

Avera Sacred Heart Hospital Wins Honors

Five Avera hospitals in South Dakota, including Avera Sacred Heart Hospital in Yankton, received distinctions from Healthgrades, the leading provider of information to help consumers make an informed decision about a physician or hospital.

The findings are part of American Hospital Quality Outcomes 2013: Healthgrades Report to the Nation, which evaluates the performance of approximately 4,500 hospitals nationwide across nearly 30 of the most common conditions and procedures.

Avera St. Luke's Hospital in Aberdeen, Avera Queen of Peace Hospital in Mitchell, Avera Heart Hospital and Avera McKennan Hospital & University Health Center in Sioux Falls and Avera Sacred Heart Hospital in Yankton all received recognition. Four of these Avera hospitals are regional centers and all partner with hospitals and clinics serving patients throughout the region.

Patient outcomes are important to consumers making choices today about hospitals. According to new research conducted by Harris Interactive for Healthgrades, 86 percent of Americans in 27 top designated market areas agree they would be more likely to choose — or not choose — a hospital if they could learn ahead of time the mortality rates for a certain procedure.

Avera Sacred Heart Hospital's notable Healthgrades recognitions include:

- Recipient of the Healthgrades Outstanding Patient Experience Award™ for 5 Years in a Row
- Five-Star Recipient for Treatment of Heart Attack for 2 Years in a Row (2012-2013)
- Ranked Among the Top 5 in South Dakota for Treatment of Stroke for 2 years in a row (2012-2013)
- Ranked No. 1 in South Dakota for Overall Pulmonary Services for 2 Years in a row (2012-2013)

"We are very proud of the patient care provided at hospitals across the Avera system," said Dr. David Erickson, Executive Vice President and Chief Medical Officer. "We strive to provide the highest possible care to every patient at every encounter. This recognition from Healthgrades affirms that we are indeed providing the best quality of care in the region."

According to the Healthgrades study, the risk of death is 58 percent lower at hospitals receiving 5 stars versus all other hospitals. The 2013 performance outcomes are now available free to the public at www.healthgrades.com.

For its 2013 hospital quality outcomes analysis, Healthgrades evaluated approximately 40 million Medicare hospitalization records for services performed from 2009 through 2011 at approximately 4,500 short-term, acute care hospitals nationwide. Healthgrades independently measures hospitals based on data that hospitals submit to the federal government. No hospital can opt in or out of being measured, and no hospital pays to be measured. Mortality and complication rates are risk adjusted, which takes into account each hospital's unique population (demographics and severity of illness).

The American Hospital Quality Outcomes 2013: Healthgrades Report to the Nation, including the complete methodology, can be found at www.healthgrades.com/quality.

Adams Joins Lewis & Clark Family Medicine

Lewis & Clark Specialty Hospital proudly congratulates Bradley Adams in becoming part of the Lewis & Clark Family Medicine team.

Adams is a certified Physician Assistant who received his Bachelor of Science Degree in Biology at the University of Nebraska, Lincoln in 1993 and his Masters Degree in Physician Assistant Studies at the University of Nebraska Medical Center in Omaha, Neb., in 2000.

Lewis & Clark Specialty Hospital is a multi-specialty surgical hospital located in Yankton, South Dakota. Founded in 2002 by area physicians, the mission of Lewis & Clark Specialty Hospital is to provide quality surgical care in a comfortable and family-oriented environment.

Yankton Spine Joins L&C Specialty Hospital

Lewis & Clark Specialty Hospital proudly welcomes Yankton Spine and Dr. Kent M. Patrick, M.D. who is a Board Certified Orthopaedic surgeon specializing in Orthopaedic Spinal Surgery, to the Yankton area.

Yankton Spine cares for and treats spinal disorders of the cervical, thoracic and lumbar spine including deformity, fractures, disc disease, disc ruptures and spinal stenosis. Surgical treatment including micro-surgery, total disc replacement, instrumentation and fusion are also included in the disciplines provided.

