

Something Is Fishy Here

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OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

When it comes to your favorite sushi bar, grocery store and local diner, what's listed as "catch of the day" may actually be the one that got away. What you really have in front of you is, well, a net gain for someone, but not you!

DNA testing on 1,200 seafood samples in 21 states revealed that 87 percent of fish sold as "snapper" and 59 percent of fish labeled "tuna" just aren't! Every — yes, every — sushi restaurant served imposter fish, and 33 percent of fish countrywide were mislabeled.

Mislabeled fish isn't just a scam, it's a health hazard. Tilefish is served in place of red snapper, and it's on the government's do-not-ever-eat list because of high mercury content. In New York City, 94 percent of fish labeled "white tuna" turned out to be escolar, a snake mackerel with toxins that act as a "fish laxative" after a few bites, plus a high mercury content.

But eating fatty fish, loaded with heart-loving omega-3 fatty acids, is good for you, and we don't want this fish-fraud to turn you off. So we suggest:

1. Become an informed consumer and learn how to identify fish by their appearance (skin color and texture are important clues).
2. At the fish store, check out the whole fish before they cut a file.
3. Order whole fish or fish with skin attached in restaurants so you can identify imposters, and speak up.
4. Your healthiest choices? Salmon delivers 1,500-2,300 mg of omega-3 in every 4-ounce filet. Ocean trout contains 1,380 mg in 5.25 ounces.

DELUSIONS OF GREAT DRIVING

Next time you're driving to work, check out that guy a few cars in front of you who can't stay in his lane. He's on his cellphone, right? And it's a pretty sure bet that if you pulled him over and asked him if he is a safe driver, he'd tell you he's more capable of using his cellphone while motoring than most folks. That's delusional driving — a new study shows those who believe they're above-average driving multitaskers turn out to be the most dangerous. (More than 28 percent of all traffic accidents involve someone who is texting or talking on a cellphone — 1.6 million crashes annually.)

That's why, in the U.S., 32 states plus the District of Columbia ban or restrict cellphone usage while driving. And all provinces and the northwest territories in Canada ban talking on your cellphones and texting while driving.

- Do you need help breaking the habit? —Put your phone in the back seat of the car and turn off the ringer. If you really need it, you can pull over and retrieve it.
- Use your car time for a little timeout: Put on your favorite music (not too loud). You'll be better equipped to deal with work or family if you have a calm attitude and haven't been in or caused an accident.
- And remember, when it comes to evaluating your own multitasking skills, it's a mistake to think that you're exempt from the

hazards of distracted driving.

TO CLEAR UP ACNE, GO FOR LO-GI FOODS

Leonardo DiCaprio, Salma Hayek, Brad Pitt and Cameron Diaz — some of the country's most beautiful people — are (or were) plagued by acne. For the 17 million or more North Americans with inflammatory zits (almost 90 percent are teens), neither gender nor good looks offers protection from the often-

humiliating skin eruptions. Simple lifestyle solutions have been few and far between, but a careful review of the facts reveals that eating high-glycemic index foods (and not doing anything to decrease their glycemic effect — we'll tell you how in a minute) and inflammation-promoting saturated fats may be to blame.

Consuming high-GI foods (such as white bread, any grains that aren't 100 percent whole, and anything with added sugar or sugar syrup) spikes your blood sugar and insulin (it's released in reaction). Constantly repeat that roller-coaster ride, and you stimulate overproduction of pimple-producing hormones.

The solution? Decrease the glycemic effect of the foods you eat! Twenty-five minutes before any meal, snack on some healthy fat: six walnut halves, or 12 almonds, or 20 peanuts. Then when you eat, that healthy fat slows stomach emptying, so there's no blood-sugar spike. In addition, opt for low-GI foods — lean protein, most whole grains, non-starchy veggies and most fruits. And reduce your intake of saturated fats. (There's research showing that in cultures where people don't eat four-legged animals, poultry skin or palm and coconut oils, acne

doesn't exist.) And staying with these dietary changes offers an added bonus: Not only can you prevent acne, you can reduce wrinkling, too!

