

Grant Helps Shed Light On A Little Known Disease

(MS) -- Allison Moore, founder of the Hereditary Neuropathy Foundation (HNF), has made it her life's mission to educate people about a neurological condition known as CMT after experiencing sudden-onset CMT in 1997. The disease was triggered from a chemotherapy drug in her cancer treatment. A new federal grant issued by the Centers for Disease Control and Prevention will now enable Moore and her HNF associates to push the boundaries on awareness and research surrounding CMT through several initiatives.

CMT is a progressive disease that deteriorates the nerves in the hands, feet, legs, and arms. Patients may develop muscle deformities that impair movement and can necessitate the use of everything from leg braces to wheelchairs. Until now there has been little discussion of CMT and doctors have been lax in diagnosing the disease early -- particularly because they have been in the dark.

"Many people don't know how to deal with CMT because they know nothing about it," says Moore.

The new grant has paved the way for the creation of The National CMT Resource Center (Help4CMT.com) among other programs. This comprehensive online resource fills the gap in CMT advocacy and information dissemination by being the first forum to connect individuals, doctors, researchers, and the general public in a unique way. The site offers a selection of resources, information and educational/training materials on Charcot-Marie-Tooth Disease and the latest options for symptom management. It can also serve as a way for those with the condition to connect to offer support and encouragement, or be put in touch with those who may offer assistance.

From "Living With CMT" to a page for kids, The National CMT Resource Center targets often underserved groups in disseminating

information about a relatively unknown disease outside of its base of people affected. Although estimates say that around 2.6 million people worldwide have CMT and that it is the most common inherited neuropathy, knowledge of CMT on a global, even national, scale is limited.

Despite its similarity to the better-known multiple sclerosis, CMT has yet to have the same level of media chatter as some other more widely recognized causes. Apart from actress Julie Newmar (the original Catwoman) there have been few high-profile people to become the faces of the disease -- something that tends to "wake up" the public. Thanks to the CDC grant, The National CMT Resource Center is set to change all that -- spreading the word across the globe. The added bonus is that all of these resources are provided for free.

Another offering made possible by the grant is the CMT and Disability School Outreach Program. This enables educators and children to

learn about CMT and be mindful of individuals with the disease or other disabilities. Youth-gear information teach lessons on empathy. Plus the book, "Arlene on the Scene" serves to open the lines of communication about CMT or disability as part of inclusion education.

"Through our School Outreach Program we offer educational materials and a live author presentation aimed at increasing understanding of disability in a fun, interactive way," says Carol Liu, a member of HNF. "Our classrooms today are filled with a wide variety of strengths and needs, abilities and challenges. This calls for an increased understanding of disability and difference on the part of students."

The grant is likely to open even more doors to help catapult CMT awareness all around the globe. More information can be found at Help4CMT.

Five Easy Ways To Combat Cold And Flu Season

(ARA) - The chillier days bring more than cool air, colorful foliage and long sleeves. They also mark the beginning of cold and flu season.

The common cold leads to 75 million to 100 million physician visits annually, reports The American Journal of Medicine. Five to 20 percent of Americans are infected with the flu virus each year and about 200,000 are hospitalized due to complications from the flu, according to the Centers for Disease Control and Prevention (CDC). Even more disconcerting: more than 3,000 Americans die from flu-related causes each year.

It's important to make sure a cold or the flu doesn't inhibit day-to-day activities by using good hygiene habits. "Maintaining your health and the health of your family can be difficult when we find ourselves in crowded office buildings or schools each day," says Dr. Allison Aiello, associate professor of epidemiology at the University of Michigan School of

Public Health and member of the Tork Green Hygiene Council. "However, by implementing simple hygiene practices, one can reduce the risk of catching a cold or the flu during this season."

To help stay healthy during cold and flu season, Aiello offers five steps:

Wash your hands

The CDC says keeping hands clean through improved hand hygiene is one of the most important steps you can take to avoid getting sick and spreading germs to others. Be sure to wash your hands after sneezing, coughing and using the restroom. Washing hands after arriving to work, school and home also helps prevent the spread of germs to colleagues, friends and loved ones. Remember, proper handwashing should take as long as 20 seconds and include warm water and soap. Alcohol-based hand sanitizer gel or lotion is a great way to prevent sickness when soap and water aren't readily available.

Sanitize, sanitize, sanitize

The common cold and the flu can be spread by hands. This means that you can transfer these illnesses not only to others, but to surfaces as well. People touch 300 different surfaces every 30 minutes. Some viruses and bacteria can live up to eight hours or longer on items like doorknobs, phones and tables. You can prevent the spread and impact of germs by wiping down surfaces with a disinfectant wipe each day.

Get vaccinated

Flu outbreaks can happen as early as October or as late as May. The CDC recommends getting vaccinated as early as September or as soon as the most updated vaccine becomes available. The seasonal flu vaccine protects against three influenza viruses that research indicates will be most common during the upcoming season. It takes about two weeks after vaccination for an adult to develop antibodies

against the flu which will support you through the flu season.

Cover your mouth

Cold and flu germs can spread from person to person by coughing and sneezing. Covering your mouth when coughing and sneezing is a necessary deterrent against the spread of germs. While most people believe coughing or sneezing into a hand is sanitary, few realize that germs are spread quickly this way. Instead cough or sneeze into one arm, firmly pressing your nose or mouth against your sleeve to stop germs from escaping.

