

Visiting Hours

Heart Healthy Benefits Of Cardio Exercise

BY ANGIE O'CONNOR
Avera Sacred Heart Wellness Center

We hear the term "cardiovascular exercise" all the time, but do we really know what it means and the benefits it provides to our overall health?

Cardiovascular — sounds like a big word doesn't it? Cardiovascular simply refers to your heart and blood vessels. Like any other muscle, the heart needs exercise to get stronger and stay healthy. This can mean different things for different people. For someone who has led a sedentary lifestyle for a long time, a brisk walk for a half-hour might be the start of a good cardiovascular exercise program. For someone who is very active and exercises regularly, a good cardiovascular exercise might include a five- to 10-mile jog or run, or a long bike ride.

The simple act of doing anything that increases your heart rate for a sustained period of time — preferably a half-hour minimum — will benefit your entire cardiovascular system.

We live in a society that has become increasingly obese and sedentary in its ways. We have, for one reason or another, become a very sedentary society. We spend too much time at the computer, playing video games, watching television and simply sitting around doing nothing. According to the Centers for Disease Control (CDC), as many as 200,000 deaths are due to this sedentary lifestyle - that's 10 percent of lives that are lost annually in the United States. Even more specifically, 34 percent of heart disease deaths are attributed to inactivity.

Those are definitely some sobering statistics, but there is a silver lining - we have the ability to reduce the mortality rate in America by as much as 10 percent if we simply become active. It may sound like a chore when that couch and television set seem to be calling your name every night, but your heart wants and needs to work to stay strong and efficient.

SOME OF THE HEART HEALTHY BENEFITS OF EXERCISE INCLUDE:

- decreased resting blood pressure
 - decreased body fat
 - decreased total and LDL cholesterol
 - increased HDL (good) cholesterol
 - can control or prevent the development of diabetes
 - reduced stress
- You can run, but you can't walk

That line may be a little deceptive, but there's some solid

evidence that a simple leisurely stroll, while better than the couch, really doesn't benefit your heart much at all. It is recommended that more strenuous exercise and physical activity on a regular basis can significantly reduce the risk of early death due to heart disease. Does this mean you need to start running marathons? Of course not. However, it does mean that if your choice of exercise is walking, you should be doing it at a brisk pace. If it feels like you're working at it, it's much better for you than if it's a "piece of cake."

The U.S. Surgeon General's office guidelines recommend that people engage in moderate exercise or physical activity, such as brisk walking, for at least 30 minutes most days of the week to reduce the risk of heart disease. There are some people who believe you should do 30 minutes of exercise all in one session, and others, more recently, have said you can break it up throughout the day into several 10-minute segments. All agree, however, that you need to be active to reduce your risk for developing heart disease.

Stressing your heart through aerobic or cardiovascular exercise has proven to be better for your heart than strength or flexibility training although each plays an important role in your overall health. By increasing your heart rate for an extended period of time, through walking, running, biking or swimming for example, you are making your heart a stronger muscle. It's the same as if you were lifting a hand weight to strengthen muscles in your arms. Anytime you stress a muscle on a regular basis you are making it stronger. You can actually reduce the amount of plaque build-up in your arteries, make your arteries more elastic, control blood sugar that can damage your arteries if too high and improve circulation with regular aerobic exercise. Adults should get 150 minutes of moderate intensity exercise per week, that's about 30-minutes a day for five days. Starting with only a few minutes per day and building up can still provide you heart benefits.

Regular exercise provides us with so many benefits including the reduction in risk for heart disease, cancer and diabetes. It can also help us recover faster from those diseases should we acquire one. It almost seems ridiculous, when you look at all the facts, not to exercise.

Angie O'Connor is the Coordinator of the Avera Sacred Heart Wellness Center.

Too Much Alcohol An Ag Issue?

BY DR. MIKE ROSMANN

How do farm and ranch people manage or not manage-alcohol consumption? This column takes a look at alcohol use by people involved in agriculture; next week's column offers a perspective on whether or not alcohol benefits its users.

In 1991 Lorrin Walker, Don Warren and Jill Greenwalt published an article in Rural Community Mental Health entitled, The Good Life on the Ranch, or Myths and Misconceptions, or the Drunk Cowboy Syndrome, which may be as true today as when it was written. The "Drunk Cowboy Syndrome" applies to farmers as well as ranchers.

Many hard-working ranchers use alcohol to numb physical pain, the authors suggested. As the workday goes along and they become sore from strenuous physical activities, these ranchers consume alcohol to reduce their sensations of pain, often starting to drink around midday.

Alcohol enables cowboys to keep working. It has created a myth — the authors say — that drinking to deal with pain is acceptable.

