



## Dr. Rumsey Advocates For The Hearing Impaired

Dr. Rumsey, an audiologist at Avera Yankton Ear, Nose and Throat, recently visited Washington D.C. as South Dakota's representative to the American Speech-Language-Hearing Association (ASHA) Audiology Advisory Council. He met with Representative Herse Sandlin, Senator Johnson, and Jane Tschetter, Legislative Assistant for Senator Thune on March 19, 2010. The visits were conducted to advocate for legislation to improve the lives of individuals affected by hearing loss. Specific legislative issues that were discussed include early hearing detection and intervention and hearing aid tax credits.

Early Hearing Detection and Intervention (EHDI) grants were first authorized in the Newborn Infant Hearing Screening and Intervention Act of 1999, which was incorporated as Title VI of the Labor, HHS and Education Appropriations Act of 1999, and signed into law. Continued federal funding is necessary to ensure that state EHDI programs become



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fully operational, successful, and properly link screening programs with diagnosis and early intervention.

The hearing aid tax credit legislation is meant to offer assistance to those most in need of hearing aids but, who are unable to afford them. The tax credit is targeted to individuals who are retired or approaching retirement (age 55 or older) and families of

children with hearing loss. The bill is not intended to cover the full cost of hearing aids, but to provide some measure of financial assistance to those in need.

To learn more about these issues and what you can do to help please visit [www.averayankton.com](http://www.averayankton.com) and click on the legislative issues link. You can also call Dr. Rumsey at (605) 665-6820 or email him at [mrums@avera.org](mailto:mrums@avera.org).

## Howe Attends Audiology Convention

Yankton Medical Clinic, PC Audiologist Jason R. Howe, MS, FAAA, CCC-A recently attended the American Auditory Society Scientific and Technical Meeting in Scottsdale, AZ. This meeting is designed for audiologists, neurologists, neurotologists, otolaryngologists, oto-neurologists, scientists, and students in these respected areas interested in hearing, hearing loss, dizziness, tinnitus, and hearing aids.

Topics included: Transcranial magnetic stimulation for tinnitus suppression; Laterality of auditory processing; Analgesic use and the risk of hearing loss in women; Understanding the patient who denies hearing loss and refuses treatment; Update on implantable hearing technology; Chinchilla auditory steady state responses to paired stimuli; Effect of noise location and stimulus type on directional preference; Wideband tympanometric assessment of ear-canal volume and eardrum admittance; Latest findings and future directions in distortion product emission fine structure in infants; Preventing cortical degradation in hearing loss patients by affective hearing aid utilization; Efficacious hearing aid features; Transfer functions and output functions of today's hearing aid microphones and receivers; Recent advances

in hearing aid technology; Wireless options in hearing aid technology; Limitations and expectations of extended-wear hearing aids; Reducing the chance of feedback in hearing aids; Improving the clinical diagnosis of speech recognition performance; Effects of disturbing the temporal fine structure on speech recognition in noise; Correctly identifying noise-induced hearing loss in children



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and adolescents; Temporal envelope and temporal fine structure cues in speech perception for normal-hearing and hearing-impaired listeners; Electrophysiology of categorical perception for formant transition duration; The effect of hearing aid microphone location on spatial perception; Benefits of contralateral amplification in unilaterally implanted children with auditory dys-synchrony; and Paradoxical reverberation effect on directional microphone hearing aids.

Howe offers audiology evaluations and services for pediatric through adult patients.

### May is Better Speech & Hearing Month.

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## Popular Shoes Can Damage Women's Feet

For years foot doctors and orthopedists have been chastising women for wearing high heels because of the myriad foot ailments that can result. However, it seems a popular flat shoe can cause a host of foot, back and hip trouble in its own right.

Sheepskin boots that are popular to wear during the year, whether Uggs(R) or the multitude of knock-off brands available, may be unhealthy for your feet, say experts. That's because the boots and similar shoes and slippers provide virtually no support for the arch of the foot. Individuals who have a low arch to begin with may experience further flattening of the arch and resulting foot trouble.

What's more, these shoes also do not provide much support around the ankle or any other part of the foot for that matter. The foot is simply able to slide around in the boot. Eventually this lack of support can cause foot pain, which may travel up the legs into the hip and back.

Doctors warn that women, regardless of foot arch, should not wear these boots as their primary shoe source or for long durations of time, especially when doing a lot of walking.

Summer is here with cookouts, cutting grass and allergies – should you use Claritin, Zyrtec, Benadryl or none of the above. At Rogers Family Pharmacy we can help you sort it out...

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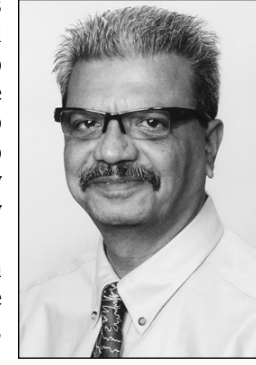
## Raval Joins Staff At Yankton Medical Clinic, P.C.

Yankton Medical Clinic is pleased to announce the addition of Neurologist, Jugal T. Raval, MD to our physician specialty staff. Dr. Raval is a graduate of Government Medical College, India. He completed his Internal Medicine residency training at Civil Hospital, India, followed by his Neurology residency training which was completed at the University of Arkansas for Medical Sciences in Little Rock, Arkansas.