Stay home

Recent reports state nearly 22 million school days are lost each year due to the common cold and 75 million work days are expected to be missed during flu season. When you are sick, take a sick day and allow your child to stay home if he or she is not feeling well. After a person is infected with the flu, symptoms usually appear within two to



four days and are considered contagious for an additional three or more days after symptoms appear. Anyone in close proximity to a cold or flu infection may become infected because these infections can also

be spread directly by aerosols. Staying home when sick will not only help avoid spreading illness to others, but allow time for you or your child to recuperate and recover.

Stress Vs. Depression: Learn The Difference, How To Help Yourself

(ARA) — Times of sadness, stress and anxiety are common to everyone and can be triggered by numerous factors. In response to tough situations, about 25 percent of Americans will experience sadness that may seem like depression, but the good news is that these feelings are often temporary.

Sometimes, overwhelming feelings of sadness remain persistent and significantly interfere with a person's behavior, physical health and interaction with others. In these situations, depression could be the underlying cause.

Depression can be serious and is most likely caused by a combination of genetic, biological, environmental and psychological factors. Depression can be linked to substance abuse and even suicide. If you feel sad, worthless, and hopeless every day for two weeks or more, it's time to take a mental health screening to see if you are at-risk for depression.

Anonymous, online screenings are available at www.helpyourselfhelpothers.org. Screening for depression and other mood disorders is important as it allows you to identify warning signs early on, before things become serious. Depression screenings can help you determine whether what you are experiencing is a simple case of the blues or something more serious that requires seeing a health professional.

"Just like any other disease, there are certain risk factors that can lead to depression," says Dr. Douglas G. Jacobs, president of Screening for Mental Health, a non-profit organization committed to promoting the improvement of mental health. "It's important to learn the signs and symptoms of depression, such as changes in appetite, loss of energy or loss of interest in your usual activities, as well as the necessary steps you can take to improve your health."

Depression can cloud your mind, zap your energy and make anyone feel discouraged. It can be difficult to take action and get help, but there are ways you can help yourself, starting right now. First, take a free, anonymous screening at www.helpyourselfhelpothers.org. Additionally, you can try these self-care tips:

Take care of your mind and body.

- Take part in activities you usually enjoy (movies, concerts, community events, sporting events, etc.).
- Avoid drugs and alcohol.
- Eat a well-balanced, healthy diet.
- Get enough sleep.

Focus on what's doable.

- Do not expect to suddenly "snap out" of your depression.
- If you have a decision you feel overwhelmed by, discuss it with others who know you well and have a more objective view of your situation.
- Break up large tasks into small ones, set some priorities and do what you can, as you can.

Celebrate small steps.

- Often during treatment for depression, sleep and appetite

will begin to improve before your depressed mood lifts.

- Expect your mood to improve gradually, not immediately.
- Remind yourself that positive thoughts will replace negative feelings as your depression responds to treatment.

If you or someone you love is in immediate danger because of thoughts of suicide please call 911 immediately. If you are not in

immediate danger but need to talk to someone, you can call the national suicide prevention line at 1-800-273-TALK (1-800-273-8255).



A SAFE PLACE, INC.

A Counseling Center

Terre Berklund, MSW, CSW, PIP Therapist

•Depression •Stress •Anxiety
•Transitions •Parenting •Behavior
•GLBTQ •PTSD

500 Park Street, Suite 13
Yankton, SD
605-661-5176
• Children •Adults • Couples • Families



GOOD NEIGHBOR PHARMACY

Serving the healthcare needs of the Yankton area for over 87 years



YANKTON Rexall



Michael & Dan

109 West 3rd St., Yankton, SD
605-665-7865 • 1-800-377-6337
www.yanktonrexall.com
Convenient Drive-Thru We accept all insurance plans and Medicare



Hearing Matters...

During the month of November, ProCenter hearing is pleased to offer FREE hearing evaluations to Hunters, Farmers, Ranchers or anyone interested in preserving their hearing. Custom hearing protectors are available and necessary to preserve one's hearing. Noise induced hearing loss is usually a permanent loss with no medical treatment available.

Bring in this ad and receive a significant savings on any UNITRON hearing instrument. Receive a FREE hearing evaluation and demonstration of digital technology. No cost and No obligation!

Please call Dan today and schedule your evaluation.



PROCENTER HEARING

Daniel Smith, BC-HIS has been serving the Yankton and surrounding area for over 26 years.

112 W. 3rd,
Downtown Yankton
665-1045 • 1-800-246-1045

We Accept Medicaid
Assignments (SD & NE)





Free Varicose Vein Screening

Varicose veins are not always a cosmetic issue. Varicose veins and heavy, painful legs can now be treated with the VNUS Closure® procedure.

- Minimally invasive
- Fast and mild recovery
- Covered by most insurance

Monday, November 14th • 5:00-7:00pm

To attend this FREE varicose vein screening, call now to reserve your time. 605-668-9670



Yankton Surgical Associates, PC

409 Summit, Suite 3400, Yankton • www.yanktonsurgical.com • 605-668-9670



Kyran C. Trail,
MD, FACS