

Visiting Hours

New Heart Procedure Performed Through Wrist

BY WILL C. HURLEY, MD FACC
Board Certified Cardiologist at Yankton Medical Clinic, P.C.

Each year, more than a million cardiac catheterizations are performed in the United States, with most starting with a puncture to the femoral artery in the groin. While this is the most common approach, the entry point is sometimes difficult to access and has a greater associated risk of bleeding complications, especially in women. It can be associated with post-procedure pain and slower recovery period. Post procedure, patients receiving transfemoral access are generally required to lie still for four to six hours while pressure is applied to the access area to ensure hemostasis (no further bleeding) before the patient can get up and walk around.

For certain types of patients, including obese patients, women, the elderly, and patients with peripheral vascular disease, transradial access provides documented reductions in bleeding complications including hematomas (swelling), less back pain and quicker recovery. In fact, patients treated with transradial access are able to sit up and walk around almost immediately after the procedure. As a result, these patients are more likely to be discharged faster than those treated with transfemoral access.

In this past year, there has been a growing interest among medical professionals in the United States to learn the transradial technique as a way to reduce bleeding complications, procedure costs, shorten hospital stays and improve satisfaction. Please talk to your doctor if you have further questions about this procedure.

“Cardiologists have been expanding the use of transradial access for both diagnostic and interventional procedures to ensure better patient outcomes and comfort,” said Dr. Hurley. “As a general rule, patients and referring physicians have preferred this procedure as it enables the patients to be mobile much faster and with less post-procedure pain.”

As a general rule, people undergoing heart catheterizations in the United States do so with the procedure starting at the femoral artery found in the groin. However, the next time a Yankton Medical Clinic, P.C. patient has a cardiac catheterization, he or she may be surprised to find that the pathway to the heart starts at the wrist (transradial access) and not the groin (transfemoral access). Yankton Medical Clinic, P.C. Cardiologists, Will C. Hurley, MD, FACC and Timothy Irwin, MD, have embraced the transradial approach as a way to reduce the risk of complications, improve patient outcomes and to significantly improve the overall patient experience. Drs. Hurley and Irwin perform their catheterizations at Avera Sacred Heart Hospital.

The transradial approach uses the wrist to gain access to arteries that lead to the patient's heart. Once access to the artery is made, the cardiologist is able to perform either a diagnostic procedure, which determines if and where there are blockages that impede the flow of blood to the heart muscle, or an interventional procedure (angioplasty) to open up the blocked artery.

Noms Sought For 'Woman of Distinction' Awards

The Yankton Area Chamber of Commerce Women Community Leaders Committee is accepting nominations for the fifth annual “Woman of Distinction” awards. These awards are given to two women who have shown commitment and leadership qualities in the community.

There will be two awards that women can be nominated for: “Outstanding Professional Woman” and “Outstanding Woman Leader in Community Service.” Applications can be found on-line at www.yanktonsd.com/distinctionluncheon and can be printed off and mailed or delivered to the Chamber. The criteria for each award are listed on the application. Nominations will be judged on the candidates meeting specified criteria and the thoroughness of the application submitted. The deadline for nominations is Dec. 28. Applications submitted after that date will not be accepted.

The winner from each category will be announced at the Feb. 18, 2013, Woman of Distinction luncheon. The luncheon will be held at the Roncalli Center of Mount Marty College located at 1105 W. 8th St. with the program beginning at 11:30 a.m. Doors open at 11 a.m.

Past Outstanding Woman Leaders in Community Service Winners are: 2012 — Sarah Carda; 2011 — Nancy Wenande; 2010 — Pam Kettering; 2009 — Marian Gunderson

Past Outstanding Professional Leader Winners are: 2012 — Kim Jensen; 2011 — Dr. Lori Hansen; 2010 — Dr. Pam Rezac

Past nominees include Dores Allan, Roberta Amber, Carolyn Becker, Sarah Carda, Joanne Christensen, Denise Cody, Leila Elder, Jane Gilmore, Marjorie Darla Gullickson, Marian Gunderson, Lois Halbur, Mary Alice Halverson, Carol Hamvas, Dr. Lori Hansen, Karen Harmelink, Dr. Paula Hicks, Kim Jensen, Pam Kallis, Pam Kettering, Lori Lincoln, Margaret Lyons, Donna Madsen, Dr. Mary Milroy, Julie Perakslis, Sean Potas, Cathy Rehffuss, Diane Reese, Dr. Pam Rezac, Pauline Rhoades, Micki Schievelbein, Allison Spak, Nancy Sternquist, Dawn Stoner, Nancy Teachout, Sr. Margo Tschetter, Pam VanMeeteren, Betty Viau, Nancy Wenande and Sheila Woodward.

