

YMC Announces Garry's Board Certification

Yankton Medical Clinic, P.C. is pleased to announce the successful certification of General Surgeon, Ryan J. Garry, M.D. by the American Board of Surgery (ABS). The ABS is an independent, nonprofit organization founded in 1937 for the purpose of certifying surgeons who have met the highest standards of education, training and knowledge in the field of surgery. Surgeons certified by the ABS have completed at least five years of surgical residency training following medical school and successfully completed a written and oral examination process administered by the ABS. Dr. Garry sees patients in both Yankton and Tyndall (Bon Home Family Practice Clinic). He has been in practice at the Yankton Medical Clinic, P.C. since August 2012.



Garry

YMC's Dr. Bray Receives Board Recertification

The Yankton Medical Clinic, P.C., is pleased to announce that Kevin Bray, M.D., FACOG, Obstetrician/Gynecologist, has received Board Recertification by the American Board of Obstetrics and Gynecology. Dr. Bray received Board Recertification status by passing the stringent recertification written examination by the American Board of Obstetrics and Gynecology and by completing required case study modules. Board Recertification is required every year.



Bray

Board Certification demonstrates that a physician has met rigorous standards through intensive study, self-assessment, and evaluation. It also acknowledges physicians who have demonstrated the ability and commitment to continued learning necessary to provide the high quality of medical care for patients. In addition to seeing patients in Yankton, Dr. Bray also has outreach clinics in Gregory; Wagner; Creighton, Neb., and Santee, Neb. Dr. Bray has been in practice at the Yankton Medical Clinic since October 1995.

Free Screenings Find Suspected Skin Cancers

Yankton Medical Clinic, P.C. Board Certified Dermatologist, James W. Young, D.O., FAOCD, conducted free skin cancer screenings on May 7. Approximately 40 patients, many of whom had never been examined before by a dermatologist, attended the screening. Dr. Young volunteered his time to conduct free skin cancer screenings in support of the national program sponsored by the American Academy of Dermatology and Yankton Medical Clinic, P.C. Of the 40 patients screened, many had suspicious lesions which will necessitate follow up; several of those could possibly be non-melanoma skin cancer, or melanoma skin cancer, the most serious form of skin cancer.



Young

More than one million Americans will probably get skin cancer this year. However, if detected and treated early, this disease can often be cured. If we learn the early warning signs of skin cancer and conduct self-examinations, we can put a stop to this ever-growing disease. Dr. Young has been in practice at Yankton Medical Clinic, P.C. since June 1998. Please call 605-665-1722 for an appointment at Yankton Medical Clinic, P.C.

Sanford School Prof Earns National Award

VERMILLION — Gerald Yutzrenka, Ph.D., associate professor of basic biomedical sciences at the University of South Dakota Sanford School of Medicine, has been selected as the recipient of the 2013 AAIM Diversity Award, presented by the Alliance for Academic Internal Medicine (AAIM). The award will be presented during Academic Internal Medicine Week 2013, Friday, Oct. 4, at the Sheraton New Orleans. The national award recognizes Yutzrenka's efforts to improve diversity among students at the Sanford School of Medicine — particularly, his work with the region's Native American population. Yutzrenka has been instrumental in the development and coordination of the SSOM Indians into Medicine (INMED) medical student Transfer Program (conducted in cooperation with INMED and the University of North Dakota School of Medicine). He and colleagues have also established the Native American Scholars Program (NASP), a comprehensive career mentoring, advising and education program designed to assist USD Native American students who are preparing for careers as physicians and other healthcare professionals. In addition, Yutzrenka has spent several decades working to expand opportunities for American Indian high school students to enter careers in health care.



Yutzrenka

AAIM is a consortium of five academically focused specialty organizations representing departments of internal medicine at medical schools and teaching hospitals in the United States and Canada. AAIM consists of the Association of Professors of Medicine (APM), the Association of Program Directors in Internal Medicine (APDIM), the Association of Specialty Professors (ASP), the Clerkship Directors in Internal Medicine (CDIM), and the Administrators of Internal Medicine (AIM).

