

Coach Rozy

Sleep Tight To Fight Pain

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With summer upon us and nice weather activities, many of us change our sleeping pattern and get less sleep than normal. Maintaining proper sleep patterns and getting enough sleep is important for your health and performance levels.

Studies show that 75% of us experience problems sleeping. Chronic sleep problems are known to contribute to various health issues including poor immune systems, weight gain and high blood pressure. On the flip side of that, when we get enough sleep, one of the known health benefits is the ability for our minds to be more prone to learning and memory retention.

Enhanced or optimized sleep cycles also help the body fight disease due to a more efficient immune function and the ability of the cells in the body to resist inflammation, bacteria, viruses and other sources of ailments. The significance of the problem of pain and sleep should not be ignored.

Indeed, good sleeping habits can provide us with:

- reduced stress levels,
- improved moods,
- increased safety or reduced propensity to fall during the day and get injured,
- better cardiovascular health,
- balanced hormone levels, and
- adequate body metabolism rates.

One important factor that may be contributing to your lack of sleep is pain. Pain may affect the body in various ways including causing discomfort, the inability to move certain parts of the body, the loss of feeling or sensitivity in parts of the body and the inability to get enough rest or sleep. However, there could be ways to combat these effects or causes of your pain so that you are able to get enough sleep.

The following are 5 steps to do if your sleep is being affected by your pain:

- 1. Fight the Pain**
The inability to sleep due to pain in the body can be uncomfortable and could cause anxiety. It could lead to a never-ending cycle if nothing is done to address the root cause of the problem, which usually resides at the source of the pain. The key - fight the pain!
Sometimes, the body needs time to heal and for the pain to subside.
However, there could be ways to prevent a person from suffering through the pain or injury. At Coach Rozy Performance Training, we concentrate on exercises that can help you relieve or eliminate pain. These are corrective exercises that can be done to live pain free.
- 2. Maintain an Appropriate Room Temperature**
Body temperature and how the body reacts to the temperature also provides an opportunity to increase any existing pain or make the pain we currently feel seem even more unbearable.
A person may toss or turn much more when



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trying to sleep in a room that has a very hot or cold temperature. There is research regarding the relationship between insomnia, pain sensitivity and temperature detection thresholds with results revealing that there are lower heat thresholds for pain and implying that temperature can have an effect on how we handle pain. To get adequate rest or good night's sleep, keep the room cool or warm and comfortable.

3. Stick to a Healthy Sleep Cycle
Being able to adopt or maintain a healthy sleep cycle could be a challenge, especially if pain in the body is already trying to interfere with your sleeping rhythm or clock. The body is great at being able to "remember" your sleeping patterns and this could have its advantages and disadvantages. On the positive side, if you have good sleeping patterns or had good sleeping patterns before the pain began, it is possible that your body will try to do what it has always done - get you to sleep as you usually do! With good sleeping habits, the body is more likely programmed to drift off to sleep at its usual time.

4. Use of the Bathroom
In other words, try to "go" before you hit the pillow. Your lack of sleep can get worse by having to go to the bathroom during the middle of the night. There are times that we work so hard to get to sleep only to wake up in the middle of the night to use the bathroom. Hence, do your best not to risk staying awake in the middle of the night. Watching the amount of liquid consumed before going to bed could be a good idea.

5. Exercise
This may seem like a ludicrous idea - you're already sore, won't exercise increase the soreness? Not always! Studies show that exercise can be effective in reducing complaints about not sleeping. Exercise could create opportunities for movement in the joints, muscles, tendons, ligaments and other parts of the body that may benefit from the movement. Being able to lightly move the affected part of the body - for example, doing the right stretches for the back - could help reduce inflammation and make the pain less intense - allowing you to sleep.

There are different things that could affect sleep and pain is one of these things. How do you prevent pain from halting your ability to sleep?

Some of the ideas mentioned here are steps that you can do to enhance your ability to rest and get a good night's sleep. Some of the mentioned steps may not be easy to achieve immediately. However, having the knowledge of what to do and beginning to do it slowly can be a huge benefit.