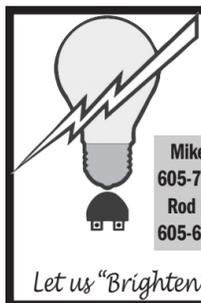
For more information about the Woman of Distinction luncheon, sponsorship opportunities, applications and tickets please contact the Chamber at (605) 665-3636 or visit www.yanktonsd.com/distinctionluncheon.

HHS To Host Holiday Photo Event

Heartland Humane Society will offer its annual Pet Photos this Saturday and Sunday, Dec. 1-2, from 10 a.m.-4 p.m. at the shelter on Burleigh Street. Participants are encouraged to call or email for an appointment. Several time slots are available.

“This is a fun event that will put you in the mood for the holidays,” said Kerry Schmidt, Executive Director at Heartland Humane Society. “Get your family's picture taken — with or without pets and help support all of our shelter animals this holiday season.”

Brett Smith from Jerry's Photography will be the visiting photographer. Participants will receive a CD of their photos. Contact the Heartland Humane Society office at 605-664-4244 or email hhsdirector@midconetwork.com to make your appointment.



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Hunter Decorum Important To Farmers

BY DR. MIKE ROSMANN

Hunting season is open in most areas of North America for deer, waterfowl, pheasants and various other game birds and animals. Like many people, I enjoy hunting.

Marilyn and I enjoy eating wild game, especially pheasants, ducks, geese and venison. Once or twice per week we also eat fish that I catch.

We maintain filter strips on the waterways and creeks of our farm to protect downstream water from pollution runoff and to furnish habitat for wildlife. We also have some Conservation Reserve Program land where I like to hike and hunt.

Several neighboring farmers who don't hunt game have planted filter strips or enrolled portions of their land in the CRP and allow me to hunt there. During pheasant hunting season many hunters from other localities roam our country roads.

What is proper decorum for hunters and fishers? As a land owner and sportsman I experience both sides of hunter decorum issues.

Most hunter safety courses offer guidelines for proper behavior by hunters on other persons' property. There are helpful websites on-line, such as:

www.midwestwhitetail.com/faqs/46/gaining-permission. Or conduct an online search that contains the words: “permission to hunt” with the name of your state or province.

Here are a few basic tips regarding permission to hunt or fish on someone else's property. I thank several fellow hunters and my local Department of Natural Resources officer for reviewing these tips.

• It is best to obtain permission in writing, preferably annually. Obtain the signature of the landowner or caretaker and the date, or an email which shows this information. Giving a



Dr. Mike ROSMANN

him the next weekend as I checked to see who was hunting our land.

• Know the boundaries of the land you have permission to access. Carry a plat book with you to clarify boundaries when you ask permission. Respect state laws regarding how close to buildings and livestock (usually 200 yards) you are allowed to discharge a gun and to retrieve game you shot. Be sure to ask if you may keep fish or game you harvest.

• Thank the landowner or caretaker with a note or gift at the end of the season. I like to return the favor of fishing and hunting on their property with a gift of ready-to-cook fish or meat that is vacuum-sealed in clear bags or a cash gift. Sometimes those who let me hunt and fish on their property don't want anything in return but they always appreciate that I ask permission and usually tell me I have access to their property anytime.

• Shut all gates you opened to enter a field and when you leave. Pick up your trash, including shell casings and your buddy's trash, before you leave the property.

description of your vehicle and its license plate number to the landowner helps the landowner feel assured who is hunting or fishing. Clarify if you are allowed to set up a tree stand or blind.

• Make sure you clarify if permission allows you to bring anyone else with you to hunt or fish. I became ticked a few years ago after I gave permission to someone to hunt our land when he had five buddies with him.

• Tell the owner of any mishaps. A few years ago a coyote hunter accidentally knocked down a gate post as he raced into our field with his truck, without permission-I might add. He didn't stop to apologize or pay for damages. I noticed his truck parked in town the next week, with a big dent in the front fender.

• I like to park my vehicle where the ground cover is short so a fire doesn't start from dry vegetation touching a hot muffler.

• Be sure to adhere to state laws regarding shooting hours, number of fish or game you are allowed to harvest, and wear proper attire such as blaze orange caps, vests and coats.

• Be willing to share the pond or hunting terrain with others who have permission to fish or hunt there. Recently, another pheasant hunter and I got into a disagreement when we arrived almost simultaneously at a stretch of prairie grass on a neighbor's land. I offered to share the stretch, but he insisted he had permission first and wanted this land all to himself. He had already walked a ways on adjoining land that belonged to a different owner. It was clear he started hunting before the opening hour of 8:00 a.m. During previous years I gave permission to this person to hunt on our land because he was respectful when he asked, but he never offered thanks or a token of appreciation for the upkeep of our land. I explained this to him. Eventually we agreed I could walk this stretch that day and he would hunt on other land the same neighbor owned; the next weekend he could hunt on this stretch but I asked him to not hunt on our land anymore.

