

# Expert Tips For Keeping Kids Smiles Healthy

(MS) -- In terms of candy consumption volume, the Easter holiday is second only to Halloween. While baskets full of chocolates and candies can seem like a child's dream come true, parents may cringe at the prospect of their little ones' mouths filled with so much sugar.

The American Dental Association recognizes that early childhood cavities are a significant public health problem. In fact, tooth decay is still recognized as the most common chronic disease affecting children in the United States.

Fortunately, parents can help their children avoid dental issues like cavities by establishing healthy routines early. Dr. Jennifer Salzer, a dentist, orthodontist and mom, offers the following tips to help parents keep children's smiles healthy all year.

## See the Expert

- Speak to your pediatrician about when to schedule baby's first dental visit.
- A good rule of thumb is to schedule a visit by their first birthday with regular visits every six months.

## Lead by Example

- Set a good example and let your kids learn by watching and imitating you as you brush, rinse and floss.
- If you need to brush up on your own oral care knowledge, check out the Oral-B Stages "Parent's Guide" available online at [oralb.com/stages](http://oralb.com/stages).

## Mirror Mirror

- Encourage your kids to brush in front of a mirror; it will help them see spots they may otherwise miss.
- To help keep track of their oral care routine enlist the help of a brushing chart to record each time your child brushes.

## Offer Choices

- Have plenty of oral care supplies on hand for your kids in the flavors and designs they'll be excited to



**Parents can help children establish healthy oral care routines early to aid in preventing cavities.**

use to encourage proper oral hygiene.

- The Oral-B Stages line is designed for kids four months to seven years of age. It features Disney(R) characters and fun flavors to provide an appealing option for young children.
- For older kids, 8 years and up, who feel too grown up for "baby products", there is the Crest and Oral-B Pro-Health FOR ME line which comes in tween-friendly flavors and designs.

## Brace Face

- Show kids with braces how to brush using a two-step approach -- from the top down, and then the bottom up -- to help dislodge any food that may be stuck in the brackets.
- Provide your tween with great products like the Oral-B Pro-Health FOR ME CrossAction Toothbrush which helps clean hard-to-reach areas and the Crest Pro-Health FOR ME Anti-Cavity Rinse which reaches where brushing may miss.
- Oral health is an important issue, particularly for kids. Luckily, with good habits and the right tools, dental health issues like cavities are largely preventable -- even if sweets are plentiful.
- More information about Oral-B Stages and Crest and Oral-B Pro-Health FOR ME products is available at [oralb.com/stages](http://oralb.com/stages) and [crestprohealth.com](http://crestprohealth.com).

# Spray Tans A Safer Option For An End-Of-School Glow

As soon-to-be graduates prepare for prom and their trip down the auditorium aisle to receive their diplomas, many believe a glowing tan is a must-have accessory. However, the method by which that tan is achieved could mean the difference between bronze skin and a life-threatening disease.

The public is aware that sunburns can be particularly dangerous, but scientific evidence increasingly suggests there's no such thing as a safe tan -- particularly if that tan comes by way of baking in the sun or on a tanning bed.

The World Health Organization's cancer division listed tanning beds as definitive cancer-causers. Research indicates that the risk for melanoma, the most common form of skin cancer, rises as much as 75 percent in people who were frequent tanners in their teenage years and early twenties. The risk from tanning beds is so great that the U.S. Food and Drug Administration had an open hearing to figure out stricter tanning bed regulations and more obvious warning labels on the devices.

For those who still want to have tanned skin but not experience the risk associated with tanning beds or UV exposure, spray tans or sunless tanning creams are good options. These products contain a substance called dihydroxyacetone (DHA). The Mayo Clinic says that DHA reacts with dead cells in the outermost layer of the skin. This temporarily darkens the skin's appearance. While the coloring doesn't wash off, it will gradually fade as the dead skin cells slough off within a few days. Some of these products also contain coloring pigments to help even out the tan and make it visible before the DHA reaches maximum effect. These products are generally safe for most of the body but need to be avoided around mucous membranes and the eyes.

