

Health And Product Fair Slated For Vermillion

VERMILLION — The Main Street Center of Vermillion will be hosting the Silver Threads Health & Product Fair on Tuesday, Nov. 20, running from 4:30-7:30 p.m.

Area businesses and organizations display and share information with individuals on health, eye and hearing care, physical therapy, home care, senior living, insurances, outreach services, and other topics related to senior aging, planning and retirement. There will be several mini-programs scheduled as well as craft tables.

Soups, sandwiches and desserts will be served plus bake sale items.

Vendor space is still available. For more information, call (605) 624-8072.

'To Be Well ...' Community Forum Nov. 28

The Avera Sacred Heart Hospital Hospice Team will provide a free "To Be Well..." community forum on coping with serious or life-limiting illness on Wednesday, Nov. 28, running from 11:30 a.m.-12:30 p.m. at the Avera Professional Office Pavilion. A light lunch will be served.

This event is free and open to the public, but reservations are requested. For reservations, call 605-668-8080.

USD Program Awarded Full Accreditation

SIOUX FALLS — The Center for Disabilities at the University of South Dakota Sanford School of Medicine announced its Dietetic Internship Program has been granted full accreditation from the Accreditation Council for Education in Nutrition and Dietetics.

The Dietetic Internship at the Center for Disabilities is a post baccalaureate program for individuals who have completed Didactic Program in Dietetics requirements and at least a bachelor's degree. The internship provides the supervised practice experience necessary to become eligible to take the national registration examination administered by the Commission on Dietetic Registration.

The accreditation was granted for non-degree dietetic internships with an adults and children with disabilities concentration. This accreditation allows the Center for Disabilities to enroll 18 full-time interns annually in two tracks — a 10-month track for interns without a master's degree and a seven-month track for interns who already earned a master's degree.

"The pathway to becoming a registered dietitian requires the completion of a nationally accredited supervised practice program," said Dr. Judy Struck, Center for Disabilities executive director. "This 10-year accreditation ensures that pathway at the Center for Disabilities will continue to prepare highly qualified dietitians to meet the healthcare needs of our state — especially those South Dakotans with a disability."

For more information on the Dietetic Internship Program or the Center for Disabilities, go to www.usd.edu/cd.

Alzheimers' Support Group Meets In Yankton

The Alzheimer's Association of South Dakota is presenting a Support Group for Caregivers of Persons with Alzheimer's Disease and other Dementias. It meets the second Tuesday of the month in the Board Room at The Center, 900 Whiting Drive, Yankton. Meetings run from 5-6:30 p.m.

For more information, contact Char at 605-689-0424 or Chris at 605-668-8961.

Results Of Prescription Drug Monitoring in South Dakota Are Announced

PIERRE — The State of South Dakota's Prescription Drug Monitoring Program (PMP) has been online for 10 months and voluntary participation by physicians and pharmacists continues to increase.

The PMP was passed into law during the 2010 legislative session and went live in January of this year. The main purpose of this program was to improve patient care by providing physicians and pharmacists with a controlled substance dispensing history for their patients.

"The monitoring program's early results demonstrate that prescription drug usage and the potential for abuse continues to be a growing concern in South Dakota," said Jackley. "As voluntary participation by pharmacists and physicians steadily increases, the program will hopefully assist in reducing prescription abuses and doctor shopping."

Prior to the passage of the PMP, South Dakota law required that each dispenser submit, by electronic means, information regarding each prescription dispensed for a controlled substance. Each dispenser submits the information to the central repository at least once a week unless the requirement is waived for good cause shown by the dispenser. The existence of the PMP program now allows for physicians and pharmacists to fully access the information in a more timely manner to assist in making healthcare decisions.

The PMP now affords physician and pharmacist the opportunity to voluntarily access the prescription database in order to have available additional real-time medical history. The South Dakota Board of Pharmacy encourages their members to make consulting the database a priority and have been proactive in training individuals

statewide on the benefits of the PMP.

Only physicians that have a current patient relationship or new appointment scheduled may access the database. Law enforcement does not have direct access to the database and must go through an application process to receive access. Once access is approved, those officers can request data for investigatory purposes. Today, law enforcement has requested 230 profiles since February of 2012. In 2011, 30 percent of the Division of Criminal Investigation drug investigations were diversion type cases.

