are the consumers. Parents are buddies, not authority figures. They run scared of displeasing their children. They have a hard time saying no.

Parents frantically try to maximize their children's opportunities at the expense of their own marriages and family life. Children are over-scheduled and their parents' free time is spent supporting the children's activities. When parents serve their children too much, they identify too much with their successes and failures.

The advertising media targets children and youths and chips in with a bombardment of messages about instant gratification. Parents with work schedules that are not family friendly substitute indulgence for time to ease their guilt.

Three myths from the world of therapy. Doherty talks about the ill effects of therapeutic par-

enting — being accepting, attentive, non-directive and non-judgmental. Doherty identifies three myths that lead parents into insecurity, not setting strong enough limits, or not giving clear and authentic displeasure when children don't measure up to expectations.

Myth one: Children are fragile. Myth two: Children need to express their individuality by de-emphasizing social conformity.

Myth three: Parents don't have much influence over their teenager's behavior.

The unintended results of doing too much. Our consumer culture teaches children to act like demanding brats. The therapeutic culture keeps parents from setting limits and expecting conformity to family and social obligations. Children learn to complain vigorously when their wishes aren't met, push the limits of respect and show little willingness to pitch in for the welfare of others. Their sense of entitlement is pervasive.

When a child consistently behaves in an uncooperative or ungrateful manner, parents wear out and begin resenting their children for being so self-centered and ungrateful. In the long run, doing too much for children isn't very satisfying. Parents give up and withdraw from active parenting — only to make the situation worse.

Taking back your power. Doherty's excellent book shows how to expect respect, expect family participation, use anger constructively, and to resist the influence of media, peers and popular culture on children. He doesn't like the influence of consumerism on parents and children alike. Doherty says that parents and children can make positive contributions to their schools and communities too.

Doherty's book also offers advice on parenting as a team, making marriage a priority and —

get this — protecting your marriage from your children. Parents need to feel their power and influence and take charge in an environment where the consumer forces and popular peer culture

are relentless.

For more information on parenting, visit Val Farmer's website at www.valfarmer.com.

Val Farmer is a clinical psychologist specializing in family business

consultation and mediation with farm families. He lives in Wildwood, Missouri and can be contacted through his website.

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50th Anniversary

Mr. & Mrs. Maynard Nieman

Mr. and Mrs. Maynard Nieman of St. Helena, NE, will celebrate their 50th wedding anniversary June 26, 2010, with an open house from 1-4 p.m. at the St. Helena Social Hall, St. Helena, NE. Friends and relatives are invited to attend. The couple requests no gifts, please.

Ariene Vornhagen and Maynard Nieman were married May 21, 1960, at St. Boniface Catholic Church, Menominee, NE.

They have three children: Sheila Hain of McKinney, TX, Casey Nieman of Hartington, NE and Sheryl Hernandez of McKinney, TX. The couple has eight grandchildren and one great-grandchild.

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