

YMC Audiologist Attends AZ Convention

Yankton Medical Clinic, P.C. Audiologist, Jason R. Howe, MS, FAAA, CCC-A, recently attended the American Auditory Society Scientific and Technical Meeting in Scottsdale, Arizona. 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.



Howe

Topics included: Interaction of multiple auditory steady-state response stimuli that vary in modulation depth; Progress in the development of methodologies for direct inner ear drug delivery in humans; Epidemiology of dizziness in children; Failure to thrive in older adults with untreated hearing loss; Accelerated decline in cognitive impairment—the real danger of untreated hearing loss; Electrocochleography results obtained at high stimulus rates in patients with acoustic tumor; Hearing aids do work—a patient's perspective; Pharmacokinetics of the inner ear with locally applied drugs; Post-synaptic auditory neuron speeds in aided and unaided hearing impaired adults; Hearing aid utilization — “free” hearing aids does not translate to higher utilization; and gene therapy for cochlear hearing loss.

Howe offers audiology evaluations and services for pediatric through adult patients. Appointments may be scheduled at Yankton Medical Clinic, P.C. by calling (605) 665-1722 or Vermillion Medical Clinic by calling (605) 624-8643.

Poppen Named CEO At Avera Creighton

Jen Poppen has been named the CEO at Avera Creighton Hospital effective July 1, 2014. Poppen is a native of Madison, S.D. and a graduate of The University of South Dakota. She received her Masters of Health Administration from the University of Iowa, Iowa City.



Poppen

Poppen has been serving as the interim CEO at Avera Creighton since early February. Prior to that, she had been serving as an administrative fellow at Avera Sacred Heart Hospital since July 2013. She has also served administrative internships with Mayo Clinic Health System in Owatonna, Minn. and Avera McKennan Hospital & University Health Center in Sioux Falls, S.D.

“I am looking forward to continuing the relationships I've already built in Creighton over the past few months and building new ones throughout the community and region,” Poppen said. “We have wonderful staff and physicians, great facilities and a great community and region.”

“We had the fortune of seeing Jen in action over the past few months and the decision to make her the permanent CEO was relatively simple,” said Creighton Advisory Board Chair and Avera Sacred Heart Hospital Board member Russ Diedrichsen. “We look forward to her becoming a part of our community.”

“Jen has worked with many key leaders throughout the Avera Health system and had done extensive work at Avera Sacred Heart before assuming interim CEO duties in Creighton,” said Doug Ekeren, Vice President Professional and Regional Services at ASHH. “She has shown strength in utilizing the resources of the system, the knowledge to navigate a rapidly changing health care world and a strong working relationship with the Avera Creighton Hospital, Avera Creighton Care Centre and Avera Medical Group employees.”

Screenings Disclose Suspected Cancers

Yankton Medical Clinic, P.C. Board Certified Dermatologist, James W. Young, D.O., FAOCD, conducted free skin cancer screenings on May 6. Forty-seven patients, many of whom had never been examined before by a dermatologist, attended the screening.



Young

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 47 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.

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. For appointments at his dermatology outreach clinic in Freeman, call 605-925-4219 and in Vermillion call 605-624-8643.

Blood Center Donation Times Set

The Blood Center will have a mobile unit at the following dates, locations and times:

- Wednesday, May 21 — Gayville Community Hall, 404 Washington St., 3-7 p.m.
- Thursday, May 22 — Yankton, Trinity Lutheran Church, 403 Broadway, 2:30-6 p.m.
- Tuesday, May 27 — Yankton, Avera Sacred Heart Hospital/Benedictine Center, 501 Summit, noon-6:30 p.m.
- Wednesday, May 28 — Yankton Walmart, 3001 Broadway, 11 a.m.-2:30 p.m.

Schedule a blood donation appointment online at www.siouxlandbloodbank.org or call 800-798-4208.

Eligible blood donors must be at least 16 years old, should weigh at least 120 pounds and should be in general good health and have not donated whole blood in the past 56 days. For more information about blood donation or to schedule an appointment to donate blood, call 800-287-4903 or visit www.lifeservebloodcenter.org. A photo I.D. is required at the time of registration.

Coffee, Type 2 And Reality

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



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

The theory of spontaneous generation — living creatures can emerge from inanimate objects — was considered good science into the 1600s. One Flemish physician created a recipe for a mouse (a soiled cloth plus wheat for 21 days). This seems foolish now, but today anecdotal studies are still reported as absolute fact. The latest? Caffeinated coffee prevents Type 2 diabetes.

