

## The 4 C's Of Choosing A Medicare Plan That's Right For You

SIOUX FALLS — This year's Medicare open enrollment season runs from through Dec. 7. This is the time anyone 65 or over can review their Medicare Part D Prescription Drug plan options and change plans if desired.

"Medical needs can change from year to year and open enrollment provides an opportunity for Medicare beneficiaries to review their plans and ensure their existing plan still meets their needs," said Sarah Jennings, state director for AARP South Dakota. "If you like your plan and it meets your needs, you don't have to do anything. But it's always a good idea to be a good consumer and review your options."

### WHAT TO CONSIDER WHEN SELECTING A MEDICARE PLAN

Compare Medicare coverage options on the Medicare Plan Finder at [www.Medicare.gov/](http://www.Medicare.gov/). Click on "Find Health & Drug Plans." When looking at your options, consider the four C's: coverage, cost, convenience and customer service.

#### 1. Coverage

Make sure that the doctors you see and the medications you take will still be part of your plan in the coming year. If upcoming plan changes affect your coverage, then it's important to review other Medicare coverage options.

#### 2. Cost

Like most other insurance, Medicare does not pay for all your health care costs. You are responsible for paying for expenses such as deductibles, coinsurance and co-payments. If two or more plans seem to offer about the same coverage, consider choosing the plan with the lowest overall cost.

Remember, don't just look at the premium (monthly payment). Also consider the deductible (how much you pay out-of-pocket before insurance kicks in), and coinsurance and copayments (how much you pay out-of-pocket for each service like visiting a doctor or filling a prescription). Make sure to compare all of these features so you can find a plan that works for you and your wallet.

#### 3. Convenience

Compare plans to see which doctors and hospitals are included in the coverage, as well as what local pharmacies participate. If you prefer mail-order pharmacies, check out which plans offer this option.

#### 4. Customer Service

The Medicare plan finder tool on [www.Medicare.gov](http://www.Medicare.gov) provides a quality rating for each plan. The rating covers several aspects of each plan, including customer service, member complaints, drug pricing, managing chronic conditions and more.

All plans now cover certain preventive services at no cost, thanks to the Affordable Care Act. These include screenings like mammograms and colonoscopies and annual wellness visits with your doctor.

For one-on-one help with your Medicare decisions, contact SHINE, the Senior Health Information and Insurance Education Program in Eastern South Dakota at 1-800-536-8197, Central South Dakota at 1-877-331-4834, Western South Dakota at 1-877-286-9072 or online at [www.shiine.net](http://www.shiine.net)

## Contact Center To Offer Fruit Baskets

The holiday season is rapidly approaching, and the Contact Center Food Pantry is providing Holiday Food & Fruit Baskets to low-income families and individuals.

In years past, many individuals, retailers, banks, churches and other organizations have rallied to collect donations for this special project.

Funding is needed to purchase food items as well as meat certificates.

This year's goal is \$15,000. Donations may be sent to: Contact Center Food Pantry, 321 West 3rd Street, Suite B02, Yankton, SD 57078

You may also bring donations directly to the Contact Center, which is located in the basement of the Yankton County Government Building at 321 West 3rd Street.

Families and individuals wishing to participate in the Holiday Food/Fruit Baskets Project\* must complete a simple application, providing proof of address, number in the household and an active SNAP card.

Deadline to sign up for the Baskets is Friday, Dec. 12. For more information regarding the Holiday Food & Fruit Baskets Project, call (605.)260-4400, Extension 2.

# For Better Rehab, Try Prehab

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

By King Features Syndicate, Inc.

When "This Is Where I Leave You" hit theaters recently, 76-year-old Jane Fonda was as fit as ever – and that's after a knee replacement, which followed a hip replacement (and major back surgery). Her unbelievable turnaround time is due in large part to her lifelong role as a physical-fitness guru; she was in great shape before each of her surgeries.

Now we have a name for that: PREhab. And you don't need to be as fit as Fonda to get its benefits. If you're one of the more than 1.4 million North Americans who are going to get a total knee or hip replacement in 2015, seeing a physical therapist in the months or weeks before your operation can slash your need for post-op care from a home health agency or in an inpatient facility by almost 30 percent! That means you'll be back on your feet faster!

So, consider making an appointment with a PT; you'll learn exercises that strengthen leg muscles and increase flexibility. For knees, they may include the Quad Build: Lying on your back, extend your legs. Tighten your quad on the affected leg; push your knee toward the surface below you; hold for 5 seconds; repeat 5-10 times. Build up to 2-3 sets. Or, for hips, the Lying Kick: Lie on your back; place a blanket roll under the knee on your affected leg. Straighten your leg. Keep knee in contact with the blanket. Hold for 5 seconds; relax. Repeat 5-10 times; up to 20 reps.

