

Jim Nyberg Honored By State Association

RAPID CITY — Dr. Jim Nyberg was recently recognized as the honored guest at the 130th annual meeting of the South Dakota Dental Association. He was recognized for his years of service to the dental profession in South Dakota.

Dr. Nyberg attended the University of Minnesota, receiving his DDS degree in 1963. After three years in the US Army Dental Corps he returned to his hometown of Yankton and spent 33 years in private practice, retiring in 1999.

Dr. Nyberg is a Life Member of the American Dental Association. He served as president of the 1st District Dental Society and later as president of the Southern District Dental Society and the South Dakota Chapter of the American Society of Dentistry for Children. Dr. Nyberg also served two terms on the South Dakota State Board of Dentistry. The South Dakota Dental Association is a 900-member organization of dentists and allied dental staff in South Dakota. The organization's mission is the improvement of the dental health of the public and the promotion of the art and science of dentistry in South Dakota.

CNA Institutes Offered In Yankton And Mitchell

High school students interested in a healthcare profession can enter the field with minimal cost thanks to the Certified Nursing Assistant (CNA) Institute — an Avera Caring With Collaboration Award winner — being held in Yankton June 3-14 and Mitchell, July 15-26.

Space is limited to 10 participants at Mitchell and 15 in Yankton. The Institutes are open to high school students ages 16-19. Applications must be returned to Yankton Rural AHEC by April 26. Brochures and applications are available at the high school counselor's office or the YRAHEC website www.yrahec.org.

For more information, contact Yankton Rural AHEC at 605-655-1400. Selected applicants receive tuition and room and board.

The Institute is designed to offer CNA certification, potential high school credit, and a comprehensive look at healthcare professions. Students will invest time in the classroom, with hands-on labs, in clinical training, listening to guest speakers, and making site visits to various healthcare facilities in Yankton or Mitchell. This is a great opportunity for students to learn skills that they can put to work in their local or area communities. And, the experience many times leads to additional healthcare career goals.

In Yankton, the first week is spent in the classroom/lab setting at the Regional Technical Education Center (RTEC) and the second week consists of completing on-site clinical at Avera Sister James Care Center. During the evenings, students will learn about healthcare professions and spend time on the Mount Marty College campus.

In Mitchell, the first week of classroom instruction is held at the Dakota Wesleyan University (DWU) campus. The second week consisting of an on-site clinical will include time at Avera Brady Health and Rehab. During the evenings, students gather at the DWU campus for further healthcare career exploration.

CNAs work in nursing homes, hospitals, adult day centers, mental health centers, assisted living facilities and private homes. Wherever there is a need for personal care, CNAs perform the most basic needs of patients, young and old alike. The Institute is a great opportunity to enter the healthcare field in a short time. Many CNAs go on to pursue other professional health careers, such as radiology or laboratory technicians, licensed or registered nurses, medical assistants, physical therapists and doctors.

Yankton Rural AHEC, RTEC, Mount Marty College, Southeast Job Link, Avera Education and Staffing Solutions (AESS) and Avera Sister James Care Center team up to make the fifth annual CNA Institute in Yankton possible.

Yankton Rural AHEC, AESS, DWU, and Avera Brady Health and Rehab join together to add the new Mitchell CNA Institute.

Topics included: Application of the SoundBite prosthetic bone conduction device; Pre and post surgical considerations in a bone-anchored hearing program; Review of neuroanatomy and related terminology; Supra-threshold measures of the auditory system for the geriatric patient; A physicians perspective of the audiometry report — what do physicians read in the audiometry report; Vestibular grand rounds — complicated cases in dizzy patients; Nonlinear frequency compression in hearing aids — what works, what doesn't; Counseling patients on the importance of hearing protection regardless of the hearing loss; Application of evidence-based practice in the audiometry clinic; Vestibular case studies — a video review of vestibular abnormalities; The importance of diagnosing and treating hearing loss in the "young" geriatric patient; Denial — the number one reason for poor utilization of hearing aids; Irreversible damage to the auditory cortex in adults with untreated hearing loss — electrophysiological findings; Neurodiagnostic imaging in adults with untreated hearing loss; Tinnitus — myths in the medical community; and Physicians perspective of hearing aid(s) — educating physicians about implications of not addressing hearing loss.

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

YMC Audiologist Attends Continuing Education

Yankton Medical Clinic, P.C. Audiologist, Jason R. Howe, MS, FAAA, CCC-A, recently attended the American Academy of Audiology Conference in Anaheim, CA. This meeting is designed for audiologists, otolaryngologists, scientists, and students in these respected areas interested in hearing, hearing loss, dizziness, tinnitus, and hearing aids.



Howe

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Minneapolis Named Fittest City

BY ALLIE SHAH
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The Minneapolis area, home of the juicy Lucy inside-out cheeseburger, has once again triumphed over other metro areas — ranking first in the annual American College of Sports Medicine's fit cities list.