LISTEN UP! NEW HOPE FOR DYSLLEXIA

Steven Spielberg says movies saved him from the stress and shame of dyslexia. (TE call home?) Henry Winkler (The Fonz) became master of the ad lib, since he couldn't make sense of the "Happy Days" scripts. Toby Cosgrove became a cardiac surgeon and is now CEO of Dr. Mike's Cleveland Clinic. These are just three of the more than 50 million North Americans who have dyslexia.

But what exactly is dyslexia? Simply put, it's the inability to connect letters with

sounds and put those sounds in the right order. Reading depends on accurate, consistent sound processing and ordering — even if, while you're reading, those sounds are heard only inside your brain!

This new understanding of the sound-reading connection means some kids can ease their reading woes with auditory therapy. The therapy involves listening to sounds, syllables, words and sentences (no reading), then trying to identify differences in pitch and accurately ID the meaning of a word or phrase by choosing a picture that represents it. This can rewire the brain so that sound is processed more accurately, and, yep, that improves reading.

Early indications of dyslexia include: difficulty repeating a list of numbers or words, an inability to rhyme words or to enjoy hearing rhymes, confusing up/down and over/under, or misstating colors' names (saying "blue" for "green"). So, if you suspect your child has processing problems, get a diagnosis and begin auditory therapy BEFORE he or she starts trying to read. Remember, dyslexia needn't keep your child from enjoying school or success as an adult.

PURIFIED OMEGA-7 AND SEA BUCKTHORN

Like Janet Jackson's wardrobe malfunction at Super Bowl XXXVIII, an editing malfunction has left us exposed — to questions about how you can make sure you get all the benefits of the fatty acid omega-7. Here's the poop (OK, that's a benefit, too).

Omega-7 is part of the family of inflammation-cooling, heart-protecting odd omegas that includes:

- DHA omega-3 (we say, get it from fatty fish like salmon and ocean trout, and/or 900 IU of algal DHA omega-3 oil supplements)
- ALA omega-3 (found in walnuts, avocado, flaxseed, canola oil and chia seeds)
- Omega-5 (in pomegranate seeds)
- Omega-9 (in olive oil)

Dr. Mike advocates taking purified omega-7 because it contains purified palmitoleic acid, a fatty acid that quells inflammation. And preliminary studies indicate that it also cuts your risk of type 2 diabetes by decreasing insulin resistance; helps prevent or reverse fatty liver; and lowers your levels of an inflammation marker called hs-CRP (highly specific C-reactive protein), which is associated with an increased risk for heart attack and stroke. That's a big payoff!

Now, the supplement sea buckthorn also contains palmitoleic acid, but it comes bundled with some palmitic acid (another form of fatty acid) that opposes some of the cardiovascular and antiobesity benefits of palmitoleic acid. However, sea buckthorn still may bestow the poop-improving, skin-loving, weight-controlling powers that many people, including Dr. Oz, like it for. So take your pick — Dr. Oz likes sea buckthorn berry juice, and Dr. Mike takes 420 mg of purified omega-7 daily.

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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Ekeren Named To Executive Council Of Regents



Ekeren

CHICAGO — Douglas R. Ekeren, FACHE, vice president Professional and Regional Services, Avera Sacred Heart Hospital, Yankton, has been appointed to the Council of Regents, the legislative body of the American College of Healthcare Executives. The Council of Regents serves as the vital link between ACHE and members by approving governance and membership regulations as well as promoting ACHE programs, services, and activities within their respective areas.

Ekeren took office at the Council of Regents meeting March 9 during ACHE's 56th Congress on Healthcare Leadership at the Hilton Chicago. As a Regent, Ekeren will represent ACHE's membership in South Dakota.

