

Visiting Hours

How To Deal During A Bout With Gout

BY LEANN (MASKA) BASSING, MD
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It has been called 'rheumatism of the rich' because many years ago, people realized those who were rich were more likely to develop gout than those less well off. The wealthy with access to alcohol and excess food had more gout. Of course, there are more factors than diet contributing to the development of gouty arthritis, including a genetic predisposition and other environmental factors; however, we still counsel patients regarding the effect dietary excess can have on this disease.

Gout is a type of inflammatory arthritis. The term arthritis should be considered a very general term encompassing many different types of diseases that affect the joints. I like to think of the many different types of arthritis as fitting into two categories, one being non-inflammatory (namely, Osteoarthritis, also described as Degenerative Joint Disease or DJD), and the second category being inflammatory. Anyone who has ever experienced the typical symptoms of gout can confirm a flare is intensely inflammatory, often involving a swollen, red, warm joint such as a toe. A classic description is of a joint that is so tender, even the bed sheet resting on it is uncomfortable. These episodes of acute flares are usually separated by longer periods without symptoms.

A very important point to make is regarding the method used to make a diagnosis of gout. It would be incorrect to believe this disease can be diagnosed solely based on a blood test. It is correct, however, to understand gout is caused by an excess of uric acid in the body that can precipitate into crystals that deposit into joints and become a source for inflammation. Measuring the amount of uric acid in the blood does not confirm or reject the diagnosis of gout; it is only a clue. In fact, there are many people who have an elevated uric acid level, who do not necessarily have gout. Instead, the gold standard method to diagnose this disease is to identify the presence of monosodium urate crystals in joint fluid. Yes, this means a small needle is used to aspirate some fluid from the affected joint, then that fluid is viewed under a microscope to see the

crystals. This is a simple procedure performed in the office, usually with immediate results.

Treatment is divided into two categories: treating the acute flare, and treatment to prevent further flares. Both efforts are equally important. There are a handful of medications that can be effective at calming down the intense inflammation of a "gout attack." These include prednisone, colchicine, indomethacin or other NSAID (nonsteroid anti-inflammatory drugs), or injection of steroid directly into the affected joint. Which option is best often depends on the individual patient and their personal medical history. The long-term treatment of gout is aimed at lowering the amount of uric acid in the body to a level that does not allow urate to physiologically precipitate into crystals. The most common medication used for this purpose is Allopurinol. Febuxostat (Uloric) can be used if someone is intolerant of Allopurinol. An even newer medication called Pegloticase, is given by intravenous route (IV) and has been shown to drop uric acid levels essentially to zero, even 'melting away' collections of urate in some patients who develop lump-like tophi on their fingers, elbows, or even ears. This is not often used, however, and like all medications can carry serious potential side effects. And yes, diet can make a difference. Specifically, food and drink high in purines such as beer, organ meat, and shellfish, can raise uric acid levels, and thus trigger a flare.

Lastly, I would be remiss if I did not point out the fact that patients with a diagnosis of gout are often also at higher risk for cardiovascular disease. Much research on this disease is being geared toward that fact. It is very important to treat gout not only to prevent long-term damage to joints that result from recurrent attacks, but also to limit the inflammation we know is a risk for cardiovascular disease.

Gouty arthritis is one of my favorite diseases to treat because I can often help those who suffer from it feel much better, and even help prevent further attacks. Please let me know if I can help you or a loved one who has gout or any other type of arthritis or autoimmune disease.

University Art Galleries To Host Summer Camp

VERMILLION — The University Art Galleries at the University of South Dakota will host a Summer Art Camp for kids, June 10-14.

The theme of this summer's camp is "Japanese Printmaking," as Japanese prints from the University Art Galleries permanent collection will be on display in Gallery 110, which is located in the Warren M. Lee Center for Fine Arts on USD's campus. Students attending the camp will study these prints and learn to make their own Japanese block prints. The camp, open to kids ages 8 to 12, is from noon to 4 p.m. each day.

A final reception showcasing camp artwork is scheduled for 3 p.m. on Friday, June 14, at Gallery 110.

The fee to attend the camp covers all expenses, including a daily snack. To register for the camp, contact Alison Erazmus, Gallery Director, by calling (605) 677-3177 or by email at Alison.Erazmus@usd.edu.