While most of the sunless tanning products are safe, it is not advisable to take sunless tanning pills. These pills contain a color additive that can turn the skin orange when taken in large quantities. They also may cause liver damage and the formation of crystals in the retina of the eye.

For those considering the sunless tanning route, there are some ways to get an even-looking tan.

- Exfoliate the body with a wash cloth to remove excess dead skin cells that may darken more in contrast to other parts of the skin.
- Use a light touch and go sparingly with the product. For hard-to-reach areas of the body, have someone help you apply it. Many people like professional spray tans at

salons because the application method tends to be more even than with lotions and creams.

- Wash hands after applying the product so your palms don't turn color, and pay special attention to your fingernails. Then use a cosmetic sponge or cotton ball to apply the tanner to the top of each hand.
- Use sunblock on the body even while using a self-tanner. These lotions generally don't contain sunscreens, and the tan will provide no protection at all.
- Make sure to wait until the tanner dries completely before you get dressed. Otherwise you can be left with stained clothing.
- Graduates who want a sun-kissed look for parties and other end-of-school events should consider sunless tanners instead of sunbathing or tanning beds.

# What Does 120/80 Mean To You?

**BY BYRON S. NIELSEN, M.D.**

Board Eligible Nephrologist at Yankton Medical Clinic, P.C.

Hypertension, or high blood pressure, is a disorder currently affecting millions of Americans. Hypertension is defined as a blood pressure of more than 140 over 90 with prehypertension being defined as a blood pressure between 120 to 139 over 80 to 89.

According to the most recent data, 60 million Americans over the age of 18 have high blood pressure and over one half of Americans over the age of 65 have the disorder. This is substantially higher than the previous count from the 1990's when 43.2 million Americans were diagnosed.

Unfortunately, the numbers are still on the rise. Currently only about half of those diagnosed with hypertension have their blood pressure under control.

In the beginning stages of the disease, high blood pressure tends to be symptom free. It usually doesn't cause complications until years after its onset. Most of the effects of high blood pressure are on the cardiovascular system including the heart and blood vessels. Due to this, long-standing high blood pressure greatly increases the risk of heart disease and stroke, especially when combined with diabetes, high cholesterol or cigarette smoking.

High blood pressure also has been associated with the development of congestive heart failure, heart attacks, heart rhythm disturbances and sudden cardiac death. It too plays a part in the development of chronic renal failure and is the second leading cause of developing end-stage renal disease, which requires dialysis. Adequately treating hypertension has been shown to reduce the risk of stroke by 35 to 40 percent, heart attack by 20 to 25 percent and heart failure by 50 percent.



**Byron S. Nielsen, M.D.**

disease.

Other factors that increase risk include obesity, physical inactivity, high cholesterol, renal disease, excessive alcohol intake (more than two drinks per day in women and three drinks per day in men), genetic predisposition and high salt intake. Even if you do not fit into any of these categories, every adult should undergo routine screening. It is currently accepted that every adult over the age of 18 should see their physician and be screened for high blood pressure at least every two years. Those with prehypertension should be screened on a yearly basis.

All patients that are diagnosed with hypertension need to be followed closely by their physician to assure proper control of their blood pressure and to monitor signs of complications associated with it. Your physician will do a full evaluation and help you decide the right course of therapy. There are currently many different medications for the treatment of hypertension and the choice of medication will depend on the severity of your high blood pressure and any other coexisting medical conditions.

There are also multiple lifestyle changes that are beneficial for all patients with

hypertension, and when used alone or in combination with medical therapy, they can lead to a dramatic reduction in blood pressure. It is possible to come off of medication with lifestyle changes. However, if you have high or difficult-to-control blood pressure your physician may refer you to a specialist, such as a Nephrologist.