Since the implementation of PMP, the list of the 10 most prescribed controlled substances in 2012 are (RX's / Pill Quantity / Quant-Rx):

- Hydrocodone/APAP — 243,283; 13,672,628; 56
- Zolpidem — 84,789; 2,704,708; 32
- Lorazepam — 71,209; 3,350,981; 47
- Clonazepam — 61,871; 3,810,969; 62
- Alprazolam — 48,596; 2,815,291; 58
- Methylphenidate — 41,850; 1,893,203; 45
- Amphetamine Salts — 38,335; 1,711,717; 45
- Oxycodone/APAP — 37,236; 2,272,210; 61
- Oxycodone — 35,259; 2,910,933; 83
- APAP/Codine — 31,194; 1,228,273; 39

In addition to the PMP, several law enforcement agencies across the state have helped reduce drug diversion by offering prescription drug take-back drop off locations. Individuals who have accumulated unwanted, unused prescription drugs now have options to safely dispose of those medications.

Healthlines Extra: Oz And Roizen

Bored With Being Bored? How You Can Shake Up Your World

BY MICHAEL ROIZEN, M.D.,
AND MEHMET OZ, M.D.

King Features Syndicate, Inc.

If you type "bored kids" into Google, you'll get 48 million results! Kids have even started their own mini-movie industry on You Tube; that's how much they want the world to know they're b-o-r-e-d. And as funny (gross, too!) as some of the clips are, being bored is no laughing matter — for body or mind.

Chronic boredom from lack of stimulation, PLUS wanting to change the situation, AND feeling that there's no way to escape it triggers behavior problems, overeating, drug abuse, anger and depression in kids — and in adults, too. When grownups are bored at the workplace it leads to poor performance, and too much chocolate eating and alcohol drinking! Bored folks neglect their health and can, literally, bore themselves to death.

Luckily (if we're not boring you), we can help you turn your blahs to ooh la-las.

1. Get your family moving. Go hiking, schedule (and complete) a 30-minute family walk every morning or evening. Kids and adults can join a sports team and sign up for extra duty — keeping stats, sending emails, wrangling equipment.

2. Volunteer. Stop thinking about your troubles, and help others with theirs. It's great for your kids, too.

3. Express your secret interests. Ask yourself (or help your child tell you) "What have I always wanted to try?" (Ice skating? Cooking lessons? Learning Italian?) Then put it in motion.

4. De-stress. Meditation helps ease boredom-triggered apathy and agitation, and it gives you the energy to shake up your world.

COLONOSCOPY RESULTS ARE LOOKING UP

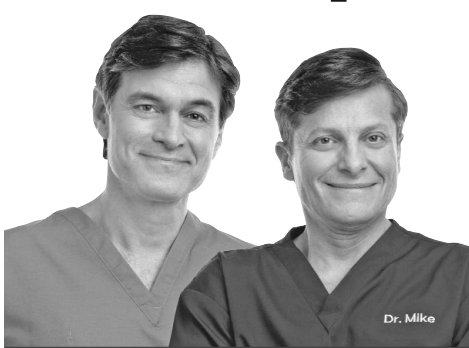
When Marge Simpson gives Homer "the most important gift a man your age can get" — a colonoscopy — his doctor explains that early detection can lead to "the complete removal of tumorous polyps."

That's because a colonoscopy is not simply an examination of your intestines; colonoscopy also lets the doc spot and remove benign, precancerous or cancerous polyps that form on the lining of the colon. During Homer's procedure, in addition to removing a Sgt. Peppers CD, the doctor cut out three small clumps of cells. Whew! Homer was good to go for several more seasons.

So, guys and gals, if you want to be good to go for several more seasons, here's a serious tip: Get a colonoscopy. In the past decade there has been a significant decrease in colorectal cancer death rates; likely because more people are getting the exam. Just ask Drs. Oz and Roizen — both needed polyp removal.

Right after Dr. Oz turned 50, he had his first colonoscopy broadcast on national TV. To everyone's surprise, the healthy, no-history-of-cancer-in-the-family Oz had a precancerous polyp removed. After a follow-up colonoscopy a few months later, guess what? A clean bill of health. Same for Dr. Roizen (but not on TV).