Readers can contact Dr. Rosmann by visiting the website: www.agbehavioralhealth.com.
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Select The Perfect Christmas Tree Using These Tips

BROOKINGS — About 36 million Christmas trees are sold between Thanksgiving and Christmas. While artificial trees enjoyed increased sales for the past decade, those sales have stagnated and now there is a return to having the traditional tree, says John Ball, SDSU Extension Forestry Specialist.

“A traditional Christmas tree is also the environmentally friendly way to celebrate the holidays. The average artificial Christmas tree has a life span of six years before it ends up in a landfill. The traditional Christmas tree, while used only one season, can become valuable mulch, a winter bird feeder or even used as a fish habitat after the holidays,” Ball said.

Here are some tips on picking out the perfect tree. The way to obtain the freshest tree is to harvest it yourself at a choose-and-cut Christmas tree farm, Ball says. “This way you are guaranteed a “fresh” tree rather than one that may have been harvested several weeks earlier,” he said.

If cutting your own tree is not possible, Ball says to use these tips to check for freshness at a Christmas tree sales lot.

First, give the tree a light but vigorous shake. Only a few interior needles should fall out of the tree if it is fresh. If a pile of brown needles appears on the ground below the tree, particularly from the branch tips, it is not a fresh tree.

Next, reach into a branch and pull the needles gently through your hand as you move out towards the tip. The needles should bend, not break, as your fingers run across them and the branch should only slightly bend.

Regardless of whether you buy a tree from a lot or cut it yourself, once you get the tree home, leave it outside while you set the stand up.

Ball says the choice of a stand is probably the most critical factor in maintaining the freshness of the tree once in the home.

“The stand should be able to hold one-half to one-gallon of water as the new Christmas tree may absorb up to this amount in the first day,” Ball said.

A good rule-of-thumb he shares is a tree will use 1 quart of water per day for every inch trunk

diameter at the base. If you have a tree with a 3-inch base, it may use 3 quarts of water per day.

Just before you bring the tree in the house cut the base about one-inch from the bottom. Ball says this will open the sap-filled tracheids — the pores responsible for transporting water — and allows water to be absorbed into the tree. The base cut does not have to be slanted; the angle makes little difference in the amount of water absorbed.

Once the tree is in the stand add water and then, Ball says to neverlet the stand become empty.

“If the stand becomes empty for more than six hours, the tree's pores plug up. Water uptake will then be significantly reduced, the tree will dry out and the needles will soon begin to fall,” he said. “If the tree stand does dry up for half a day or more there is nothing that can be done other than pull the tree out of the stand and recut the base — not a pleasant task once the lights and ornaments are already up.”

Ball also says that nothing needs to be added to the water in the stand to improve needle retention.

“The commercial “tree fresher” products do not significantly increase the life of the tree and the home remedies such as aspirin, sugar, soft drinks and vodka do not work and may be harmful to pets that may drink from the stand,” he said.

Place the stand in a spot that receives only indirect light from the windows and not near any heat duct. Ball says this will reduce water loss from the tree and prolong its freshness.

“Another tip to prolonging freshness is to start out with a clean stand. Before setting up the tree wash the stand out with a solution of about a capful of bleach to a cup of water, to reduce the growth of microorganisms that may also plug up the tree's pores,”

WHICH IS THE BEST TREE?

Ball says each species has its good points, but the Fraser fir is probably one of the favorites.

“The tree is very fragrant, has excellent needle retention and the branches are stiff enough to hold ornaments. Balsam fir is another

good choice though the needles do not last as long and the branches are not quite as stiff. Canaan fir, another popular fir appears to have qualities similar to Fraser fir and is also becoming a popular Christmas tree,” he said.

Pines are very popular with Scotch pine probably the most popular tree in the country. It also is very fragrant, has excellent needle retention and the branches are stiff.

“White pine is another pine commonly sold at Christmas tree stands and has a fair fragrance, but the needle retention is not quite as good as Scotch pine and the branches are very flexible meaning heavy ornaments may fall off,” he said. “White pines do have very soft needles and if you are going to run into the tree in the middle of the night this is the one.”

Spruces are not as popular of Christmas trees, says Ball, primarily due to their poor needle retention.

“If you want to have a blue spruce as your Christmas tree, you probably should wait until a couple of weeks before Christmas as the needles may only last that long. Once the needles begin to fall, blue spruce are about the worst tree to have as the fallen needles are sharp and seem to find their way into socks and slippers,” he said.

Blue spruce has the best needle retention of the spruces, but does not have much of a fragrance. The branches are very stiff, however, and can support the heaviest ornaments. White spruce, or Black Hills spruce is not commonly available though is used in the Black Hills.

“It does make a nice tree, particularly when cut fresh but it does not have much of a fragrance and occasionally Black Hills spruce trees can have a slight musky odor,” he said.

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Thursday, Dec. 13th, 7-8:30pm
Drawings @ The Riverfront Event Center
www.historicdowntownyankton.com