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Medicare Open Enrollment Period Has Begun

PIERRE — The open enrollment period for Medicare Part D and Medicare Advantage plans is Oct. 15-Dec. 7, 2012.

"One of the things we want people to know is that if they have a Medicare Advantage plan the only time they can make changes to their plans is Oct. 15-Dec. 7, 2012," said Kim Malsam-Rysdon, secretary for the South Dakota Department of Social Services. "All Medicare recipients should take this time to review their current plans and consider whether a change in coverage is necessary for them."

Medicare Advantage is a health plan offered by a private company that contracts with Medicare to provide Part A and Part B coverage (hospital, skilled nursing, home health, hospice, doctors' care and other outpatient services).

Medicare Part D offers prescription drug coverage for all people with Medicare; the drug coverage includes both brand name and generic drugs.

Beginning Oct. 15, trained volunteers from the South Dakota Senior Health Information and Insurance Education Program (SHIINE) will offer free assistance to seniors seeking additional Medicare information.

SHIINE volunteers can help seniors compare plans, evaluate their current coverage and fill out paperwork. Seniors taking advantage of the free one-on-one counseling should bring their Medicare card and a current list of medications. The volunteers will use the information to sort through the Medicare Plan Finder and compare coverage options. The Plan Finder can also be accessed from home at www.medicare.gov.

For more information on SHIINE or to meet with a volunteer in your community, call 1-800-536-8197 or contact your Regional Coordinator:

- Eastern South Dakota: Tom Hoy at 605-333-3314 or SHIINE@cag.org;
- Central South Dakota: Kathleen Nagle at 605-224-3212 or SHIINE@centralsd.org;
- Western South Dakota: Debbie Stangle at 605-342-8635 or SHIINE@westriversd.org.

'To Be Well ...' Community Forum Nov. 13

As the holiday season approaches, families will come together and reminisce of days gone by. Are you hearing the stories, or are you struggling to listen and missing out?

Dr. Matt Rumsey and Kendra Neugebauer, Doctor of Audiology Candidate, of Avera Medical Group ENT Yankton, will provide a free "To Be Well ..." community forum from noon-1 p.m. Tuesday, Nov. 13, in the Avera Professional Office Pavilion and Education Center.

The forum's main objectives will be to inform attendees of:

- Structures and Functions of hearing.
- Symptoms and Consequences of Hearing Loss
- Strategies for Better Hearing

The forum is free and open to the public. A light lunch will be served. Make reservations by calling 605-665-6820 as space is limited.

Healthlines Extra: Oz and Roizen

So, What Are You Zinc-ing?

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



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

Not since the zinc oxide scene in "Kentucky Fried Movie" (directed by John Landis, of "Animal House" fame) has the lack of zinc been so clearly understood to be a health hazard. It's estimated that about 40 percent of people 60 and older are deficient in the often-overlooked nutrient because they don't get enough in their diet and their body can't absorb or use it as efficiently as it once did. You need this mineral because zinc affects DNA synthesis, wound healing and the activities of up to 100 essential enzymes.

If you're low on zinc, you're at an increased risk for cancer, immune deficiency, bodywide inflammation, gastrointestinal problems and loss of brain power. And it's just as important to teens (it promotes growth and avoids behavioral problems) and young adults (those looking for good reproductive health).

Fortunately, you can get a good dose of zinc from food: oysters (3 ounces deliver almost 500 times the recommended daily value), crab, beans, nuts, whole grains, low-fat dairy products and fortified breakfast cereals are some of the best sources. Unfortunately for vegetarians, zinc is harder to absorb from grains and vegetables than from low-fat, no-sugar-added dairy, seafood and meat. Daily supplements can help you make sure that you're getting enough (the body can't store it), but don't overdo it! Too much interferes with absorption of copper and other vital nutrients. Aim for no less than 15 milligrams (from food and supplements) and no more than 30 milligrams, and you'll be zinc-ing a happy tune.