Thumbing Your Nose At Tension Headaches

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

Pressure to perform at work, school or home can cause a lot of self-imposed stress and pain. It's "something you feel when you don't know what the *** you're doing," says Broncos quarterback Peyton Manning. And he sure proved that in Super Bowl XLVIII, from the game-opening 2-point safety for the Seahawks right down to the last fumble. Although it also can happen when you do know what you're doing!

But not all pressure is bad, which is why we give a thumbs-up to acupuncture. It's a hands-on version of Chinese acupuncture that's easier for some folks than needles, and it actually can reverse that tension headache you've got from too much pressure!

You want to visit the Valley of Harmony, the center of that webbed area between the base of your thumb and your index finger. Apply steady pressure by pinching the Valley with your opposite thumb and index finger until you feel a slight soreness - that tenderness is a sign you're in the right place. Hold for just a few seconds or up to two minutes. Repeat on your other hand.

Another time-tested alternative headache reliever includes ginger. It's said to ease blood vessel inflammation; take it when a headache first comes on. And if you have a too-much-time-at-a-computer-tablet-or-smartphone headache, try this: Every 20 minutes look 20 feet away for 20 seconds! Daily meditation (just 10 minutes) also can help prevent tension headaches from developing. Maybe this year, the Seahawks' Russell Wilson needs to give that a try!

YOUR ANNUAL PHYSICAL RE-IMAGINED

Like a lot of guys, comedian D.L. Hughley avoids checkups: "My wife knew I was horrified of doctors. [She] said, 'You haven't been to the doctor in four years, so I set up a physical for you. Since you're in your 40s, you're going to have a prostate exam. They call it a 'digital exam.' I thought it meant a camera!"

Whether you're like D.L. and avoid regular checkups or are one of the 45 million Americans who gets one every year, you're probably confused by the do-it/don't-do-it recommendations you've heard. For instance, a 2012 study in BMJ Open found that annual physicals don't help people avoid death, hospitalizations, anxiety or even future appointments. But that doesn't mean they're a waste of time and money, and here's why:

1. Seeing your doctor annually when you are well may aid in future diagnosis and treatment. If you see your doc only when you are "not feeling like yourself," he or she has nothing to compare to your current condition.
2. As a well patient, you'll have an easier time learning how to best communicate with your doc, so you get the attention you deserve. (That's especially important if, like lots of folks on ACA plans, you've recently chosen a new primary care physician.)
3. You can bring in a list of your medications to check if their benefits still outweigh their risks.



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

4. You can (sorry, D.L.) get health-preserving exams such as a digital rectal exam, a blood pressure check or diabetes screening.

MORE EVIDENCE OF MMR VACCINE SAFETY

Last December, when nine NHL players from the New York Rangers, the Anaheim Ducks and the Minnesota Wild all came down with the mumps, teams gave all players who wanted them booster shots of the MMR (measles-mumps-rubella) vaccine.

Since a mumps vaccine became available in 1967, incidents in the U.S. have plummeted from around 186,000 cases annually to less than 1,000 in 2014. But mini-epidemics do pop up in places where people who are unvaccinated or who have lowered immunity (due to age or medical conditions) live in close contact. That lack of vaccination and subsequent outbreaks occur mostly as a result of the unwarranted suspicion that the MMR vaccine is unsafe and somehow linked to autism spectrum disorder.

Now, yet another study, this one looking at almost 100,000 kids, has found that there is no link between vaccinations and developing ASD, even if a child is considered at high risk because he or she has a sibling diagnosed with ASD.

In fact, the study found less incidence of autism among vaccinated kids!

In the group of high-risk 5-year-olds, ASD developed in 23 of 269 who weren't vaccinated (8.6 percent), compared to 30 of 796 (3.8 percent) who had gotten two doses of the MMR vaccine. Many other studies have found no correlation between autism and vaccinations. We hope that researchers will now focus on more troubling potential causes of autism, such as hormone disruptors in plastics, environmental pollutants such as pesticides and smog, and genetics. Maybe all parents will vaccinate their children.

