

## Avera Executive To Speak At MMC Endowed Chair Nursing Symposium

The Mount Marty College Nursing Department welcomes Mary L. Hill BSN, MA, JD, as the keynote speaker at the 2015 MMC Endowed Chair Nursing Symposium Nov. 5. Hill will speak on the subject of, "The Nurse as Moral Agent: Ethics in Nursing Practice and Leadership."

A 7:45 a.m. morning session and a repeated 1:00 p.m. afternoon session will be held on Thursday, Nov. 5, at the Avera Sacred Heart Hospital Professional Office Pavilion in Yankton.

The purpose of this annual symposium is to identify ethical and moral ideologies for nurses, nursing students and nursing faculty and explore methodologies and ethical principles to facilitate their role as moral agents in the nursing field.

Hill, described as a dynamic speaker and facilitator and reverently humorous, is currently the Vice President of Ethics for Avera Health and is responsible for the development and implementation of ethics integration throughout Avera Health. She

is an Adjunct Professor with Aquinas Institute of Theology teaching Health Care Ethics. She is also the Formation Facilitator for the Ascension Health Management Formation Program and Catholic health care ministries.

Hill was the deputy health commissioner for the State of Indiana under Gov. Mitch Daniels and the Director of Ethics Integration for St. Vincent Health/Hall Render Law Firm based in Indianapolis. Hill is a Registered Nurse with leadership experience in adult and geriatric psychiatry.

This continuing nursing education workshop is provided by Avera Health. Participants who attend either the morning or afternoon full workshop and complete the evaluation will be awarded 3.0 hours of nursing continuing education.

This event is sponsored by Mount Marty College and Avera Sacred Heart Hospital. For more information, contact Mary Holzwarth in the MMC Nursing Department at 605-668-1511 or mary.holzwarth@mtmc.edu.

## Silver Threads Health & Product Fair Nov. 5.

VERMILLION — Join area businesses and organizations on Thursday, Nov. 5, from 10:30 a.m.-1:30 p.m. for the eighth annual Silver Threads Health & Product Fair at the Main Street Center in Vermillion.

Display and share information on health, eye & hearing care, physical therapy, home care, senior living, insurances,

outreach services and other topics related to senior aging, planning and retirement. Several mini-programs are scheduled.

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

Vendor space is still available. For more information, call 605-624-8072 or email 320seniors@vyn.midco.net/.

## Avera Health Plans Offer Continued Affordable Health Coverage

Avera Health Plans is pleased to continue offering affordable coverage to individuals and families during the upcoming open enrollment period, during a time when many health insurance providers are passing on significant cost increases to their individual members in 2016.

As in past years, Avera Health Plans policies are available both on and off the Marketplace. Without sacrificing robust benefits and preventive service offerings, our average plan increase will be 13.69 percent.

"While we've watched what other carriers are doing, we're pleased that we have been able to hold the line on increases for 2016," said Deb Muller, Chief Administrative Officer for Avera Health Plans. "Carriers in the region are passing on significant increases at a magnitude that we have not yet seen."

Open enrollment is Nov. 1-Jan. 31, 2016, and is for anyone who is not covered by an employer plan, Medicare, Medicaid or other plan. It's also for people who are dissatisfied with their current coverage, and are looking to make a change. The only other time people can enroll outside of open enrollment is if they have a qualifying life event such as the birth of a child or job change.

People have three options for enrollment: 1.) Go directly to [averahealthplans.com](http://averahealthplans.com), 2.) Work with a health insurance agent or, 3.) Go to the federal Marketplace at [healthcare.gov](http://healthcare.gov).

Residents who are eligible for tax credits or cost-sharing opportunities — which can help with the cost of monthly premium payments, co-pays, coinsurance and deductibles — must enroll through [healthcare.gov](http://healthcare.gov).

This year brings some changes to the federal Marketplace with Avera Health Plans being one of two carriers in South Dakota offering plans. With fewer carrier options this year, many people might be searching for new coverage, and it's important to take the

time to find a plan that works for you.

"We're really looking forward to having affordable choices available to shoppers regardless of their purchase decision to use the Marketplace or not. We continue to offer Affordable Care Act-compliant plans because we know that we have earned a reputation of being a trusted resource for the community on the ACA," Muller said. "We understand the importance of the delivery of health care and the financing of health care working together to help keep costs down as much as possible."

Besides the lowest rates in the region, Avera Health Plans offers a wide variety of coverage options. While comparing plans consider this:

- While more insurance carriers are offering individual and family policies off the Marketplace, you cannot receive tax credits with these policies even if you are eligible. For example, a family of four that makes \$23,850 — \$95,400 qualifies for a lower monthly premium when they enroll through [healthcare.gov](http://healthcare.gov).

- While you may have stuck with a plan that was in effect before 2014, known as transitional or grandfathered plans, these plans may no longer be as robust or affordable as fully compliant Affordable Care Act options.

- Look for a plan that won't carry unexpected costs, and know the difference between terms like co-pay (a fixed rate you pay at the clinic), coinsurance (a percentage of your health bill) and deductible (the amount you pay for certain services before insurance kicks in).

- Choosing a plan connected to a health system like Avera Health can keep rates affordable but also offers coordinated care to help members make the most of their benefits.

Find out more about expected rate changes for the Marketplace at <https://rate-review.healthcare.gov>.

To compare plans, go to [AveraHealthPlans.com](http://AveraHealthPlans.com) or call your local agent.

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

King Features Syndicate, Inc.

Flavor Flav, rapper and host of the TV dating show "The Flavor of Love," has worn an oversize clock as a super-necklace for years, saying, "It represents time [as] being the most important element in our life."

Clearly, he's hip (and hop) to how heavy time can be — and now two new studies confirm it: Turns out the span of hours in a day that you consume food and how late you stay up are directly related to the excess weight you pack on.