### CONDIMENTS AND CONDOMS

Thirty-two thousand baby boomers are members of USA Triathlon; tens of thousands more cycle, swim and jog regularly. An astounding 61 percent say they feel nine years younger than they really are – and there's nothing like a younger RealAge! All that get-up-and-go means the, ahem, older generation has lots of energy, which of course translates into more active intimate relations. In fact, today over 70 percent of men and 50 percent of women in their 60s report that they're sexually active. A lot of kiss and vinegar, you might say!

And that doesn't surprise us, because it turns out that vinegar, whether apple cider, balsamic or rice wine, is a smart part of a healthy lifestyle. Vinegar helps reduce blood pressure, improves your blood sugar response (reducing the effects of diabetes) and helps prevent heart disease. It has antibacterial properties and contains polyphenols and acetic acid. The latter inhibits your body's ability to store fat while boosting its ability to burn it! All that helps protect you against sexual dysfunction.

Just one word of caution: Good health and great romance calls for smart protection against sexually transmitted diseases such as herpes, gonorrhea and chlamydia. And boomers seem to be overlooking that! The Centers for Disease Control and Prevention estimates that there are 20 million new sexually transmitted infections annually, but only half are among young people. So what's the solution? Stay energetic and engaged, for sure, but start relying on disease-protecting condoms for safety. With good-for-you condiments and condoms, you can go, go, go!



## OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

### GRANNY SMITH'S CURE FOR JET LAG AND WEIGHT GAIN

Granny Clampett on "The Beverly Hillbillies" touted moonshine as "rheumatiz medicine." And your Granny may have given you tea with lemon and ginger for a sore throat. But these well-known folk medicines may have met their match in what another Granny, Granny Smith, delivers. This tart and juicy Granny makes the microbes in your digestive tract happy, and that boosts your wellbeing, helping you maintain a healthy weight and much, much more!

A recent study out of Washington state (where else?) compared the nutrients in seven varieties of apples. Granny Smith, it turned out, contains the most polyphenols and non-digestible compounds, such as insoluble fiber, that are known to help good gut bacteria thrive (a whole lot more than Cheetos). We also know that the more of those you consume, the more they help regulate glucose levels, body-wide inflammation and calorie use. No wonder researchers have also found that a healthy balance of gut bacteria helps prevent stroke and improves sexual satisfaction!

But did you ever wonder how air travel affects bacteria in your intestines? The answer is, badly. Gut bacteria can get jet-lagged too, especially if you're eating a high-fat, sugar-rich diet. Their circadian rhythm is thrown off so they can't do their health-protecting job. (Grab a green apple from a food stand in the airport.) And there's "social jet lag" too – from staying up late, not getting enough sleep and eating fatty, sweet foods. So, at home or on the road, don't forget, a Granny Smith a day really may keep the doctor away!

### PROSTATE CANCER SCREENING AND A FALSE SENSE OF INSECURITY

Just as the Ebola epidemic has triggered a false sense of insecurity in North Americans (no reason to panic; we have clean water, electricity, good hospitals, doctors and medications that can effectively combat its spread), it seems that suggesting guys and docs skip the regular PSA (prostate-specific antigen) test for prostate cancer has made both medical professionals and patients unnecessarily nervous.

Turns out that a having a larger-than-average prostate, a urinary tract or prostate infection or a recent medical procedure can elevate PSA levels (normal PSA level are 4.0 ng/ml) leading to an unacceptable number of false positives. Those false positives often lead to unnecessary treatment, erectile dysfunction, incontinence and a

ton of mental anguish.

Yet a recent survey found that an estimated 17 million men age 50 or older, without a history of prostate cancer or other prostate problems, still are being screened every year using the unreliable test, even though the U.S. Preventative Services Task Force recommended in 2011 that it be dropped. The American Urological Association guidelines suggest:

- No PSA screening for men under age 40.
- No PSA screening for 40- to 54-year-olds with average risk for prostate cancer.
- Shared decision-making with doctor for men 55-69.
- No routine PSA screening for men over 70.

Your best protection: A diagnosis of prostate cancer should be based on family history and a doctor's physical exam, including a digital rectal exam. A better screening test is needed and may be on the way. Currently, a certain diagnosis can be made only via biopsy.

### THE 411 ON 911: HOW TO KEEP COOL WHEN YOU CALL

Last year, as 6-year-old Cole Stefens' father administered a modified Heimlich maneuver to his 17-month-old daughter Bailey, young Cole calmly called 911. He told the dispatcher his address, spelled his last name and said his baby sister was choking on a pretzel. "It was kinda scary for my whole body," said the little hero, "but it wasn't really scary for my head or my brain."

