

Elder Watch

Some Good News About Blood Pressure

BY WILLIAM KERR
For the Press & Dakotan

After I graduated from college, got a job and got married, I also got a doctor! The first time I went into his office, he gave me a preliminary overall look-see. He found no problem that needed his attention except that my blood pressure was a little high: 144/85. He assured me that it was in the gray area between high and low categories and not a serious problem and that we could reduce it back to the ideal level, 120/80, with some medication. We did that and he was right; it soon returned to that level. He probably also told me at that time that the reason blood pressure is so important is that high blood pressure is the leading cause of heart attacks and stroke, which is still the true.

I have been taking blood pressure medication ever since.

Then a couple of weeks ago, I read an article in *Consumers Reports on Health* (May 2015) that gave me something to think about. Now I'm going to give you the same something to think about.

More than a year ago, the National Heart, Lung and Blood Institute came out with new blood pressure rules that are much less restrictive than the ideal level. What is not so good is that many of our physicians have not yet adopted the new levels. For us elders, those over 60 years of age, drugs are not necessary until our levels reach 150/90! And even those of us who have diabetes or chronic kidney disease needn't take drugs until we reach 140/90! Even the American Heart Association hasn't adopted those levels as yet.

An analysis in the *British Medical Journal* in 2014 said

that "drug treatment isn't proved to help most people until systolic pressure hits 160. Our (*Consumers Reports on Health*) medical experts think that a goal of 150/90 for most people aged 60 or over, and 140/90 for most people with diabetes or chronic kidney disease, is reasonable." They point out that "getting below 140/90 can require high doses of blood pressure drugs or multiple medications. That increases the risk of side effects, persistent coughing, erectile dysfunction and frequent urination depending on the medication. The drugs can also cause dizziness, which can lead to falls."

There are several things you can do to lower your blood pressure before going to drugs: losing weight, exercising more (when you retire, you lose the exercise you got at work, which may be more than you think); cutting back on salt (did you know that consuming more than 1 teaspoon per day affects your brain function negatively?) and drinking less alcohol, which can have a BIG effect on lowering blood pressure. (I enjoy Coors non-alcoholic beer because it tastes just like Coors Beer!)

If you have already done all of these things, here are a few more that can lower your blood pressure a few more points;

1. Adopt a low-fat diet rich in produce, grains and low-fat dairy. 8-14 points
 2. Be more active in aerobic activity, such as brisk walking 30 minutes/day, or swimming 2 or 3 times per week. 4-9 points
- The ideal level remains 120/80, but you don't have to get your levels that low to reduce your risk of heart attack and stroke.



William KERR

SD Stands Down For Construction Fall Safety

SIOUX FALLS — Fatalities caused by falls from elevation continue to be a leading cause of death for construction workers, accounting for 291 of the 828 construction



METRO GRAPHICS

fatalities recorded in 2013, according to the U.S. Department of Labor's Occupational Safety and Health Administration (OSHA). To underscore the top priority of protecting workers, Associated General Contractors (AGC) of South Dakota members; Journey Group and Dakota Riggers, will be hosting a fall protection demo in conjunction with OSHA's Construction Fall Safety Stand-Down, taking place now through May 15.

On Monday, May 11, at 8 a.m. CT Capital Safety's Jason Giefer will be bringing the DBI/Sala Demonstration Truck to the Sioux Empire Fairgrounds in Sioux Falls for a Fall Protection Demonstration. Participating companies are AGC Contractor & Sub-Contractor members who are participating in this voluntary Stand Down to promote & help all workers raise awareness on the importance of safe work practices.

The fall protection demo will focus on fall protection challenges and display the latest in popular safety products. Contractors will not only be brushing up on a wealth of fall protection knowledge, the demonstration truck has the capability to do test drops, a very visual experience if you've never witnessed this demonstration before.

Tens of thousands of employers and more than a

million workers across the nation are expected to join OSHA for this event. South Dakota is joining the campaign led by OSHA to prevent deadly falls in the local construction industry.

The awareness campaign will provide employers and workers with life-saving information and educational materials about working safely from ladders, scaffolds and roofs.

More information on the OSHA Stand Down can be found at: <https://www.osha.gov/StopFallsStandDown/> The AGC of South Dakota is a voluntary trade association of more than 500 contractors, subcontractors, suppliers, vendors and service firms.

Thank You!

I want to thank everyone for all the nice birthday cards I received for my 90th birthday and thanks to my family for the nice party and gifts. I enjoyed it all.

Freelan Aune

Management Of Resources Is Important To A Farmer's Image

BY DR. MIKE ROSMANN

Sponsored By L&C Behavioral Health

Resource management, especially water, is becoming increasingly important to farmers and the American public because of concerns such as the severe drought in the western part of the U.S. and runoff of farm fertilizers and pesticides, among many matters involving water.

How the public perceives farmers' management of resources is important for agriculture. This, the second of three columns about "what Americans think about farming is a big deal," focuses mainly on concerns about water-borne soil nutrients that enter public waterways.

In March this year, the Des Moines Water Works filed a lawsuit against three counties in Northwest Iowa, claiming the governments of these counties should be held accountable for allowing high amounts of nitrates to enter the Raccoon River, a major water source for the city of Des Moines. The highly publicized suit has become a bellwether for who is responsible for managing water nitrates that is expected to take years for the legal system to sort out.