Sertoma Club To Offer Free Hearing Tests

The Yankton Sertoma Club will be offering free hearing screenings for all ages at the Avera Pavilion conference room on May 29, running from 1-4 p.m. There will be reserved parking and light refreshments available. Contact 655-1223 for more information.

MMC Nurse Anesthetists Director Honored

Mount Marty College Nurse Anesthetists Director Dr. Alfred Lupien was recently selected for Program Director of the Year honors by the American Association of Nurse Anesthetists. He was nominated through the efforts of both the first and second year classes in the program. "Dr. Lupien cares deeply about the MMC Nurse Anesthesia program," Mount Marty College Associate Dean of Academic Affairs for the Watertown and Sioux Falls Locations, Dr. Krisma DeWitt said. "He expects only the best and as such motivates his staff and students to excel. He also holds himself to these high standards and models both a professional educator and a nurse anesthesiologist. I am pleased that the American Association of Nurse Anesthetists chose to recognize these contributions."

Aanning Presents Papers At Annual Meeting

Dr. Lars Aanning presented two papers at the annual meeting of the North and South Dakota Chapters of the American College of Surgeons held in Bismarck, N.D., April 26-27. The first paper was a historical review of outstanding surgeons from 1890 to the 1930s who successfully preserved injured spleens before the antibiotic era. The second paper described the reappearance of Lemierre's syndrome — an unusually rapid infection that was a major cause of death from tonsillitis before antibiotics became available in the late 1940s. Dr. Aanning's co-authors included Abby M. Lichter and Stacy L. Wempe, both medical students at USDSSM in Vermillion.

Healthlines Extra

A Look At Endometriosis Pain Relief

BY MICHAEL ROIZEN, M.D., AND MEHMET OZ, M.D.
King Features Syndicate, Inc.

Padma Lakshmi ("Top Chef"), Susan Sarandon ("The Big Wedding"), Whoopi Goldberg ("The View") and another 100 million women worldwide contend with endometriosis, a condition in which endometrial cells (that line the uterus) grow outside the uterus, causing adhesions, scarring, severe pain and a 30 percent to 40 percent risk of infertility.

Even though 10 percent of all women develop endometriosis, we're just beginning to understand the causes: possibly a combination of immune-system misfires, exposure to environmental toxins (like hormone disruptors in plastics), plus a genetic predisposition. Effective nonmedical treatments are emerging, but until recently, only hormone therapy, pain pills and surgery were offered, at a cost of \$22 billion a year!

Our suggestions:

- Stress reduction. Life stressors can aggravate immune-system misfires and amplify pain, so it's important to meditate regularly (ReAge.com has instructions). Also, acupuncture, biofeedback and massage may ease stress and discomfort.
- Vitamins E (1,200 IU of mixed tocopherols) and C (1,000 mg) daily. One study reports a 43 percent reduction in everyday pain and a 25 percent reduction in painful sex within eight weeks. Check with your doc if you are taking a statin or have smoked, as this amount of vitamin E may cause problems.
- Eliminate all trans fats and boost your intake of omega-3s. Eat salmon and ocean trout two to three times a week and take 900 IU of DHA from algal oil daily. In one study, women with the highest intake of trans fats were 48 percent more likely — and those with the highest intake of omega-3s were 22 percent LESS likely — to develop endometriosis!

THE SANEST FOOD CHOICES EVER — NUTS!

Novelist Franz Kafka (maybe a little nuts himself) explained the relationship between tree nuts and good health better than anyone: "God gives the nuts, but he does not crack them." That part is up to you, and boy, is it worth the effort!

Eating nuts regularly can help cool bodywide inflammation, reduce the risk of metabolic syndrome (a heart-risky precursor to type 2 diabetes), lower blood pressure, reduce heart attack risk by 30 percent to 50 percent, shrink your waist (more than 40 inches for men and 35 inches for women means you're obese), aid digestion and protect your brain. Eating 2 to 4 ounces of nuts a day may lower total cholesterol by up to 21 percent and LDL by up to 29 percent.

So here's our scoop on nuts. And remember, substitute nuts for unhealthy carbs and fats in your diet: Don't add them to what you already eat.

Almonds, 1 ounce equals 23 nuts; 160 calories; 6 g protein; 14 g fat (1 g saturated); more calcium than any other nut, vitamin E, riboflavin, magnesium and manganese.