The Center Organizing Grand Falls Casino Trip

The Center, 900 Whiting Drive in Yankton, is organizing a Grand Falls Casino trip to Larchwood, Iowa, for Monday, June 10.

The bus will leave The Center at 8 a.m. and return home by 4 p.m. You must be 18 or older to attend.

For more information, contact Christy Hauer at (605) 665-4685 or director@thecenteryankton.org/.

Diabetes Support Group To Meet June 10

The Yankton Area Diabetes Support Group will meet at 1 p.m. Monday, June 10, in the Pavilion Conference Room 2. The Pavilion is on the Avera Sacred Heart Hospital campus. The conference room 2 is on first floor and wheelchair accessible.

Catherine Mitchell and Brandy Aman, medical students at the University of South Dakota, will discuss common causes of vision loss, especially diabetic eye disease, and services available for those with vision impairments.

Everyone is welcome and a snack is provided.

GFP Youth Activity Day Set For June 11

A free youth activity day, sponsored by the Department of Game, Fish and Parks, will be held Tuesday, June 11, running from 5-9 p.m. at the Jim River Trap Range, located approximately 4 miles east of Yankton on Highway 50.

The event will be held rain or shine, so dress accordingly. Youth ages 8 years of age and up, must be accompanied by Parent or Guardian. (Parent or legal guardian need to sign waiver form before youth participates in events).

The activities are: archery, trap shooting, rifle shooting, and BB gun shooting.

Youths must pre-register, contact the Lewis and Clark Recreation area at 668-2985.

Registration is limited to 50 youths. Cost if free and a meal will be provided.

Need Skeptical View Of Biased Media

BY DR. MIKE ROSMANN

Is it becoming more difficult for you to sort out the truth from misleading information in the media? Too many television news broadcasters, radio talk show hosts and print journalists say whatever advances their view on an issue, even making up information, rather than to also consider dissenting information with an open mind. Some elected leaders have adopted similar misleading tactics.

Take climate change for example. A quick flip of radio talk shows reveals opinionated hosts who cling to a particular viewpoint on climate change and lambast anyone who sees things differently.

Actually, there is a range of scientific evidence and observations about global warming. Like most matters, climate change is not an "all or nothing" phenomenon.

Shrinking polar ice caps provide evidence that our planet is in a warming phase. On the other hand, the colder-than-usual current spring in almost all the northern hemisphere calls that conclusion into question.

People's opinions about whether our planet is warming vary too. A September 2012 survey of 1,058 Americans by the Yale University Climate Change Project indicated some respondents were "alarmed" (16%) by prospects of global warming, while others were "concerned" (29%), "cautious" (25%), "disengaged" (9%), "doubtful" (13%) or "dismissive" (8%).

A May 20, 2013 report by the same Yale University group shows the number of Americans who think global warming should be a priority for Congress and the president is down five percent since fall 2012.

How do we determine what is accurate? Some news broadcasts and publications strive to tell all sides to an issue and allow the listener or reader to form an opinion. These are the sources of information we should pay attention to.

As a general rule, whenever a reporter or journalist starts off with a negative statement



Dr. Mike
ROSMANN

media have been around since 1947 when the Hutchins Commission on Freedom of the Press said professional reporters have an obligation to society to use their freedom and power responsibly.

Not enough has been done since then to strengthen codes of ethics and their application in the media. One of the most important sets of ethical guidelines, the National Association of Broadcasters (NAB) code, which was adopted in 1951, says the use of profanity, illicit sex, drunkenness and excessive violence on radio and television programs are inappropriate.

While the NAB code has merit insofar as it goes, it does not address the obligation of the media to report information as accurately and completely as possible and without spinning facts to support a preconceived interpretation.

Other codes of ethics, such as the Society of Professional Journalists Code of Ethics and the First Amendment Handbook and Code of Practices for Television Broadcasters, are too often ignored. Their relevance and enforcement are questionable.

All media providers, professionals, their organizations, governmental agencies, educators and other groups relevant to the discussion, should come together to develop comprehensive standards of accuracy, fair-

ness and disciplinary policies for all media practitioners. Their recommendations should also address civil discourse.