Even if a polyp is cancerous, there's a 90 percent survival rate if removed early. So don't miss that first colonoscopy — at age 45 for African Americans, age 50 for most others and earlier if you have a family history. The



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

first colonoscopy has the biggest effect on reducing deaths from colon cancer.

BREAKING UP WITH SODA

Drinking one 20-ounce bottle of soda daily for a year can pack on 25 extra pounds! But when the NYC Board of Health banned sugary drinks in containers larger than 16 ounces, special-interest groups insisted that sugar in soda isn't to blame for the country's obesity woes. Now, a super-size serving of three studies should quiet that debate once and for all.

The first proves that for folks with a predisposition to obesity, drinking sweet soda ramps up the body's already heightened inclination to gain weight. The other two showed that if you help kids and teens break their soda habit by giving them water or no-cal drinks instead, they gain less weight than soda chuggers. Ready to say so long to sodas? Here's how.

Get hip to your habit.

1. Where do you drink sodas? In front of some digital screen? With your meals? Write down every time you have one.
2. What makes you want a soda? The sugar and caffeine boost? Feeling parched? Realize that sugar isn't a good way to energize yourself or quench your thirst. Now break up with soda.
 1. Try our 30/10 routine. After every 30 minutes at your desk or a digital screen, walk for 10 (around the house, in the yard, in place.) And always drink water after your walk.
 2. Stock the fridge with water flavored with a squeeze of lemon, crushed basil or mint. Serve that (or coffee and tea) with your meals. And carry some water with you when you're on the go.

TASTY WAYS WOMEN CAN REBOOT LIBIDO

It would be hard to heat up your love life if, after "50 First Dates" with the same guy, your amnesia made it impossible to remember who you'd met, or even what you thought of him. But, unlike Drew Barrymore's character Lucy Whitmore, most women who struggle with what they consider inadequate desire can reboot their libido with smart medicine and a menu of tasty turn-ons. And there's nothing unusual about this issue: 30 percent of women report feeling this way at some point.

What cools the urge to merge? Low testosterone — that's right, in women — but tiny doses may help. Side effects of medications,

YMC Announces Association Of Reiner



Reiner

The Yankton Medical Clinic, P.C. is pleased to announce the association of Ashley Reiner, MPAS, PA-C. Reiner specializes in the practice of Internal Medicine. She received her undergraduate degree from South Dakota State University, Brookings, South Dakota, and then went on to graduate from Union College, Lincoln, Nebraska, with a Master of Physician Assistant Studies.

Reiner will assist Drs. C. Barnes, Fanta, Frank, T. Hanson, Megard, Mikkelsen, and Neumayr in providing comprehensive primary care to adults. In addition she has certifications in Advanced Cardiac Life Support,

American Heart Association CPR, and Nonviolent Crisis Intervention.

Please join us in welcoming Ashley, her husband James, and their children, Allison and Weston.

YMC Announces Hunhoff Association



Hunhoff

The Yankton Medical Clinic, P.C. is pleased to announce the association of Meredith Hunhoff, CNP, MSN. Hunhoff is a graduate of the Family Nurse Practitioner Graduate Program at Briar Cliff University in Sioux City, Iowa. She earned her Bachelor of Science in Nursing from Mount Marty College in Yankton.

Hunhoff will provide healthcare to patients of all ages at Yankton Medical Clinic's ConvenientCare. ConvenientCare is available to walk-in patients that experience

aches, pains, illness, and injuries. Hunhoff will offer care for ailments such as: sore throats, earaches, colds, twisted ankles, cuts, bruises, strains, sprains and simple breaks. (An emergency room visit is warranted for conditions including: chest pains, stroke symptoms, and auto accidents.)

Vermillion Medical Clinic Announces Association



Fluit

Vermillion Medical Clinic, P.C. is pleased to announce the association of Amy M. Fluit, MPAS, PA-C. Fluit specializes in the practice of Family Medicine. She is a graduate of the University of South Dakota Physician Assistant Studies Program, Vermillion.

Fluit will assist Drs. Dendering and Yelverton; and Michelle Chaussee, MPAS, PA-C in providing comprehensive primary care to patients of all ages. Appointments can be made by calling (605) 624-8643.

Please join us in welcoming Amy, her husband Justin, and their children, Frankie, Henry, and Eddie.

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