That's a tale that fills the heart with joy and hope. Dr. Oz believes that sharing such stories inspires others to help save lives and increases the flow of a loving spirit that's so essential for good health and happiness.

Could you stay as cool as Cole in an emergency? It's tough when adrenaline is cruising through your bloodstream!

So here's our rundown of the basic rules. Then you and yours can have as happy an outcome as Bailey, whose father dislodged the pretzel before rescuers arrived (very lucky, because 10,000 kids a year end up in the emergency room from choking-related injuries!).

- Make learning how to call 911 a family activity; rehearse it until everyone is comfortable.
- In an emergency, dial 911 and give your name, spell it and say the location of the emergency.
- Describe the emergency: first the injury or danger, then any perpetrators, if involved.
- Do not hang up until you're told it's OK to do so.
- Open your front door or send someone, if available, to flag down responders.

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](http://www.sharecare.com).

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# Why You're So Sore After Training: Delayed Onset Muscle Soreness

BY MARK ROOZEN

Avera Sacred Heart Hospital



Mark  
**ROOZEN**

Ever take time off from training? Maybe you never really "trained." Maybe you worked out some, did a little cardio work by walking on a treadmill or biked, did a few resistance machines, but never really pushed yourself to new levels. Maybe you have been doing a set routine for a while, and then get with someone who changes up what you were doing. I had this happen with someone that came to me for training. He had been doing training a few days a week (which we found out later was more like a few times a month! I took him through a shortened workout program, changed up what he had been doing and threw in some "new" movements that I'm not sure he ever did.

I took him through a total body workout. He said he felt great.

The next day, he could barely move.

On the second day, he called me and said that he was sorer than the day before, and that he was quite sure he had injured something. When I asked what he thought he injured, he said his whole body.

After about eight days, he said he was able to lift his hands over his head and move again without having to use the term "corn cob" in describing his walking gait.

Let me share with you what happened to my buddy and what you need to do about it if it happens to you. Is this an injury or just pain in my muscles from my workout or new activity?

What you are feeling the day after a workout, or even

DAYS after a workout is Delayed Onset Muscle Soreness (DOMS). The pain is from micro-traumas, small damage

to the muscle, from pushing the muscle to a level it is not used to.

When you do exercise and put new stress on the muscle, you will have micro-trauma.

This is when the muscle rebuilds that improvement happens. That's why you hear experts say you should rest 48-72 hours after working out a certain muscle group. You need time to rest, recover and let the body regenerate. When you do, you get better!

How do you know the pain is DOMS compared to an injury?

It is likely DOMS:

- If the pain in the muscle is over a broad area of the muscle and not in a specific targeted point.
  - If the day before or a few days before you did more activity or exercise then you usually do.
  - If you have minimal or no pain in the muscle when moving the joint unloaded.
- When you have DOMS, should you take a break or just work through it?
- Both. Yes, you should take a break from the area that is sore but you should not back off from your full workout.
- For example, if you have

DOMS in your legs, you can focus on low level cardio, like walking. Plus work on moving the sore area and perform light stretching. You can still workout the rest of your body, like your upper body.

No, in that you should NOT DO ANYTHING. When you do, you'll be in a constant state of DOMS, and how much fun is that? You workout, get sore, wait 4-6 days, workout again and the same thing happens. By changing up your program, and adjusting your intensity and program design (get with a professional that can help you with this if you need assistance), you can continue to train and see improvements.

What can you do about DOMS?

6 things to do if you have DOMS:

- Rest or back off the area worked — but keep moving;
- Try to do low level activity; walking, stretching, full body movements;
- Increase your hydration by adding a few extra glasses of water each day;

- Try to have a hot tub (or a hot bath/shower) and while in the hot tub go through movements of muscle and lightly stretch;
- Also try to eat clean and increase your fruits and vegetables;
- Get your sleep. Try to get more than you need.

A key point is, I have a high level Bootcamp group, where we change up the workout EVERY SINGLE TIME WE TRAIN. Each time, they have some soreness. They have been training for more than nine months. Because we change up the workout every time and add new "stress" to the body, they experience DOMS. Now, they say they "felt the workout," because it's not something that slows down their daily routine or effects their next workout. If it does, we look deeper into the situation and make sure it's not an injury. So far, we haven't had any injuries — but we have had some sore body parts.

When it comes to other pains, when should you continue to workout or get it looked at?

You can continue on if it feels like general muscle soreness and you have full range of motion of the joint when it is unloaded.

If the pain is affecting what you do on a day to day basis and is not getting better with time, it should be looked at by a qualified professional to determine what is wrong and to rule out anything serious. Qualified pro-

fessionals will depend on the state, province or country you are in.

So remember, when you train hard, you might experience some DOMS, but that is normal, and shouldn't keep you from pushing forward and reaching your new levels of fitness and performance.

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