Ekeren has served as a vice president at Avera Sacred Heart Hospital since 1993. Prior to joining Avera Sacred Heart, he was the chief executive office at Pioneer Memorial Hospital, Viborg. He has served on the boards of the Yankton Area Chamber of Commerce, Yankton School District and Yankton Transit.

Ekeren is board certified in healthcare management. He received his master's degree in Hospital Administration from the University of Minnesota, and his bachelor's degree in Health Services Administration from the University of South Dakota.

Pioneer Memorial Nursing Home Rated Highly

VIBORG — For the second year in a row, Pioneer Memorial Nursing Home, Viborg, has received the highest possible overall rating of five stars in U.S. News & World Report's annual Best Nursing Homes. Information on the ranking is available exclusively at www.usnews.com/best-nursing-homes.

The Best Nursing Homes 2013 ratings highlight the top nursing homes in each city and state, out of nearly 16,000 facilities nationwide. U.S. News's goal is to help users find a home with a strong track record of good care.

Best Nursing Homes draws on data from the Centers for Medicare & Medicaid Services, a federal agency that assesses homes in three categories — health inspections, level of nurse staffing, and quality of care — and gives an overall rating.

U.S. News awarded the "Best Nursing Home" designation to homes that earned an overall rating of five stars from CMS in January.

Ann Bossman, director of nursing at Pioneer Memorial Nursing Home commented, "We were thrilled to receive the recognition from U.S. News & World Report. Our staff is very committed to quality and personalized patient care. All departments coordinate efforts to bring the best possible care to our residents."

The staffing rating has information about the number of hours of care, on average, provided for each resident each day by nursing staff.

The quality measure report provides standard data for the public to compare each facility's performance in each of 10 categories regarding physical, emotional, and clinical care needs. Some examples of these categories are weight loss, fractures, falls, pain and mobility.

"Fewer than one out of every five nursing homes got an overall rating of five stars," said Avery Comarow, U.S. News health rankings editor. "All seniors deserve the best nursing care available, and these are homes that merit their consideration by demonstrating such high quality."

Sanford Vermillion Program Selected For Project

VERMILLION — Sanford Arts Vermillion (SAV) Program in partnership with Dakota Hospital Foundation, has been selected as a candidate for the LIVESTRONG Foundation Community Impact Project, which offers \$1.2 million in funding to bring proven cancer support programs to communities across the U.S.

Finalists will be determined through an online voting campaign at Vote.LIVESTRONG.org and runs until 5 p.m. CT on Thursday, March 28. Sites with the top votes per region will receive financial awards of support to replicate and implement programs that have demonstrated success in improving the lives of people affected by cancer.

Since its inception in 1994, The Creative Center has been dedicated to bringing the arts to people with cancer and chronic illness through all stages of life as a way to help them discover their own creative resources while meeting the challenges of diagnosis, treatment and survivorship. The Artist-in-Residence program helps cancer survivors deal with the stresses of treatment through artistic expression. The program will work bedside and in small group settings with men, women and children — in oncology units, bone marrow transplant units, intensive care/respiratory units, hospice and palliative care programs.

Dakota Hospital Foundation is among hundreds of organizations still in contention for the award. It is recognized that artistic and creative activities support the wellness of the community. If selected, SAV will use the awarded funds to bring local, fine artists into the healing centers of the community and engage the members of the cancer survivorship group in relevant art projects. Officials then have the opportunity, in the creation and display of these artworks, to provide uplifting environments; enhance technical skills and renew camaraderie among participants.

"We are thrilled and honored to be selected as a candidate for the LIVESTRONG Foundation's Community Impact Project," said Ari Albright, SAV program coordinator. "We share their passion for inspiring and empowering people affected by cancer and look forward to working together to make a difference in the lives of cancer survivors and their families."

"I am very excited about the opportunity this grant funding could provide for our local and area cancer survivors as well as their family members and care givers. This is a new and unique avenue to support wellness through the arts and art activities," commented Marcy Lund, facilitator of the local Cancer Support Group.