As Thomas Jefferson said, "Lady Liberty will flourish only if freedom of speech is on her left side and civil discourse is on her right side."

Decisions should be based on careful management of risks. Risk management involves seeking as much information as reasonably possible, including points of view that promote, and counter, the option you are seeking.

A cardinal rule from General Systems Theory applies: "The more information and points of view the decision-maker considers, the more likely an optimal outcome will emerge."

It is especially important to keep an open mind to information that disagrees with what we desire, because it might offer us a solution in the end. The media should implement the General Systems Theory axiom and not automatically pursue only information that supports an ideological belief.

If European legal authorities some five centuries ago would have objectively considered dissenting information, they would not have castigated Nicholas Copernicus when he theorized the earth was not the center of the solar system—as they wanted to believe—and instead revolved around a larger mass, the sun.

Farmers, consumers, actually of us, should keep an open mind toward products and practices that advertisements and other media promote, but we should also seek objective information about them from independent reviewers and not just from the manufacturers and proponents.

Perhaps good risk management guided the considerations by corn farmers about what varieties to plant this spring. A larger number of corn producers than ever before selected seed varieties that have built-in tolerance to hot dry conditions.

Dr. Rosmann can be contacted at: www.ag-behavioralhealth.com.

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SCHOLASTICS

NORTHEAST COMMUNITY COLLEGE

NORFOLK, Neb. — Officials at Northeast Community College in Norfolk recently released the President's Honor List and Deans' Honor List for both full- and part-time students for the Spring 2013 Semester.

To be named to the President's Honor List, students must earn a perfect grade point average of 4.0 and be enrolled for at least 12 credit hours. One hundred seventy-five students made the President's Full-time Honor List this spring semester. Students named to the Deans' Honor List must have earned a grade point average of 3.75 or above and be enrolled for at least 12 credit hours. Some 196 students were named to the Deans' Honor List.

Another 156 students named to the President's Part-Time list attained a 4.0 grade point average while taking at least six credit hours and 67 students named to the Deans' Part-Time list earned a grade point average of 3.75 or above while taking at least six credit hours.

PRESIDENT'S HONOR LIST—Full-time, spring 2013

Following is a list of area students, and their respective hometowns, named to the President's Honor List for full-time students for the spring 2013 Semester at Northeast Community College. These students earned a 4.0 grade point for at least 12 hours.

Bloomfield — Katelyn Fiedler, Justin Jindra
 Creighton — Andy Doerr, Jill Wagner
 Crofton — Trent Arens, Tasha Mueller
 Fordyce — Camie Jo Kalkowski
 Hartington — Jason Kruse, Megan Lammers, Danielle Steffen
 Laurel — Samantha Camenzind
 Randolph — John Dicks, Kevin Keifer, Michael Koehler
 Royal — Jessica Barone
 Verdigre — Wade Frederick, Jordan Larsen, Kathi Liska
 Wausa — Dakota Cunningham, Jared Gillilan, Mercedes Wachter

Gayville — Nicholas Huber, Trevor Huber
 Jefferson — Jodi Nelson
 Yankton — Haley Haro, Eric Jones

PRESIDENT'S HONOR LIST—Part-time, spring 2013

The following is a list of area students, and their respective hometowns, named to the President's Honor List for part-time students for the spring 2013 Semester at Northeast Community College. These students attained a perfect grade point average of 4.0 for the semester while being enrolled for at least six credit hours.

Bloomfield — Amanda Lehman, Stacy Pedersen
 Coleridge — Hannah Burbach
 Creighton — Lindsay Laflan, Valerie Martin
 Fordyce — Angela Steffen
 Hartington — Ashley Heine, Taylor Lauer
 Laurel — Cassandra Camenzind, Lauren Cunningham, Hannah Swanson, Kiley Thompson
 Niobrara — Mackenzie Rettig
 Randolph — Michaela Strathman
 Saint Helena — Nicole Pinkelman, Carrie Wiepen
 Wynot — Shelby Hochstein
 Menno — Erika Kishbaugh

DEANS' LIST — Full-time, spring 2013

The following is a list of area students, and their respective hometowns, named to the Deans' Honor List for full-time students for the spring 2013 Semester at Northeast Community College. These students attained a grade point average of 3.75 for the semester while being enrolled for at least 12 credit hours.