It's the third year in a row that the Twin Cities metro area has topped the list, which measures the health and community fitness status of the 50 largest U.S. cities. Rounding out the healthiest places, according to the index, were Washington, D.C. and Portland, Ore.

Among the cities deemed in need of a gym membership: San Antonio, Detroit and Oklahoma City, which placed at the bottom. The entire rankings were:

1. Minneapolis-St. Paul,
2. Washington
3. Portland, Ore.
4. San Francisco, Calif.
5. Denver
6. Boston
7. Sacramento, Calif.
8. Seattle
9. Hartford, Conn.
10. San Jose, Calif.
11. Austin, Texas
12. Salt Lake City, Utah
13. Cincinnati, Ohio
14. San Diego, Calif.
15. Raleigh, N.C.
16. Pittsburgh
17. Baltimore
18. Virginia Beach, Va.
19. Cleveland
20. Richmond, Va.
21. Atlanta
22. Providence, R.I.
23. Buffalo, N.Y.

A Healthy Diet Means A Healthy Brain

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

King Features Syndicate

The age-old question: Which came first? The fried chicken or the ... ADHD? It's not easy to answer. We know that obese moms are more likely to give birth to kids with ADHD (attention deficit hyperactivity disorder); people with ADHD (kids or adults) are more likely to be overweight (impulse-control issues?); and refined grains, sweet sodas, red meats and whole dairy increase a child's risk for ADHD. Now it seems that kids who eat diets high in saturated and trans fats (fried foods and red or processed meats) have a greater chance of developing several childhood disabilities, including impulsivity disorders, depression, anxiety and ADHD.

Five to eight times as many kids are depressed today as there were 50 years ago (less play, more pressure, more obesity), and anxiety is increasingly diagnosed. ADHD affects millions of U.S. children, some as young as 2 years old. Diagnosis is up 66 percent, especially among boys. And these issues often lead to problems as teens and major depression in adulthood.

So for your kids — and you, too — adopt an eating plan packed with fruit, vegetables, 100 percent whole grains, healthy fats (olive oil, omega-3 rich salmon and ocean trout, and ALA in walnuts, avocados, and canola and walnut oils). Go for portion control: Keep servings of animal protein about the size of your palm; fill two-thirds of your plate with veggies and whole grains! And get moving! That means 30 minutes of aerobics (minimum) daily for you and your kids and strength training with weights or stretch bands for you two to three times a week.

BACKS TO THE FUTURE

News flash! There's an astounding discovery in the works about lower back pain and how to cure it. It could be as revolutionary as the realization that H. pylori bacteria are responsible for most ulcers.

Turns out between 40 percent and 80 percent of long-term back pain in people with a herniated or slipped disc is associated with a bacterial infection. The main culprit is the same one that causes acne — Propionibacterium acnes — and it can trigger bone swelling and tissue damage in the spine. Whether it migrates there, following the path of inflammation and tissue damage, or it's the original troublemaker that causes those problems isn't clear. But when people with slipped discs were given 100 days of amoxicillin with clavulanic acid (a beta-lactamase inhibitor that increases the effectiveness of the antibiotic), 80 percent saw significant relief of pain and disability up to a year later.

This is big news, because 80 percent of people have back pain at some time in their lives; up to 20 percent never find relief, and another 10 percent have back surgery. So if you have persistent lower-back troubles, ask for a blood test to check for bacterial infection and discuss the possibility of antibiotic treatment before surgery or in conjunction with physical therapy. Some docs are saying this is a discovery worthy of a Nobel prize (the big reward may be to the millions of



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

folks who will feel better if this discovery becomes an accepted treatment option), but confirmation is still a few randomized, clinical trials away.

DECIDING WHAT MATTERS LOWERS STRESS

As a member of Children of Rageaholic Parents Anonymous, Stuart Smalley's daily affirmations began: "I'm good enough, I'm smart enough and doggone it, people like me." Now, we'll admit there's some benefit in giving yourself a group hug (although it's not that easy), but for a really uplifting self-affirmation, it's more effective to focus on what matters to you in your life: family, friends, health and satisfaction from whatever you do day to day.

We've long said self-reflection and focus on life's essentials can reduce your reaction to inevitable, everyday stresses and help you connect to loved ones, make better choices and tackle problems more effectively. Recent research echoes that: When people were given a test with a very tight time deadline, those who did self-affirmation exercises first (listing what mattered to them most) solved 50 percent more problems than those who didn't.

So get out your No. 2 pencil and write down a list of the things that matter to YOU, such as family, work, friends, money, health, music, cooking, sleep — anything goes! Then prioritize them from most to least important. It will help you scale back your response to stress by letting you discard worries about things you don't really care about. Once you've done that, you will find it easier to concentrate on what you do care about — and that just makes those things even more rewarding. You'll be clearer about how you feel and more decisive about what to do when inevitable problems at home, the office or with pals come along. Now you're great!