As the people who take care of the land and livestock age, they develop more physical pains, such as arthritis and other musculoskeletal issues and they drink alcohol in ever greater amounts until they "just can't" any longer. They model the use of alcohol as acceptable to their children and grandchildren who work with them, until their bodies can't tolerate it anymore.

Sometimes ranchers use alcohol to avoid psychological pain as well, spouses say. If they drink enough beer or hard liquor, they don't have to think about things that bother them, even if only temporarily.

Some farmers and ranchers visit the bar on a daily basis or keep a cooler with alcoholic beverages stashed in their pickup trucks. Drinking alcohol has become part of the culture.

Do people involved in agriculture con-



Dr. Mike ROSMANN

sume more alcohol than persons not engaged in agricultural occupations? Drs. Jim Merchant and Craig Zwerling and other associates at the University of Iowa have been gathering health risk data from residents of a highly agricultural Iowa county not near a major metropolitan area for many years in what has become known as the Keokuk County Rural

Health Study (www.kcrhs.org).

While not representative of all the agricultural population, their 2001 report of 1,583 study participants that appeared in the American Journal of Preventive Medicine indicated binge drinking was equally frequent among farmers, rural non-farmers and townspeople over 25 years of age. Men (24%) were more likely to binge drink than women (9%).

Male farmers over 65 years of age were less than half as likely as younger male farmers to report a history of alcohol abuse. Binge drinking decreased with age for both men and women.

How much alcohol is consumed by rural youths and what effects does it have? The University of Iowa research team also surveyed binge drinking by youths.

Binge drinking was defined as consumption of five or more drinks of beer, wine or liquor on the same occasion. Among 621 youths in the Keokuk County study aged 12-17, 12.8% reported an episode of binge drinking during the previous 30 days.

Boys who reported binge drinking were 2.2 times more likely to experience an injury of some kind than boys who did not report binge drinking. Girls who reported binge drinking were 8.1 times more likely to incur an injury than girls who did not report binge

drinking. Only 5% of the reported injuries occurred on farms.

The Keokuk County study used health interview survey data gathered during 1994-98. More recent adolescent alcohol use information gathered on a national sample in 2009 was reported in 2012 by John Gale and his colleagues at the Maine Rural Health Research Center.

Youths aged 12-13 who lived in rural areas were more likely (10.4%) than urban youths (9.1%) to report binge drinking. As they aged, youthful rural binge drinkers were also more likely to report driving a vehicle while under the influence of alcohol than their urban counterparts.

Rural youths, their families and peers, were less likely to disapprove of youth drinking than urban residents. The survey did not separate youths who lived on farms and ranches from other rural residents.

It is well known that inebriation increases the risk of injuries and death, while engaged in farming activities, according to a 2010 article in the American Journal of Industrial Medicine, coauthored by Dr. Lorann Stallones, with others at Colorado State University and the Qiqihar Medical University in China.

Inebriation reduces reaction time, accuracy of motor movements, impulse control, rational thinking, and increases risk-taking. It diminishes the perception of pain and emotional turmoil but simultaneously increases many other negative health consequences.

We have to ask ourselves: "Are drunk cowboys and farmers safe and competent?" Most available evidence says "No."

Farm and ranch people, as well as others, will continue to consume alcohol. Next week we will look at whether or not managed alcohol consumption can have any benefits.

Stay tuned but don't assume it is okay to drink a lot of alcohol. Need help? Call (800) 521-7128 or (866) 416-2862.

Contact Dr. Rosmann through the website: www.agbehavioralhealth.com.

AAA:

Slow Down And Stay Alert In Work Zone Areas

SIoux FALLS — Spring weather means warmer weather and with that comes the start of road work season. In the coming weeks, you can expect to see many more work zones popping up across the state. While roadway workers face obvious risks to their safety, nearly 85 percent of those killed in work zone crashes are drivers or their passengers, not the roadway workers. AAA urges motorists to use caution and drive safely when approaching and driving through work zones.

The number of lives lost in work zone-related traffic crashes nationally has decreased by more than 51 percent from 1,186 in 2002 to 576 in 2010, the most recent year for which national data are available.

"It's clear more must be done

to keep motorists and highway workers safe in work zones," said Marilyn Buskohl, spokeswoman for AAA South Dakota. "A motorist's crash risk in a work zone can be significantly reduced through the simple acts of slowing down, observing posted advisories, preparing for unusual driving conditions and practicing patience."

HERE ARE SOME WORK ZONE SAFETY TIPS FOR MOTORISTS:

- Plan Ahead — Motorists are encouraged to check for planned work zone delays and traffic advisories and allot extra travel time prior to departing for their trip. Travelers may use AAA's on-line TripTik Travel Planner to create maps and get turn-by-turn directions. TripTik Travel Planner identifies longer-term construction areas and delivers

advisory messages for such things as areas of historic congestion. Travelers are encouraged to visit state and local department of transportation websites for the latest road travel information and plan alternative routes to their destinations as needed. For on-the-go use, the routing feature in AAA's free TripTik Mobile app assists motorists to navigate a new route.