Hazelnuts, 1 ounce equals 21 nuts; 176 calories; 4 g protein; 17 g fat (1 g saturated); a good source of vitamin E, copper and manganese.

Pecans, 1 ounce equals 19 halves; 195 calories; 3 g protein; 20 g fat (2 g saturated); a



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

good source of manganese.

Pistachios, 1 ounce equals 49 nuts; 160 calories; 6 g protein; 14 g fat (2 g saturated); and thiamin, B-6, copper and manganese.

Walnuts, 1 ounce equals 14 halves; 185 calories; 4 g protein; 18 g fat (2 g saturated); the most alpha-lipoic acid of any nut, and the only nut with appreciable amounts of omega-3s, plus copper and manganese.

Let's get crackin'!

BE GOOD TO YOUR POOP — HERE'S WHY

Keeping your gut in balance might not be as difficult as Nik Wallenda's tightrope stroll over Niagara Falls, but a healthy mix of microbial bacteria in your intestines is important for keeping you on the straight and narrow, too. We now know that those teeming bacteria (they make up three to five pounds of your body weight and about 60 percent of the solid matter in your feces) are essential for digestive health, PLUS they help protect you against asthma, cancer, obesity and — according to research at Dr. Mike's Cleveland Clinic — they're an important defense against cardiovascular disease, such as stroke and heart attack. So how do you get a healthy balance of gut bacteria? Turns out, it takes a bit more than a daily yogurt.

A healthy mix of the trillions of gut bacteria now known to be your highly individual microbiome signature, more unique than fingerprints, depends on a full menu of tasty food. And the very best dietary lineup for everyone includes a daily dose of fiber, 100 percent whole grains, dry beans/lentils, extra-virgin olive oil, five servings of fruits or vegetables and no animal protein (animal protein isn't needed to get your muscle-building supply; if you want to eat it, stick with salmon, ocean trout and skinless poultry). If you eat that guaranteed-to-make-your-RealAge-younger combo of goodies, you'll be able to lower your lousy LDL cholesterol, strengthen your immune system and soothe your digestion. So, do yourself a favor and adopt this diet to balance your own special brand of poop!

LACK OF VACCINATION TRIGGERS EPIDEMIC

It's been years since discredited London doctor Andrew Wakefield lost his medical license after claiming children were harmed by the MMR (mumps, measles, rubella) vaccine. If you recall, a reporter for the *Sunday Times* of London discovered the doc was on the take from a personal injury lawyer and had trumped

up a study to collect damages from a vaccine manufacturer. Since then, there's been good news and not-so-good news about vaccinations and people's fear of side effects.

The good news? In Australia, there's been a significant decline in the incidence of genital warts since the country initiated an HPV (human papillomavirus) vaccination program. From 2007 through 2011, there was a 93 percent reduction in the incidence of genital warts in girls younger than 21 and a 73 percent reduction for those 21-30, compared with the number of reported cases before the vaccine effort. That will mean lives saved and cancers avoided; HPV causes almost all cervical cancer.

The not-so-great news? In South Wales, where the MMR vaccine isn't mandatory, they're having a measles epidemic; lingering suspicion about this vaccine has triggered pain and suffering.

The silver lining? People are experiencing firsthand that skipping a time-tested vaccine is about 4,000 times worse than any possible health risk it may pose. We'd rather people learn how great vaccines are through the positive results like Australia's rather than through the misery of kids in Wales. But if that heart-break convinces parents to vaccinate their children, that's at least some benefit from this poor choice.

WALK A MILE FOR A ... VEGGIE BURGER!

Do you remember the cigarette ad "I'd walk a mile for a Camel"? Well, for those of you who don't or who can't believe such an ad actually existed to sell cigarettes, we're glad to say we've come a long way, baby! Nowadays, some menus tell you how many minutes you have to walk to burn off your meal. And the info produces pretty good results: Most people who see what it takes will order lower-calorie foods. (It takes two hours for a burger; another two for fries. Add sugary soda? We won't even go there!)

But two hours spent walking does more than burn calories; it builds muscle and improves heart health, respiration, appetite control and cognition. So let's see menu info on the power of walking 10,000 steps a day!