IT'S OFFICIAL (AGAIN): VIOLENT VIDEO GAMES HURT TEENS

Call of Duty: Black Ops (dismembered limbs, obscene language, torture) and Hitman: Absolution (can you really absolve a hit man?) — \$13.6 billion is spent annually in North America so that more than 210 million folks can play video games like these. Many of those players are younger than 18, and that's, you know, way bad for kids and teens.

We don't want to get all fuddy-duddy. We're fans of video games that get kids and

adults moving, like Dance, Dance Revolution, and interactive sports, and of those that keep seniors' cognitive skills, memory and muscles strong. Groove to Guitar Hero, Gramps! But violent games harm young, developing brains by fueling aggressive behavior, dulling empathy and causing sleep problems.

And if you think you know what's going on with your kids, think again. Most parents say they're pretty sure of what their kids are doing online, but 50 percent of kids report having inappropriate-age-rated games ("M" for "mature" and "AO" for "adults only") among their often-played favorites.

A FEW GUIDELINES:

—Limit game and TV time combined to two hours a day (and not every day). The American Academy of Pediatrics says more time doubles the risk for attention problems.

—Play the video games to make sure you agree with the Entertainment Software Rating Board ratings: EC (early childhood); E (everyone); E10 (those 10 and up); T (teens); M (mature, 17 and up); and AO (adults only).

—Spend time together doing physical activities, which reduces stress and improves impulse control, and volunteering for projects that help (not annihilate) people who are different from you and your kids.

TICK, TICK, TICK

"Tick, Tick ... Boom" is composer Jonathan Larson's musical about his short but successful Broadway career (his "Rent" garnered a Best Musical Tony award), but it could be about the explosion in tick-borne illnesses that are affecting people and their pets.

Turns out 337,000 dogs have gotten Lyme disease in the past six years! Cats don't get it as often, which is good, since it's potentially lethal for them. And about 150,000 people had confirmed cases during the same period; another 30,000 or so were suspected.

Lyme is caused by a bacterial infection from the bite of the black-legged or deer tick. The deer tick transmits additional infections (anaplasmosis and babesiosis) that, like Lyme disease, trigger swollen joints, fever, anorexia and internal bleeding in people and dogs. Other ticks cause trouble, too, so if you're out in tick-infested areas, it's time to tick-proof your life. The clock is ticking.

—People: Treat clothing and boots (never skin) with permethrin or DEET. Use repellent with 10 percent to 30 percent DEET on exposed skin. (It's OK for children older than 2 months; just wash off skin as soon as kids are inside.) Shower within two hours of tick exposure. Do a full body search in front of a mirror to check for hangers-on! Examine gear, wash clothing, then tumble dry for one hour.

—Dogs: Repel ticks using permethrin; you can kill ticks on a dog with acaricides. Inspect and wash pets outdoors. And there's a Lyme disease vaccine for dogs (none for cats or people — yet).

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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Going Swimming? Tips To Avoid Illness

BY COLLEEN WRIGHT
© 2013 Orlando Sentinel

Summer time is all about taking a dip in the pool, but it's no fun when it makes you sick.

Every year, thousands of Americans get sick from recreational water illnesses caused by germs spread from swallowing, breathing in mists or coming into contact with shared bodies of contaminated water. That water can be in backyard swimming pools and hot tubs, public water parks and interactive fountains or in natural lakes, rivers, even oceans.

Diarrhea is the most common infection, but recreational water illnesses also can lead to skin, ear, respiratory, eye, neurologic and wound infections, according to the Department of Health in Orange and Seminole counties in Florida.

"Children, pregnant women and those with weak immune systems are most at risk for these illnesses," said Dr. Kevin Sherin, Director of the Department of Health in Orange County, in a statement.

Anyone who is ill should avoid swimming until their symptoms have passed, Sherin added.

"Just one diarrheal incident can release enough germs into the water that swallowing a mouthful can cause diarrhea lasting up to two to three weeks," said Dr. Swannie Jett, Health Officer for the Department of Health in Seminole County, in a statement.

A key to healthy summers starts with the backyard swimming pool.

—To keep the water free of illnesses, check chlorine and pH levels before entering the water, according to county health departments. Even though chlorine

isn't enough to keep pools illness-free, proper levels maximize germ-killing power.

—Don't swallow the water you swim in.

—Parents of small children should take youngsters on bathroom trips every hour and check diapers every 30 to 60 minutes.

The Centers for Disease Control and Prevention also recommends these guidelines for a

healthy swim.

—Don't swim when you have diarrhea.

—Shower with soap before you start swimming.

—Take a rinse shower before you get back into the water.

—Take bathroom breaks every 60 minutes.

—Wash your hands after using the toilet or changing diapers.

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