

Visiting Hours

Diabetes Alert Day: It's A Healthy Wake-Up Call

BY SUSAN BARNES, BSN, RN, CDE, CPT
Avera Sacred Heart Hospital

Diabetes Alert Day — March 27, 2012 — is a one-day, “wake-up” call asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing Type 2 diabetes.

I am fortunate to meet many people that have the courage to learn how to live a full life while having diabetes. The challenges faced when being diagnosed with diabetes can seem overwhelming at first. It takes time to sort through feelings, misconceptions and finally learn what works for an individual to control the blood sugar level, blood pressure, weight and cholesterol at a healthy level.

One of the misconceptions is having a specific “diet” to follow. There is not a list of approved foods. There is a need to eat meals regularly in consistent amounts. In reality, the meal plan has to be specific to an individual. The amount of food eaten will vary by individual need and the plan of food needs to be altered based on blood sugar patterns. Meeting with a Registered Dietician and diabetes educator can help you learn what healthy meal plan is right for you and how to make adjustments.

A second misconception is that diabetes is controlled by diet alone. To control blood sugar, blood pressure, weight and cholesterol, attention needs to be given to healthy meal plan, regular exercise, stress management, appropriate hours of sleep and medication as needed.

A third misconception is that diabetes is caused by eating sugar. The causes of Type 1, Type 2 and gestational diabetes are complex and are not completely understood. Diabetes is not caused by eating sugar. Diabetes is a disease where the body is unable to use sugar properly due to a combination of genetic (hereditary) and environmental causes.

Type 2 diabetes can be prevented or delayed. Please take the time to read the following information from the American Diabetes Association to see if you are at risk for Type 2 diabetes and what you can do about it. All of us can benefit from making healthy lifestyle changes.

ARE YOU AT RISK?

Among the primary risk factors for Type 2 diabetes are being overweight, sedentary, over the age of 45 and having a family history of diabetes. African Americans, Hispanics/Latinos, Native Americans, Asian Americans and Pacific Islanders are at an increased risk, as are women who have had babies weighing more than nine pounds at birth.

Unfortunately, people with Type 2 diabetes can live for years without realizing that they have the disease. While people with diabetes can exhibit noticeable symptoms, such as frequent urination, blurred vision and excessive thirst, most people diagnosed with Type 2 diabetes do not show these overt warning signs at the time that they develop the disease. Often, Type 2 diabetes only becomes evident when people develop one or more of its serious complications, such as heart disease, stroke, kidney disease, eye damage, or nerve damage that can lead to amputations.

TAKE CHARGE OF YOUR HEALTH

Studies have shown that Type 2 diabetes can be prevented or delayed by losing just 7 percent of body weight (such as 15 pounds if you weigh 200) through regular physical activity (30 minutes a day, five days a week) and healthy eating. By understanding your risk, you can take the necessary steps to help prevent the onset of Type 2 diabetes.



PHOTO: METRO GRAPHICS

ABOUT THE AMERICAN DIABETES ASSOCIATION

The American Diabetes Association is leading the fight to stop diabetes and its deadly consequences and fighting for those affected by diabetes. The Association funds research to prevent, cure and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes. Founded in 1940, our mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

A1C TEST

New guidelines from the American Diabetes Association on diabetes screening and diagnosis now include the A1C test as a more convenient way to screen for pre-diabetes and diabetes. The A1C

measures the average blood sugar control over the last two to three months. The blood test can be taken any time of day as there is no need to fast before the test. A result of 5.7 percent to 6.5 percent would indicate pre-diabetes and an increased risk of developing diabetes in the future. A result equal to or higher than 6.5 percent would indicate diabetes.

Avera Sacred Heart Hospital Lab has an A1C test available year round for \$15 to see if you are at risk for diabetes. To learn more about the A1C test or to schedule an appointment, please call the Avera Sacred Heart Hospital Lab at (605) 668-8169.

Susan Barnes, BSN, RN, CDE, CPT is the program coordinator of the Dakota Diabetes Center.