NOT GOT DIABETES? HOW TO RECLAIM YOUR FIT SELF

Not since the early 1980s, when Jane Fonda barked out "Feel the burn!" (remember those ankle-hugging leg warmers?) has there been so much interest in exercise intensity. With the epidemic of type 2 diabetes and prediabetes (there's 25 million and 79 million of each in the U.S. alone), it's time to revisit that intensity with an innovative exercise routine that helps you move it, lose it, and prevent and control diabetes!

Turns out just 2.5 minutes of concentrated effort (call it hammering), followed by a protracted cool down, burns an extra 200 calories a day. That adds up big time! Even if you have diabetes and are out of shape, 12 weeks of regular exercise (with some hammer time) can up your fitness level 40 percent and get your blood sugar levels into line.

We love a walking routine that takes you through a fast pace (say 130 steps a minute) followed by 10-15 minutes of a steady stride of 100 steps per minute. You also can follow that pattern while cycling, jogging, swimming — maybe even in the bedroom. Talk about amplifying your well-being!

Want more immediate results? Combine your new exercise routine with Dr. Oz's 90/10 kick-start plan for weight loss: For 1 week, make your diet 90 percent veggies, fruits, seeds and nuts, beans and whole grains; the remaining 10 percent from lean protein, low-

fat dairy and healthy oils. Losing 10 percent of your body weight can normalize glucose levels and reduce your risk of diabetes, prediabetes and all those related complications. Feel the burn!

GUM HEALTH IS WHOLE-BODY HEALTH

It's hard to believe, but antibiotics destroyed Charlize Theron's baby teeth: "I had no teeth until I was 11," she says. Wow. Great smile now. How'd that happen? (Hint: Great dental care and flossing.)

For most folks, though, it goes the other way: As you get older you tend to neglect your teeth (one-third to one-half of adults in North America don't make their yearly dental check-up, and only 36 percent of women and 14 percent of men floss even four times a week), which is a big reason why 75 percent of adults have some form of gum disease.

When that happens, the health issues aren't just in your mouth. Gum disease increases the risk for kidney cancer by 49 percent, pancreatic cancer by 54 percent and blood cancers by 30 percent. It also ups the chances for type 2 diabetes and related complications, rheumatoid arthritis, impotence, memory dysfunction and Alzheimer's disease. There's still debate about whether it triggers heart disease; the American Heart Association says no. But we think the proof is out there. Clearly, you want to brush up on your dental routine.

Fortunately, we've got two smart ways to give your whole body a reason to smile.

1. Brush, rinse, floss. Brush your teeth for at least two minutes twice a day; floss once; and use a non-alcohol-based mouthwash (the alcohol may contribute to risk for oral cancer).

2. Opt for the two Cs: Crunchy foods (apples, celery and carrots are tooth-brushing wonders), and a cuppa tea (green or black — both kill bad bacteria).

MULTIVITAMINS PREVENT CANCER

In "Wild Hogs," Tim Allen and Martin Lawrence thought they could reclaim their youth and vitality on the seat of a Harley. But unless they were popping multivitamins as they cruised cross country, they weren't likely to gain much more than saddles sores from the 4,000-mile trip.

A 14-year study of more than 14,000 middle-age male doctors (safe bet there's a few Harley owners in the group) reveals that taking a daily multi cuts the risk of cancer by 8

percent — and, if you factor out prostate cancer (it accounted for half the cancers, which in many cases were caught early and treated effectively), a steady supply of vitamins and minerals is a lot more powerful cancer deterrent than that.

So how can a guy grab this advantage? We say, take your multivitamin and then rev-up your health with even more cancer-proofing nutrition and supplements.

The foods that cool: Reduce inflammation, strengthen your immune system and ride roughshod over your cancer risk by eliminating trans fats, most saturated fats, all added sugars and sugar syrups and any grain that's not 100 percent whole. Now don't slow down! Add in phytonutrient and antioxidant-rich veggies like kale, Brussels sprouts, spinach and broccoli, and lycopene-packing tomatoes. Choose fruits loaded with cancer-fighting lutein: grapes, mangoes and strawberries.

Super-boosters: Take 900 milligrams of DHA omega-3 a day. If your D-3 levels are OK (a blood test will tell you) get 1,000 IU a day from food and supplements. Make it 1,200 after age 60.