Organizations chosen to implement one of the model programs will receive up to \$15,000 to support the implementation. They will also receive a toolkit consisting of facilitator manuals, participant materials and evaluation forms; training and support from the model program's staff; access to additional tools and resources; and a full report on the historical replication of this program upon completion.

The financial awards provided by the 2012 LIVESTRONG Community Impact Project are currently being implemented at nearly 100 sites including hospitals, cancer centers, universities and community-based organizations across the nation and will provide support to thousands of people affected by cancer upon completion. The LIVESTRONG Foundation is committed to supporting community organizations in their efforts to help cancer survivors face the challenges and changes that come with cancer and has invested more than \$80 million in community-centered organizations.

For more information about the LIVESTRONG Foundation's Community Impact Project and to vote, visit Vote.LIVESTRONG.org. For more information about Dakota Hospital Foundation and the Sanford Arts Vermillion, visit sanfordvermillion.org.

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Danilko Named ASHH Executive Director Of Organizational Excellence



Danilko

Avera Sacred Heart Hospital is pleased to announce that Ashli Danilko has been named executive director of Organizational Excellence.

Ashli, a Yankton native, will focus on establishing, maintaining and implementing a hospital-wide program of service excellence, work process design and operational efficiency according to established best practices and standards.

Danilko began her new role Monday, March 11, after having served as the Avera Regional Director of Clinical Process Improvement in Sioux Falls. Prior to that, she was the director of LEAN Network Operations at Mercy Medical Center in Sioux City.

Ashli has worked her way up over time from a CNA, an intern position, to a variety of health care administrative positions. She has also served as adjunct faculty at The University of South Dakota Beacom School of Business. Her educational background includes a Bachelor of Science, The University of South Dakota School of Business in Health Administration, and Masters in Health Care Administration, University of Missouri, Columbia, Mo., and certifications in human factors engineering, green belt Six Sigma training and the University of Michigan College of Engineering LEAN Healthcare program.

Ashli and her husband Ed Danilko are former Yankton residents. We welcome them both back to Yankton.

Relay For Life: June 28-29 Riverside Park, 6:00pm-6:00am

Team Captains Meeting: Monday, March 18th, 5:15 p.m. Avera Sacred Heart Cancer Center

Its not too late – you can still be a part of it!
Be a sponsor, Start a Team, Share a talent, Help at the event, Serve on the committee, Support the teams in their fundraising. Come down to the event and be a part of it – Enjoy SD Pork Producers at this year's Community Meal. Relay For Life!

Check Us Out On...

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Relay: City of Yankton, Vishay, and Roger's Family Pharmacy
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Community Meal: SD Pork Producers and Sara Lee Bread
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USD Sanford School Of Medicine Ranked Among Nation's Best For Rural Medicine

VERMILLION —The University of South Dakota Sanford School of Medicine is one of the nation's top 10 leaders in rural medicine, according to rankings published by U.S. News & World Report. The magazine's "Best Graduate Schools 2014" guide places USD's medical school in the No. 9 slot. Topping this year's list for rural medicine was the University of Washington. This is the fourth time in as many years the Sanford School of Medicine has appeared in the list.

Medical school deans and senior faculty were polled by the publication in selecting the best programs in the U.S. The Sanford School of Medicine's mission places an emphasis on family medicine and encourages graduates to serve people in rural areas and other underserved places in the state.

"While the medical education we provide prepares students to practice medicine anywhere, rural medicine lies at the core of who we are as an institution," explained Mary Nettleman, M.D., M.S., M.A.C.P., dean of the Sanford School of Medicine and vice president for health affairs at USD. "With the recent addition of our Frontier and Rural Medicine (FARM) program, we expect to make even greater strides in rural medicine in the coming years."

The rankings are part of the U.S. News Media Group 2014 Best Graduate Schools rankings available online at www.usnews.com/gradmeth. Highlights of the rankings will be published in the "Best Graduate Schools 2014" edition book, on sale April 9.

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