A GIFT FOR THE MOUNT



SUBMITTED PHOTO

Due to incorrect information supplied to the Press & Dakotan, the caption for this photo, which ran in Saturday's edition, contained some incorrect information. The correct information is as follows: President of First National Bank of South Dakota, Jeff Jones (right), presents a check for \$100,000, to Mount Marty College Chief Advancement Officer, Barb Rezac (left), and Mount Marty College President, Dr. Joseph Benoit (center), for the college's science center building project. The generous donation will be used for the construction of a classroom and laboratory in the new complex.

USD Group Hosting Homeless Veterans Awareness Camp-Out

VERMILLION — The second annual University of South Dakota Homeless Veterans Awareness Camp-Out is to raise awareness of homelessness among the veteran population.

One in four homeless individuals on the street is a veteran. The USD Veterans Club is raising awareness and support to help homeless Veterans in South Dakota. All proceeds and donations collected during this event will be donated to the Berakhah House of Sioux Falls and the Women of War Project of Belle Fourche. The Berakhah House provides transition programs which help homeless Veterans find a place to live, gain employment, and obtain healthcare. The Women of War Project provides homeless female veterans and their children with similar transition programs, which provide food, clothing, shelter, education and employment assistance.

The USD Veterans Club invites everyone to help support our homeless veterans in South Dakota. To get involved you can:

- donate funds.
- live as a “homeless Veteran” for a day or all week.

- encourage others to donate.
 - follow this event on the USD Veterans Club Facebook page.
- Since March 19, Veterans Villa, a temporary “homeless” veterans camp, has been set up on the green space west of Muenster University Center (MUC). Participants will remain in Veterans Villa 24 hours a day when not in class; they will not shower and eat only what is donated until the afternoon of March 23.

The USD Veterans Club will provide materials for participants to make cardboard houses for living purposes. Participants will be carrying cardboard signs around with them during the event to identify them as well as a cup for donations. All donations go to the cause.

If you are part of an organization that would like to help but don't think you can live in a box for a week, sponsor Veterans Villa for a day by providing food, hot coffee, firewood, etc., and spend some time in the camp showing support.

To get involved, contact Caleb at caleb.olson@usd.edu or 605-660-8241.

Val Farmer

Reader Feedback Has Meant So Much

BY VAL FARMER

EDITOR'S NOTE: These are notes that Dr. Farmer has received through the years from readers. Farmer is retiring, and his final column will be published next week.

“There is an old country song called ‘Hank Williams, You Wrote My Life.’ Well I can say to you, Val Farmer, you wrote my life.

• “I was a city transplant to rural Iowa 40 years ago. I sometimes thought I was the only person in the world dealing with certain issues, and then, voila, they would appear in your column. So many of them were so right on, so insightful.

“Please know that there is a lady in Iowa who thanks God for you and your work. I wish you the very best in your new endeavors.” An Iowa reader

• “I first met you in the 1990s in my farm paper. I was immediately attracted to your writing spirit and philosophy. In fact, I started saving them into a file. From Sept. 1990 through 2011, I have collected over 20 years, 52 weeks a year, to a total of around 1040 articles. Does that surprise you? Or make you wonder where all that creativity came from? The presence of God in your life is evident and your writings reflect how that spirit can impact our lives.” — A farmer from Iowa

• “We read all of the testimonials of what your words have meant to so many people. We too will miss all you have said over the years and the ideas you have put into our heads that have made our farming operation run smoother and more enjoyable.” A farmer from Iowa

• I received a letter from a prisoner in the Minnesota correctional system. He thanked me and wished me the best in the rest of my adventures. He asked me for a column that someone had sent to him that he has since misplaced. “Forgiveness is given, trust must be earned.” He wrote, “Your articles have helped me out a lot. You will be missed.”

• “As you may recall, I’ve been a fan of your column since 1984. We shared a common experience as our law firm emerged as one of the leaders in dealing with the farm crisis. I regret your decision to retire and will be excited to read your successor. You made wonderful contributions to everyone who read your column.” — Sioux Falls attorney

• “You have been a great help to me/our understanding of ‘family dynamics’ over the past years! My husband’s family values work —



Val FARMER

your religious background has helped shape your thoughts and opinions, which make them very acceptable. I have gained much from reading them and thank you for your insight.” — Iowa farm wife

• I have read your columns for years and get so much out of them, especially as I believe you live the way you teach.” — South Dakota reader

• “I want you to know that I didn’t start taking the farm paper until 2 years ago at age 60. Once I read 2 or 3 of your articles I wondered about who was this guy. I must say you got me hooked.