DON'T GET KIDS DRUNK ON SUGAR

When SpongeBob SquarePants gets drunk on ice cream in his self-titled movie, he rants, reels and generally steps in it! Seems a sugar buzz can put even a high-strung animated character on a Rocky Road. Well, now researchers are declaring that cartoon story is not so make-believe.

"Sugar is the alcohol of childhood!" says a panel of doctors, professors, researchers and nutritionists who founded Action on Sugar (www.actiononsugar.org). Their declaration of war on companies that target kids with obesity-inducing, sugar-rich foods —

and their plea to adults to avoid them, too — builds on the info in a 2012 paper in the Journal of the Academy of Nutrition and Dietetics that revealed that added fructose (from corn syrup, high fructose corn syrup and a zillion other products) when consumed in excess is "a chronic, dose-dependent liver toxin" that damages the liver just like alcohol does! And on top of that, it's metabolized directly into fat, not energy!

You've heard us say time and again that all added sugars and syrups are Food Felons and a healthy life depends on avoiding them! Now there's one more reason to protect your kids and yourself from the damage they can do.

So, start with this: Check ingredients listings for added sugars, such as sucrose, glucose, syrup, dextrose, fructose, corn syrup or HFCS. Refuse to buy anything that has more than 4 grams per serving of those ingredients. You can enjoy natural sweetness from fresh fruit, 100 percent whole grains and big-flavor herbs like basil, mint and lavender.

THE BEET GOES ON

When Sonny and Cher recorded "The Beat Goes On" in 1967, did they know that beets are a standout vegetable packed with phytonutrients and complex vitamins that reduces bodywide inflammation and supports a healthy cardiovascular system? Probably not, but they did have a pretty La-DEE-da-DEE-DEE attitude. But, it's true.

If you're old enough to remember that song, you're at the time of life when you're rethinking a bit more about your heartbeat than you did back in 1967. So, because we want you to take charge of your health, we'll keep "pounding a rhythm to your brain" (as Cher crooned), and it goes like this: The heart beats on, if the beet goes on ... your menu, that is!

Beets (also called beetroot) are a terrific source of folate and other B vitamins, manganese, potassium, vitamin C and dietary fiber. And beetroot juice is one of the richest dietary sources of antioxidants and naturally occurring nitrates, which improve blood flow throughout the brain, heart and muscles. A popular Ukrainian treat for Central and Eastern European athletes has always been borscht, which has a beet juice base. Today in the West, juices, powders and beet-infused beverages are being touted as super-energy drinks that boost athletic performance. But be careful and READ LABELS! Some beet juices and powders can act as vasodilators, which are contraindicated with erectile dysfunction drugs or certain medical conditions. Make your first choice the natural veggie and juices, and remember: The heart beats on ... when the beet goes on your dinner plate or into your blender.

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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Free Screening Disclose Suspected Skin Cancer

Yankton Medical Clinic, P.C. Board Certified Dermatologist, James W. Young, D.O., FAOCD, conducted free skin cancer screenings on May 5th. Twenty-Six 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 26 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



Young

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 at Vermillion Medical Clinic please call 605-624-8643.

Promoting Safety For Yankton Children

Yankton County EMS is partnering with Community Safety Net to produce booklets about safety for children in Yankton County. In the coming days and weeks, Community Safety Net will be calling local businesses to be sponsors of these books.

Yankton County EMS wants local business owners and the community to know that Community Safety Net is a legitimate organization and these calls are not a scam.

For more information, visit their website at www.communitysafety.net.

Local businesses certainly are not obligated to donate money to produce these booklets, but the booklets will be given to children at events such as Safety City, Riverboat Days and other public service events where Yankton County EMS is involved. Also, the money donated will be used for the sole purpose of producing these safety booklets.

Lastly, Yankton County EMS wishes to notify the public that the gentleman calling from Community Safety Net does have a thick accent, but rest assured this is not a scam. The gentleman's name is Dion, and he can be contacted directly at 1-844-594-2986, which he encourages anyone with questions to do. Any other questions or concerns may be directed to Daniel Prenalde with Yankton County EMS at 605-668-9033.

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