Using self-reported info from three huge studies, researchers concluded: People who drink 1 1/2 cups MORE coffee a day than usual over a four-year period cut their risk for Type 2 diabetes by 11 percent. (Three cups a day cuts the risk 37 percent.) And conversely, folks who eliminate one or more cups a day increase their risk 17 percent. But the data don't reveal if drinking more coffee boosts energy, so you work out more and that's what cuts the risk, or if folks reduce coffee intake because of chronic insomnia, which is itself linked to an increased risk for Type 2 diabetes.

Other studies do show that you can reap anti-cancer, anti-dementia and longevity benefits from consuming caffeine, especially if you're a fast caffeine metabolizer. That means you don't experience headaches, abnormal heartbeats, anxiety or gastric upset after a few cups of coffee. (If you have these reactions regularly, you don't reap those benefits.) But if you want to dodge Type 2 diabetes, start by avoiding the Five Food Felons, walking 10,000 steps daily, getting seven to eight hours of sleep nightly, and reducing stress. Then enjoy a cup or three of Joe (if you're a fast metabolizer).

LAUGHING MEMORY

A doctor, wearing a long, white lab coat and a stethoscope around his neck, walks into a bar with a very large, blue parrot on his shoulder.

“Wow!” says the bartender, “Where in the world did you get that?”

“Over at the hospital,” says the parrot. “They're running all over the place.”

Well, if you chuckled at that one, chances are you'll remember it, at least for a little while. A small, controlled study recently found that a good laugh is associated with improved short-term recall.

How can laughing do that? It triggers the release of feel-good hormones called endorphins, and maybe a little dopamine and oxytocin, too. You relax, and most important, that suppresses the stress hormone cortisol. (Exercise and meditation also can do that, but we're focusing on funny here.) When cortisol is suppressed, your blood pressure goes down and circulation increases. That reduces inflammation, muscle tension and associated pain. You improve overall oxygenation of the body and brain, and that triggers better mental clarity.

Dr. Mike's Center for Integrative Medicine uses laughter to help treat stress and relieve pain. Laughter Leaders report that the folks in the class gather in a circle and, feeling rather foolish, say, “Ho ho ho, ha ha ha.” But soon they can't help but

laugh at each other, and once the giggles start, they are very hard to stop.

So ... a doctor walks into a bar, and a nurse says, “I wish he'd learn to duck.” Bet you'll remember at least one of those!

FLOWERS ON YOUR PLATE

When Jim Henson voiced Flower Eating Monster on “The Julie Andrews Hour” (1973), he launched the career of a demon Muppet who played in The Vile Bunch backing up Alice Cooper on “The Muppets Show.” But (and you can ask Alice Cooper) eating flowers isn't really a monstrous idea. Many blooms deliver a healthy dose of anti-aging phenolic compounds, such as chlorogenic acid and flavonoids (they're anti-cancer, anti-inflammatory).

But you can't just munch away on any old flower. Some are toxic, some taste terrible, and some have been grown with pesticides or in soil laced with heavy metals (from now-defunct coal-fired power plants).

For safe flower-flavors: Always look up a flower using its botanical name (check first, eat later) and never eat any flower that hasn't been grown in organic soil using organic fertilizer and in a pesticide-free and heavy-metal-free zone. (Tip: Remove heavy metals from soil by growing ragweed for a season, then recycle plants carefully.) That means no roadside flowers and nothing from florists, nurseries or garden centers. And anyone with allergies or asthma should taste flowers one at a time, in small quantities, to make sure they don't trigger a reaction.

For tasty dishes: Add blooms to stir-fry (flowers from herbs, such as basil, garlic, borage, rosemary, fennel are all delicious) or salad (nasturtium and lavender are favorites), or use as a side dish (think stuffed squash blossoms; and cauliflower and broccoli tops are flowers). Also stick with petals (violets are an exception) for the most pleasing tastes.

HOW DO YOU CLASSIFY OBESITY?

A couple of years ago, picky eaters learned they had a “selective eating disorder” and were relieved of guilt about their limited tolerance for food's appearance, smell and texture. They could look at their nutritional challenges realistically and find solutions. That new classification seemed to work. So last year, when the American Medical Association classified obesity as a disease, public health officials and doctors were hopeful it would provide more than 200 million overweight and obese North Americans with an un-

derstanding of the seriousness of their condition and how to address it.

Well, that worked at the Cleveland Clinic, where an innovative program has helped employees lose more than 400,000 pounds! But it's backfired for other folks; seems “overweight and obesity as a disease” flips a “not my fault, nothing I can do” switch and makes people feel it's pointless to watch how much or what they eat.

Being overweight or obese is a disease with a set of associated symptoms: elevated LDL cholesterol; depression; digestive woes; and bodywide inflammation that increases cancer risk, brain drain, sexual dysfunction, diabetes and skin issues — all things you can prevent, reverse or treat with lifestyle changes. So if you're overweight or obese, don't wait for a magic pill to cure you.