Individuals with high blood pressure should follow a low-sodium diet (less than two grams per day). It has been found that limiting salt in the diet can lead to a five-point reduction in blood pressure. Salt is found in multiple food sources including prepackaged, canned and processed foods as well as in cured meats. A good rule of thumb is to remember that unprocessed foods are most likely very low in sodium. All hypertensive patients should try to cook with fresh fruits, vegetables and meats without adding salt during cooking or at the table. There are also multiple salt substitutes that can be used in place of sodium. However, it is best to get those substitutes approved by a doctor.

Another dietary change that has improved blood pressure, and also reduces cholesterol is the DASH diet. This is a diet rich in fruits, vegetables, whole grains, low-fat and nonfat dairy, lean meats, fish, beans and nuts. More information regarding this diet can be found online at [www.dashdiet.org](http://www.dashdiet.org). In addition to these two dietary modifications, increasing exercise and decreasing weight is not only beneficial for overall health, but also it will help reduce blood pressure and cholesterol and improve diabetes control.

High blood pressure is often a silent, but dangerous condition making screening and treatment an important part of every adult's health. Please make an appointment with your physician today to make sure your cardiovascular health is under good control.

## New Study Hopes To Unlock Genetic Connection To Parkinson's

In spite of ongoing research, Parkinson's disease remains a mystery in many ways. In an effort to study the interactions between genomics and Parkinson's disease, the Cleveland Clinic has joined the ongoing efforts of 23andMe, a leading personal genetics company, to recruit Parkinson's patients to participate in research by contributing their DNA to a research database and completing online surveys about their health.

"We are aware of the limitations of today's treatments, so we are always thinking about what we can do to advance the care of this incurable disease," said Andre Machado, M.D., Ph.D., Director of Cleveland Clinic's Center for Neurological Restoration. "This collaboration will help us to learn more about the genomics of Parkinson's disease and how it may impact individualized care in the future."

The project is part of the Cleveland Clinic's personalized healthcare initiative, which aims to drive discoveries that allow medical professionals to better predict risk for disease and response to therapies, with the ultimate goal to improve patient care.

Patients who volunteer for the study will be asked to provide a saliva sample for DNA analysis and agree to partici-

pate in online surveys about their experience with Parkinson's. 23andMe hopes to enroll 10,000 participants; Cleveland Clinic expects to enroll about 1,000 patients toward this goal.

"The quality of the research will depend heavily on sample size. Patient enrollment and participation is critical to the success of the project," said Ryan Walsh, M.D., Ph.D., Director of the Parkinson's Disease and Movement Disorders Program at the Cleveland Clinic Lou Ruvo Center for Brain Health in Las Vegas.

23andMe first assembled its Parkinson's disease research initiative in June 2009. Within an 18-month period, 23andMe assembled and analyzed genetic data from more than 3,400 Parkinson's patients and successfully replicated the top 20 previously known genetic associations with Parkinson's disease in addition to determining new genetic associations for Parkinson's.

Participation is free and voluntary. Those who take part in the study will be identified by a unique code, not by their names, in order to protect their privacy. Participants can choose to receive a report summarizing the genes identified in their DNA, though these findings will not be placed in their medical record.

To facilitate participation in the registry, the Cleveland Clinic has detailed information and dedicated computer portals set up at locations where Parkinson's patients are most likely to be visiting, including the main campus in Cleveland and the Lou Ruvo Center for Brain Health in Las Vegas. Two additional

locations, the Cleveland Clinic's Lakewood Hospital (Lakewood, Ohio) and Cleveland Clinic Florida (Weston, Fla.), will be enrolling patients as well.

Patients can also e-mail the Cleveland Clinic at [parkinsons@ccf.org](mailto:parkinsons@ccf.org) or 23andMe at [pd-help@23andme.com](mailto:pd-help@23andme.com) for more details or to sign up.

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