And — this is a biggie — walking off a burger doesn't negate the risks that come from eating it. Red meat increases bodywide inflammation, cardiovascular damage and cognitive decline. Order fish (grilled, never fried) or a veggie burger. So we say: Post info on saturated fat and cholesterol for each menu item, too!

In the meantime, when you read the menu, remember:

1. Don't order anything that's fried.
2. Watch out for calories and fat in salad dressings, sauces and dips.
3. Say "no" to sugary beverages.
4. And whether you're inclined to eat a burger or not, aim for at least 30 minutes of daily activity. Walk that mile for a longer, healthier life and a younger RealAge!

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 share-care.com.

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Mental Health Conference In Yankton June 6-7

This year marks the 15th year for the annual Yankton Area Mental Wellness Conference held the first Wednesday and Thursday in June. Mark your calendar on June 5-6 for attending the fully packed two-day gathering at Mount Marty College of more than 250 people listening and taking notes from national, regional and local experts in their various fields.

A timely topic of integration of care starts the conference with Laura Galbreath, from Washington, D.C., sharing her lessons learned and poignant consumer stories plus much more to bring the attendees into the fast moving loop on how health care will be delivered on a national scale.

"Can I Kiss You" by Michael Domitrz (check him out on the web) is open to the public at 5 p.m. Wednesday, June 5, at Mount Marty College's Marian Auditorium. Teachers, sons, daughters, parents, coaches, youth directors, singles, grandparents — all are invited to join this "unique journey he shares exploring what most of us have been taught is the "Right Way" to date verses the approach everyone needs to make dating more fun and safer at the same time." No need to make reservations — JUST COME, enjoy and learn — it will take about one hour of your time. And, of course, he will be sharing more information during the Thursday sessions.

Bullying is another hot topic that is also being addressed at this conference by Gary Namie — you can find him on the web also. Bullying amongst youth, emotional abuse of the elderly and workplace bullying are three different sessions he will be presenting. A tidbit of information on the last session, workplace bullying, is: "The most prevalent form of workplace violence is the nonphysical variety that is experienced by 35 percent of all adult Americans."

Add topics such as ethics, educational needs for students with traumatic brain injury, crisis as an opportunity, dealing with challenging patients, mindful eating, medications for psychiatric conditions, reducing readmissions — a community effort, update on the South Dakota mental health code, school based prevention curriculum, palliative care, addressing suicide risk, school children and their medications, factors of a chemically dependent family, adults dealing with parent's late-in-life divorce, how to live with diabetes, trends in current substance use, nervous system's effect on mental wellness, applications of errorless learning with individuals with brain injuries, music as therapy, grant resources and grantmanship, grief awareness and processing, caregiver's stories, sexting, cultural diversity and mental health, child protection and reporting of

child abuse, and ethics in caregiving.

The mentioned speakers and their information are a very important part of the conference; however, there is much, much more: Books Are Fun will be set up, sponsors will have tables of available information/material, networking is a constant occurrence, the high school mental health career class will display posters, delicious food will be devoured, Continued Education Units will be earned as well as college credit — both graduate and undergraduate, silent auction items will be available for the shoppers, plus awards will be given!

It is an honor to work with the following dedicated board mem-

bers that present this conference: Dr. Thomas Stanage, President; Lori Lincoln, Vice President; Mary Beth Kafka, Secretary; and Jason Pearson, Treasurer; Joseph Rehurek, Planning Chair; Brook Thurman, Planning Vice Chair; Carla Hummel, Planning Secretary; Sheri Duke, Brandi Gant, Lois Halbur, Lauren Hanson, Tricia Hinseth, Shari Hussing, Deb Kachena, Dale Knode, LaVonne Lorenzen, Stacy Michels, Deb Monaghan, Matt Nickels, Sharon Oien, Lisa Ryken, Douglas Savage, Twila Strbal, Tracy Taylor and Betty Viau.

Visit www.yamwi.org send an email yamwi.org@gmail.com, or call 665-4659 ext. 218 for more information.

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Beth J. Beeman,
Au.D., CCC-A



Todd A. Farnham,
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Lunch and Learn Thursday, May 23 • Noon to 1:00pm

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