—Start a walking program (pedometer, please), aiming for 10,000 steps a day.

—Eat seven to nine servings of veggies and fruits a day.

—Cut out saturated and trans fats, added sugars and syrups, and any grain that isn't 100 percent whole.

Enjoying healthy choices will give you a younger RealAge and the longer, happy life you deserve.

WHO'S DROPPING THE BALL

It's the start of your 9-year-old's youth baseball season. He's at bat — a swing and a miss. The 2-2 pitch hits the dirt and it gets by the catcher. Your kid heads for first base ... and the catcher's throw to first goes into the outfield. Your runner goes for second base, but he forgets to slide, and the right fielder picks up the ball, throws to second and ... he's out. Another season has started, with lots of opportunities and lots of errors (pretty common for beginning baseball players).

Another situation in kids' sports in which there's a lot of opportunity and a lot of errors is on the sidelines. Hot dogs, sodas, French fries, cookies and chips are piled high during practices and games, cancelling out the health benefits of participation in team sports, and making it harder for kids to think about the right move, like sliding into second.

With childhood obesity on the rise, it's time to redo the menu (for participants and spectators). Parents can draw up a menu plan, whether they bring food to the game or a vendor supplies it, that puts healthy choices in play and lands sodas and fatty, sweet processed foods on the disabled list.

Foods and beverages that hydrate and energize include: homemade fruit and yogurt ice pops; fresh fruit — especially potassium-rich bananas; Greek yogurt with blueberries (add them yourself); water (every 20 minutes); celery filled with peanuts-only peanut butter; hummus and 100 percent whole-wheat pretzels and much, much more. Now your kids will be safe at the plate!

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, tune into “The Dr. Oz Show” or visit www.sharecare.com.

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YAMWI Mental Health Career Classes To Begin May 28

Mental health is vital to everyone's everyday life — and considering a career in the mental health field could be vital to a satisfying and successful future.

Area students have a unique opportunity to learn about mental health related careers through a class approved for high school credit.

Students are encouraged to start planning ahead for next summer when Southeast Job Link (SJL), in cooperation with Yankton Area Mental Wellness, Inc. (YAMWI), will offer Exploring Mental Health Careers. Classes will be held from 8 a.m.-5 p.m. on May 28-30 and June 2-6, 2014.

Students will meet with experienced professionals, from the Yankton region, who are working in varied areas of the mental health field. Students will be involved in interactive experiences, meeting as a group with individuals who have mental illness, who will share their experiences to educate others. Tours will include visits to mental health care providers and facilities within the community.

The students will also attend the 16th annual YAMWI conference to be held at Mount Marty College, Yankton. This conference is recognized as the premiere mental health professional education offered

in this region. With local, state, and nationally recognized presenters, conference participants can choose from more than 30 sessions on a wide variety of mental health related topics.

This class is approved for .5 high school credit by the Yankton and Bon Homme school districts, and may meet requirements for other schools.

Pre-registration is required. A fee is required; some scholarships are available for those

in financial need. For more information, contact Sheri Duke or Teresa Rentsch at Southeast Job Link, Inc., 1200 West 21st Street, Yankton, SD 57078, or email sduke@south-eastjoblink.org / trentsch@south-eastjoblink.org, telephone 605-668-3480, fax 605-668-3482.

Students are encouraged to spend their early summer of 2014 exploring satisfying and fulfilling careers in the mental health field.

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YANKTON AREA RELAY FOR LIFE

JUNE 27-28, 2014 • RIVERSIDE PARK

SURVIVOR'S LAP • 6:00 PM

4:30-5:30 PM Survivor Registration • 5:00-5:30 PM Survivor Celebration/Meal • 5:45 PM Group Survivors Picture

SURVIVOR REGISTRATION

Name: _____ Gender: M / F

Address/City/State/Zip: _____

Phone: _____ Email Address: _____

Date of Birth (optional): _____ Month and Year of Diagnosis: _____

Type of Cancer: _____ T-Shirt Size (circle): YM, YL, S, M, L, XL, 2XL, 3XL, 4XL

* I am interested in hearing more about patient-related programs/services of the American Cancer Society. Yes/No

* Please contact me about volunteer opportunities with the American Cancer Society. Yes/No

* Please send me information about donating to the American Cancer Society. Yes/No

Please send registration form by Friday, June 13th to:

Avera Sacred Heart Cancer Center - Attn. Darla Gullikson, 1115 W 9th St., Yankton, SD 57078

Survivor Registration forms can also be completed on the Yankton Relay For Life website at www.relayforlife.org/yanktonSD (click on Survivors & Caregivers) by June 13th to ensure t-shirt size.