“I couldn’t wait to read each week the wisdom, knowledge, and insight you were going to share about living life. What you shared were qualities that I have been working on since 1984 when I went through a depression as a feed man.

“Your material has reminded me how to find happiness in life, how to work through hard times, keeping communications open with wife, children, community members, and business clients. I especially liked the way you used your religious skills in your articles when needed. I know I’ll miss your articles, but I praise you for looking out after your wife to help her develop her dreams and goals.

“I know you are a long way from being completed with the gifts you’ve been handed. My dream will be to meet you in our travels to thank you for you touching my life in the short time I’ve known you!” — Iowa farmer

• “I love the articles on marriage, family, teenagers, teaching, and family farming as they are ingrained with aspects of faith. You certainly have touched on the arteries of my life. I have learned that everyone has areas where they need help and the best way to deal with

those issues is to be willing to work on them. “I have read your article on ‘crisis’ and I know I have learned a lot from reading your column and going through these experiences. You can see that you did have a purpose and your column has blessed many lives. I thank you.” — Iowa reader

• “Thanks for all you have done for so many people like me who were floundering. You have left your mark on the world in such a wonderful way.” — North Dakota reader

• “We appreciate your column in our farm paper. I even look for your column first. We are horse and buggy Amish.” — This Iowa reader goes on to explain she is the grandmother to 42 children.

• “Dr. Farmer’s articles were so helpful to my husband and me in raising a loving family.” Iowa reader

• Like so many others who have already written, we have saved and been blessed by so many of your columns. For me the Bible is the highest source of authority, but where you agree with its principles, your articles have been a huge encouragement. — Iowa reader

• “I just wanted to take a moment to thank you for your articles over the past year and a half.” (The writer then describes a wrenching personal problem.) I found your article, I think with the help of God, because I had been receiving the paper for a very long time and never read it. Each week I looked forward to reading your article like it was my own personal counseling session and many things you wrote applied to my life.

“Thank you for helping me through one of the most difficult things I have ever dealt with when I didn’t have anyone else. I am very sad to see that you are retiring, but I can tell from your articles that you are a family man and I am wishing and hoping you have a wonderful retirement with them. May God continue to bless you in the many years to come.” — reader from Missouri

• “There is no greater gift in all the world than the ‘Gift of a Loving Heart’. Have a good retirement, stay well and be happy.” — Your friends from Iowa

Val Farmer is a clinical psychologist specializing in family business consultation and mediation with farm families. He lives in Wildwood, Mo., and can be contacted through his website. © 2012, JV Publishing)

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Tax Service Offers By ROCS

LAKE ANDES — The Rural Office of Community Services, Inc. of Lake Andes will continue to provide free Volunteer Income Tax Assistance (VITA) Services until the final filing date of April 17.

VITA site appointments are available at the Lake Andes ROCS Office from 8 a.m.-4:30 p.m. weekdays by appointment. Outreach Days are also available in Mitchell, Chamberlain and Tripp by appointment.

Certified preparers can assist

taxpayers with tax preparation, e-filing and direct deposit. The certified preparers can make sure that you get all of the credits that you qualify for and get the maximum refund.

If you have not yet had your taxes prepared and would like to set up an appointment to have them done for free, call 605-487-7634. ROCS is an Equal Opportunity Organization.

STORGAARD-MEEHAN ENGAGEMENT

Linda Storgaard is pleased to announce the engagement of her son, Jason of Vermillion to Melaney Meehan of Sioux Falls, daughter of Mary & the late Mike Meehan, Madison. Melaney is the General Manager of Homewood Suites by Hilton of Sioux Falls. Jason is employed at Northern Gas of Sioux City.

The couple is planning a May 18th wedding at Ponca State Park.



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