TRANSFORMING INSTANT GRATIFICATION INTO LIFELONG HAPPINESS

When The Black Eyed Peas sing "Somebody," they're crooning an anthem for immediate gratification: "I don't want it someday; I don't want it one day; Gotta have it somehow; I want it right now." Our fast-food, living-off-credit culture has turned up the volume on what-I-want-I-want-now! And kids and adults who opt for immediate gratification often are obese and have to deal with what that leads to: diabetes, heart disease, cancer, Alzheimer's disease and more. But you don't have to get hooked on that feeling, or suffer the health repercussions that go along with it.

So here's our step-by-step guide to taking the long view — and dodging the health problems of immediate gratification. You'll be surprised how much willpower you can exert and how the rewards will last a lifetime.

1. Choose a mantra that moves you. To stop yourself from automatically grabbing a cookie, or opting for couch-potato land, come up with an inspiring motto to say OUT LOUD when temptation hits. Try: "I CAN feel better," or "I am not going to do that TODAY; instead, I'll take a walk." Then take a walk outdoors — 30-60 minutes will transform your attitude and banish cravings.

2. Set a REALISTIC goal that will make you happy. Maybe it's to lose 10 pounds; stop smoking; or walk for 45 minutes a day. You get the idea.

3. Get a buddy, and enlist supporters to help you achieve your goal. Support will give you the willpower and confidence you need to be powerfully effective.

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Medical Officer at the Cleveland Clinic Wellness Institute. For more information go to www.RealAge.com.

Yankton Health Care Leaders Honored

Two Avera Sacred Heart Hospital (ASHH) leaders took home awards from the South Dakota Association of Healthcare Organization's (SDAHO) 86th Annual Convention in Sioux Falls. SDAHO represents 53 hospitals and 33 long-term care facilities across the state.

Home Health Director, Jean Hunhoff received the Senior-Level Healthcare Executive Award recognizing Fellows or Diplomats of American College of Healthcare Executives (ACHE) for her leadership, accomplishments and contributions to ACHE and health care in South Dakota. Hunhoff has worn many hats, in and out of health care, as a state legislator, Mayor and City Commissioner for the City of Yankton, a registered nurse, an ASHH administrator with responsibilities in home health and hospice, and risk management and corporate compliance. Hunhoff received her Master of Science in Health Care Administration from the University of Minnesota in 1990; Master of Science in Nursing

from the University of Nebraska Medical Center in 1978 and Bachelor of Science in Nursing from SDSU in 1976. She is generous with her time currently serving as a member of the United Way Advisory Board, Job Link Advisory Council and the SDAHO Home Care Council.

The South Dakota Healthcare Financial Management Association (SDHFMA) recognizes that its strength lies in volunteers, who contribute their time, ideas and energy to serve the health care industry, their profession and one another. SDHFMA awarded Jamie Schaefer with the Founders Merit Award. Schaefer is the Vice President of Finance and CFO for Avera Sacred Heart Hospital in Yankton. She holds a business administration degree and an MBA from the University of South Dakota. She currently serves on the SD HFMA Board of Directors and is currently the Treasurer for the SD Chapter of HFMA.

SDAHO is a unified voice for the continuum of care provided

by community-based health care in South Dakota on a state and federal level. Over 800 health care providers attended the convention representing administration, governance and 18 affiliated health care professional member-

ship societies. Numerous health care issues were discussed including quality of care initiatives, patient safety, advocacy, leadership and health care reform and the implications it brings for South Dakota.

NOMINATE THE 2012

Yankton Citizen Of The Year

Nomination Deadline: Friday, Nov. 30

Please Mail Your Nominations To:

**Citizen Of The Year
Yankton Press & Dakotan
319 Walnut, Yankton, SD 57078**

or visit www.yankton.net/coy

My nomination for the 2012 Yankton Citizen of the Year is:

This person should be the Citizen of the Year because:

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MY ADDRESS: _____

MY PHONE NUMBER: _____

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