Bloomfield — Danielle Simone
 Fordyce — Mason Buschelman
 Hartington — Brittany Hinkel, Todd Kathol, Eric Kloster, Nathan Leise, Brooke Promes, Zachary Wuebben
 Ponca — Kelsey Beacom
 Randolph — Edward Burbach, Denise Childress, Justin McMahon, Lindsey Sievers
 Verdigre — Leann Skokan
 Wynot — Heidi Klug, Timothy

Pinkelman, Devin Wieseler
 Marion — Collin Andersen
 Yankton — Nicholas Brabec

DEANS' LIST — Part-time, spring 2013

The following area students, with their respective hometowns, were named to the Deans' Honor List for part-time students for the spring 2013 Semester. These students attained a grade point average of 3.75 for the semester while being enrolled for at least 6 credit hours.

Creighton — Rebecca Stevens
 Hartington — Angelique Stappert
 Laurel — Katie Gubbels, Devin Hirschman
 Ponca — Melissa Dowling
 Randolph — Trisha Petersen, Kelsey Wells
 Saint Helena — Erica Burbach
 Elk Point — Jason Rupp

FREEMAN ACADEMY Freeman Academy's 3rd Trimester Honor Roll — 2012-13 school year Gold Honor Roll — 3.60-4.00 GPA

* denotes 4.0 GPA
 Seventh Grade — Ryan Brockmueller, Annie Carlson*, Lindsay Thomas, Stephen Waltner
 Eighth Grade — Derian Voigt*
 Freshmen — Polly Carlson, Ryan Haggerty*, Ian Hofer, Hanyang 'Ben' Miao, Sarah Miller, Jorge Sanchez, Bethany Wollman, Hannah Yoder
 Sophomores — Olivia Boese*, Emily Epp, Anran 'Aster' He, Ciara Koerner, Yunxi 'Cicy' Li, Brooklyn Ries*, Austin VanDiepen*

Juniors — Gabriel Eisenbeis,

Meghan Hofer, Pimpith 'Puinun' Lertrattanakul
 Seniors — Ben Brockmueller, Lea Graber, Matthew Graber, Calvin Janssen, Christopher Miller*, XiuMin Sun, Michael VanDiepen*, Chelsea Wentz*, Noah Yoder

Maroon Honor Roll — 3.20-3.59 GPA

Seventh Grade — Brennan Haggerty
 Eighth Grade — Steven Sanchez
 Freshmen — N/A
 Sophomores — William Janssen, Brennan Waltner, Xizyong 'Ken' Zhang
 Juniors — Noemi Liscano, Witchayada 'Jung-Jing' Phooapirak, Weiyei Tang, Pawanrat 'Cheng' Visuthvarint
 Seniors — Ben Carlson

BRIAR CLIFF UNIVERSITY

SIoux CITY, Iowa — Briar Cliff University is accepting applications for a \$10,000 scholarship to an eligible community college graduate who will be transferring to Briar Cliff. BCU also is accepting applications for five \$2,000 scholarships for eligible new Continuing Education students. All applicants must be new students in the 2013 fall semester, registered in fulltime, daytime programs at Briar Cliff.

For a complete list of eligibility and to apply, visit <http://www.briarcliff.edu/>, click Explore Scholarships and then CE Scholarship Application. The application deadline is June 17.

For more information, contact Sharon Messerschmidt at 712-279-5530 or sharon.messerschmidt@briarcliff.edu .

What business includes the OGR logo in all advertising and what does it stand for?

Answer in the June 11th edition of the Press & Dakotan

40th Anniversary Celebration



Mr. & Mrs. Jim and Shirley Yonkers

The family of Jim and Shirley Yonkers cordially invite you to attend an open house in celebration of their 40th wedding anniversary.

The celebration will take place on Sunday, June 9, 2013 from 3 - 5 p.m. at the First Presbyterian Church fellowship hall in Avon, SD. The couple requests no gifts.

Friends unable to attend the open house may send congratulations and well wishes to Jim and Shirley Yonkers, PO Box 245, Avon, SD, 57315.

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