- Reduce Speed — For the safety of all drivers and construction workers, normal posted speed limits are often reduced in work zones. Most states, including South Dakota, double fines for speeding in work zones when workers are present. Drivers should not underestimate the speed at which they're traveling before beginning to slow down; it

can take longer than a driver may think to reduce a vehicle's speed enough to safely enter the work zone area. Motorists, while keeping consistent with the flow of traffic, should maintain a safe distance between vehicles ahead, traffic barriers, construction workers and equipment.

- Remain Alert — As in any driving situation, minimize interior and exterior distractions. Temporary work zone signs are orange and commonly diamond-shaped. Construction zones may contain unusual vehicles or machinery that can divert a driver's attention as well as traffic cones, barrels, flashing lights and concrete barriers. Drivers should be prepared to stop, slow down, shift lanes, merge and yield to the movement of construction workers and equipment.

'Blessing Of The Bikes' Event Planned

The Midwest Riders Motorcycle Club is sponsoring the 19th annual "Blessing of the Bikes" at 11 a.m. Saturday, May 11, at the east end of Riverside Park, Picnic Shelter No. 1, in Yankton. Local ministers will bless each motorcycle and rider and commemorative dash plaques will be provided for a free will donation.

MoJo's is sponsoring a poker run benefiting the Yankton Women's Shelter. The event will take place after the Blessing of the Bikes.

The Midwest Riders Motorcycle Club is open to all motorcycle enthusiasts. A weekly club ride takes place during the riding season. For more information or to join the Midwest Riders Motorcycle Club, contact Terry Overseth at 605-661-7198 or Lori Roinstead at 605-661-8352.

BIRTHDAYS

MARCIE LUDENS



Ludens

Marcie Ludens, of Springfield, will celebrate her 90th birthday on Monday, May 6. Her family requests a card shower. Greetings may be sent to: PO Box 545, Springfield, SD 57062.

JIM ORTON



Orton

There will be an open house birthday celebration for Jim Orton on his 82nd birthday. Join us on Sunday, May 5 from 2-5 p.m. at the Gayville Community Center. Come and help him celebrate.

www.yankton.net

Sculpture Sale Slated For May 10

The 2013 RiverWalk Celebration Sculpture Sale will be held Friday, May 10, at The Old Mill, 106 Capital St., Yankton. The event runs from 5:30-10 p.m.

The event includes a 5:30-7:30 p.m. Social and barbecue from 5:30-7:30 p.m., with artist introductions at 6:30 p.m. A silent auction will be held from 5:30-8:30 p.m., and Poker Alice will perform starting at 7:30 p.m.

For more information, contact Michelle Kolda at (605) 665-3636 or riverwalk@yanktonsd.com, or visit yanktonriverwalk.org.

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With *Fondest Memories*

We remember those who have passed away and are especially dear to us.

On Saturday, May 25th we will publish in print and online at Yankton.net a Memorial Day section devoted to those who are gone but not forgotten.



Aneta Burrows

Dec. 30, 1960-Nov. 8, 2002

Your courage and bravery still inspire us all, and the memory of your smile fills us with joy and laughter.

Dan, Ann & Sarah

Select one of the verses below to accompany your tribute.

1. We hold you in our thoughts and memories forever.
2. May God cradle you in his arms, now and forever.
3. Forever missed, never forgotten. May God hold you in the palm of His hand.
4. Thank you for the wonderful days we shared together. My prayers will be with you until we meet again.
5. The days we shared were sweet. I long to see you again in Gods heavenly glory.
6. Your courage and bravery still inspire us all, and the memory of your smile fills us with joy and laughter.
7. Though out of sight, you'll forever be in my heart and mind.
8. May the light of peace shine on your face for eternity.
9. May God's angels guide you and protect you throughout time.
10. You were a light in our life that burns forever in our hearts.
11. May God's graces shine over you for all time.
12. You are in our thoughts and prayers from morning to night and from year to year.
13. We send this message with a loving kiss for eternal rest and happiness.
14. May the Lord bless you with His graces and warm, loving heart.
15. I have written my own message and it is included.

To remember your loved one in this special way, send \$12.00 per listing, up to 25 word verse and \$5 for photo.

Fill out the form below and mail to:

Yankton Daily Press & Dakotan/With Fondest Memories

319 Walnut Street, Yankton, SD 57078

Deadline: Tuesday, May 21, 2013

Name of deceased _____

Date of birth _____ Date of passing _____

Number of selected verse _____ OR Personal message (25 word limit) _____

Print your name here _____

Phone Number _____ Address/City/State/Zip _____