Additionally, Dr. Raval completed a post-residency fellowship in neurophysiology, electromyography and electroencephalography at the University of South Alabama, Mobile, Alabama. Dr. Raval is board-eligible.

Please join with us in welcoming Dr. Raval and his wife, Jyoti, to the Yankton area. The clinic is pleased to bring a Neurologist to our medical community as well as to the many patients he will serve.

Dr. Raval will begin seeing patients at the Yankton Medical Clinic, P.C. on May 10, 2010.



Dr. Jugal Raval

## Women Experience Hair Loss, Too

Mention balding and immediately a man with a receding hairline comes to mind. While hair loss is largely a problem for men, women are also prone to hair loss, though generally not in the same patterns as men.

Women can lose hair for a number of reasons. Hormonal changes due to pregnancy or even menopause can cause hair loss. Loss of hair from the scalp is generally not a sign of getting older and may need to be professionally diagnosed.

Non-pattern types of hair loss are more common in women. You may simply discover that more hair is coming out when combing or brushing, or find hair at the bottom of the shower after bathing.

The most likely cause of scalp hair loss in both men and women is androgenetic alopecia. It is an inherited sensitivity to the effects of androgens (male hormones) on scalp hair follicles. Women

won't get the "cue-ball" appearance men often get. However, they may get some sort of patterning to their hair loss, including:

- Thinning of hair across the entire scalp, most noticeably toward the back.
- Thinning of hair across the entire scalp, most noticeable in the front, but not affecting the actual hairline.

Hair loss also may be the result of other genetic or immune system disorders. It can also occur from stress or compulsive hair-pulling.

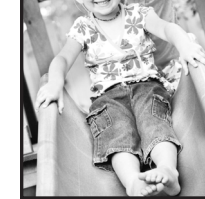
Thinning of hair can be bothersome for women, particularly because baldness is much more socially acceptable for men than women. Hair loss can cause self-esteem issues and make hair styles difficult to achieve.

For women experiencing hair loss, consulting with a hair restoration expert could provide a solution to the problem or at least give women the tools to cosmetically camouflage hair loss. Wigs, weaves and other techniques can be employed to restore the appearance of thicker hair.

### Asthma/Allergy Relief Is a Phone Call Away!

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**WELLNESS EVENTS May 2010**

**Celiac Awareness Month**  
Wednesday, May 5th – 10:00 a.m. - 5:00 p.m. (HealthMarket)  
May is National Celiac Disease Awareness month. Stop by the HealthMarket and learn more about this common disease and try some of the many tasty products available in the HealthMarket for those who have a wheat allergy or intolerance.

**Women's Health Week 2010**  
Tuesday, May 11th – 10:00 a.m. - 5:00 p.m. (HealthMarket)  
Join Brenda, your Yankton Hy-Vee dietician as she promotes Women's Health Week 2010. Brenda will be discussing women's health issues and provide information about simple steps women can take for longer, healthier and happier lives.

**Dietitian Produce Pick of the Month**  
Saturday, May 15th – 9:00 a.m. - 12:00 noon. (Produce Department)  
Join Brenda in the Produce Department and sample the produce pick of the month!

**Celebrate Mediterranean Month!**  
Tuesday, May 18th – 10:00 a.m. - 5:00 p.m. (HealthMarket)  
There is a growing body of evidence that supports the healthfulness of the Mediterranean Diet. Join Brenda in the HealthMarket as she celebrates Mediterranean Month by sampling Oikos Organic Greek Yogurt. Brenda will also provide information on how you can learn how to incorporate the Mediterranean way of living into your lifestyle!

**Dietitian Pick of the Month - LaTortilla Factory Tortillas**  
Friday, May 21st – 1:00 p.m. - 5:00 p.m. (HealthMarket)  
Are you looking for a tortilla that is delicious and low in calories? Stop by the HealthMarket and try a Smart & Delicious™ LaTortilla Factory 100 Calorie Tortilla. LaTortilla Factory's 100 Calorie Tortillas contain 8 grams of fiber, only 1.5 grams of fat, Omega 3-rich flax seeds, added calcium and no Trans fats! They are available in Traditional and 100% Whole Wheat varieties and are a delicious addition to a healthy diet.

**NuVal - Shopping By the Numbers™**  
Wednesday, May 26th – 10:00 a.m. - 5:00 p.m. (HealthMarket)  
Do you have questions about the NuVal(tm) nutrition scoring system? Join Brenda in the HealthMarket and learn about NuVal(tm) where food products have been scored based on their overall nutritional value. The NuVal(tm) Nutritional Scoring System helps you cut through the clutter of nutrition information so you can make informed decisions about food quickly, easily, and with confidence. Store tours are available by appointment.

**NuVal - Shopping By the Numbers™**  
Thursday, May 27th – 10:00 a.m. - 5:00 p.m. (HealthMarket)  
Do you have questions about the NuVal(tm) nutrition scoring system? Join Brenda in the HealthMarket and learn about NuVal™ where food products have been scored based on their overall nutritional value. The NuVal™ Nutritional Scoring System helps you cut through the clutter of nutrition information so you can make informed decisions about food quickly, easily, and with confidence. Store tours are available by appointment.

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