The three defendant counties are highly agricultural. The plaintiff alleges the three county governments should do more to curb excessive concentrations of nitrogen from flowing through drainage tubes and ditches into feeder streams of the Raccoon River.

Is the problem real? Excess nitrogen in water or food reduces the oxygen-carrying capacity of blood, thereby contributing to abnormalities and even death in human fetuses, infants and infrequently, adults.

This condition, called hypoxia, can affect many animals similarly. Large amounts of nutrients can contribute to other negative consequences, such as encouraging the proliferation of plants that clog waterways.

The Mississippi River, which drains much of America's agricultural heartland, and many other rivers worldwide, transport high levels of nitrogen and



Dr. Mike ROSMANN

other soil nutrients like phosphorus from fertilizer and decaying vegetation in their flowage.

The nutrient-laced water feeds algae and plants that multiply to such an extent they use up the oxygen around their ocean terminuses, causing shrimp, fish and other oxygen-dependent species to die if they can't flee the area.

An annual dead zone around the mouth of the Mississippi River has been gradually enlarging over the past fifty years as the use of agricultural fertilizers has increased. The National Oceanic and Atmospheric Administration said the dead zone in 2014 was about as large as the area of Connecticut. Gulf Coast fishers, crab and shrimp catchers especially incur economic losses.

Although county governments are the defendants in the Iowa litigation, farmers and drainage districts are blamed mostly for alleged high levels of agricultural fertilizer and manure nitrates bypassing natural absorption methods, such as natural percolation of water through the soil before reaching a stream.

About 92 percent of nitrates and 80 percent of phosphorus entering Iowa streams trace their origin to farms, according to the Iowa Nutrient Research Center in its Iowa Nutrient Reduction Strategy document.

Leaching of farm-applied anhydrous ammonia, other types of crop fertilizer and manure nutrients into tile lines can occur when the soil is saturated with moisture from heavy rains and when much water from manure lagoons is dispersed onto absorption fields. Direct runoff from melting snows when the ground is still mostly frozen and during floods is a major factor too.

The Environmental Protection Agency recently proposed rules to regulate surface water runoff through usually dry drainage ditches and to monitor

SAC Summer Hours To Start

Summer hours at the Summit Activities Center will begin on Saturday, May 16, and will be the following:

- Monday-Friday — 5:00 a.m. - 8:00 p.m.
- Saturday-Sunday — 8:00 a.m. - 4:00 p.m.

NOTE: The Summit Activities Center will be closed Monday, May 25, in observance of Memorial Day.

For further information, call 668-5234 or stop by the Summit Activities Center at 1801 Summit Street.

Audit

From Page 1

year. Quarterly statements to the banks are automatically triggered.

In the past banks sometimes sent payments for the wrong quarters, and Department of Revenue staff sometimes made errors, according to Gerlach.

He said the department is attempting to make the process foolproof.

"I think we got there," he said in an interview Tuesday. No money that was owed went uncollected, according to Gerlach.

"The banks are paying the money they should be, and if not, we're contacting them," he said.

Another step taken about a year ago was to hire a bank tax specialist who had experience at three banks.

"It was overdue," Gerlach said. "The banking world continues to evolve and the department needs to evolve with it."

The department is in a dispute with Citibank before

the South Dakota Supreme Court over the company's state taxes.

The Department of Legislative Audit, which operates as an arm of the Legislature to check on state government spending, found bank tax problems in past years as well.

The 2013 audit, for instance, discovered that six of 33 bank returns lacked the required documentation. South Dakota bases its bank tax collections on information reported to the federal IRS by the bank.

The 2012 audit found large mistakes, such as a bank applying for a \$12.8 million refund from overpaid 2011 taxes, and a \$6.4 million payment in January 2012 that arrived without explanation and was deposited as state revenue.

The bank tax revenue is split in two ways.

Bankcard taxes are distributed 95 percent to the state treasury and 5 percent to the county where the banking institution is located.

Bank-franchise taxes are split 26.67 percent to the state treasury and the remainder to the county where the bank is located.

Garland Waltz



SUBMITTED PHOTO

Academy of Dance Company dancers competed in Kansas City last weekend at the Cathy Roe Ultimate Dance Competition. Once again, all of our competition dancers performed wonderfully! We are thrilled that our "Garland Waltz" dance, with 33 Company dancers ages 2nd through 11th grades, received the second highest overall score of the entire competition.

LYNN STARZL
2015 South Dakota
Mother of the Year

ELIZABETH KOERNER
2015 South Dakota
Young Mother of the Year

Please Join Us in a
Mother's Day Recognition
OPEN HOUSE

Sunday, May 10th
2:00 pm - 4:00pm
Program at 3:00pm
Lewis & Clark Resort Lodge
(4 miles west of Yankton on Hwy 52
in the Marina Entrance)

Event sponsored by:

- Doyle Stevens Construction
- Ehresmann Engineering
- Yesterday's Cafe
- Lewis & Clark Resort
- Holiday Inn Express
- Pizza Ranch
- Yankton Family Dentistry