Those tasty morsels of research come on the heels of the news that the obesity rate in the U.S. is at or above 30 percent in 22 states and no state is below 21 percent. Clearly, many of you would like easy-to-use tools to improve weight management!

Well, those two studies offer you that! The first one, from the Salk Institute for Biological Studies, shows that most folks spread their food intake over 15 hours or more a day! But when study volunteers cut down their grazing time from 14 hours to 10 or 11 hours, they lost an average of 3.5 percent of their excess body weight in 16 weeks!

The other study, from UC Berkeley, found that over a five-year period, for every hour adolescents (we bet it affects adults too) pushed their bedtime later, their body mass index went up 2.1 points!

So apply these two simple techniques — eat for fewer hours and go to bed earlier — and you'll lose some of that heart-harming, diabetes-inducing, joint-damaging weight!

### DOCTOR, DOCTOR GIVE ME THE NEWS — ACCURATELY!

When Robert Palmer sings "Doctor, Doctor, give me the news," you know he's gonna get diagnosed with a bad case of the romantic blues. But most of the time, it takes more than a song and a plea to let your doctor know what's really ailing you.

Unfortunately, patients (YOU?) often feel like their doc is not easy to talk to. In fact, studies show that you're reluctant to seem "difficult," and docs often are so authoritarian that you fear saying much of anything will rile them.

Well, since you want to make sure you communicate precisely what's bothering you in a way that will get heard, here's a suggestion from the annual meeting of the Society to Improve Diagnosis in Medicine. Write down your answers to the following questions and take them with you to your next doctor appointment:

- Where is your symptom? (Fatigue might be all over, for example.) And what does it feel like? (Pain may be throbbing, aching or sharp.)

- How long have you had the symptom? Include info on how often it happens; how long it lasts; and if it's getting worse, better or staying the same.

- What were you doing when you first noticed the symptom? Were you sitting, walking? Arguing with someone?

- Are any other symptoms associated with this one — for example, lightheadedness or shortness of breath?

## Red Cross Introduces New RapidPass Online Donor Health History

ST. PAUL, Minn.— American Red Cross blood and platelet donors can now help save lives in less time by using the new Red Cross RapidPass online health history system.

RapidPass streamlines the donation experience by allowing donors to complete pre-donation reading and health history questions online from the convenience of a computer at home or work. It became available to donors locally on Oct. 26, and is expected to reduce the time donors with a RapidPass spend at blood drives by up to 15 minutes.

"When people come to donate, they are giving more than blood or platelets — they are also generously giving their time," said Sue Thesenga, Communications Manager, North Central Blood Services Region. "RapidPass is a simple, convenient way for Red Cross donors to make the most of their time while helping save lives."

To get a RapidPass on the day of a blood donation,

donors should visit [redcrossblood.org/rapidpass](http://redcrossblood.org/rapidpass), complete all of the questions, then print their RapidPass or show it on a mobile device when they come to donate.

Though an appointment isn't needed to use RapidPass, donors are encouraged to make an appointment by using the Blood Donor App, visiting [redcrossblood.org](http://redcrossblood.org) or calling 1-800-RED CROSS to further expedite their donation.

### HOW TO DONATE BLOOD

All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental consent in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

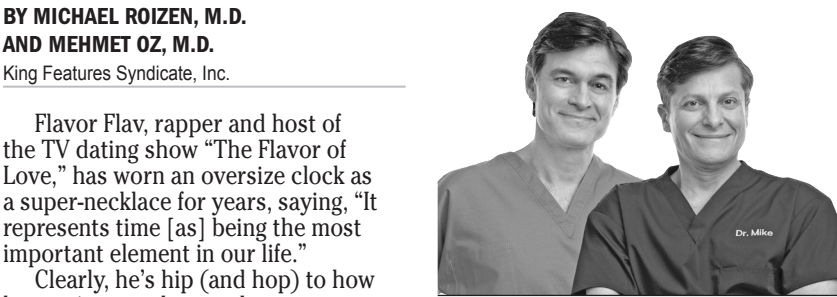
## Asthma/Allergy Relief Is a Phone Call Away!

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OZ AND ROIZEN

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### SINUSITIS IS NOTHING TO SNIFF AT

Among the world's billions of people, Israeli researchers claim there are only 14 types of noses! Albert Einstein's "fleshy nose" is the most common — around 25 percent of folks sport that schnozzle. But whether you share Albert's proboscis, have a hawk nose (like Barbra Streisand) or a bulbous nose (Bill Clinton), if you're one of the more than 28 million North Americans with chronic sinusitis, you know (with apologies to Jimmy Durante) "the nose blows."

Sinusitis is persistent inflammation of the sinuses that lasts for at least eight weeks, causing symptoms such as headache; facial tenderness or pain; fever; cloudy, discolored discharge; stuffiness; even sore throat and cough. The inflammation in your sinuses shows up on a CT scan despite attempted treatment. The cause? It might be from a bacterial or viral infection, allergies, polyps, a deviated septum or even an immune system condition.

Until now it's been difficult to know how to provide effective relief (that blows, too!). And misuse of antibiotics to treat symptoms that don't come from bacterial infections is just plain risky. But a study in JAMA reveals daily saline irrigation (keep those neti-pots clean!) and intranasal corticosteroids are your best initial treatment. The researchers also found no effect from the routine use of antihistamines, allergy immunotherapy, topical antifungals or topical antibiotics.

And if you also have nasal polyps, try 1-3 weeks of systemic corticosteroids or three weeks of doxycycline or leukotriene-antagonist therapy. No polyps? Perhaps long-term, anti-inflammatory, macrolide therapy (three-plus months) or short-term (up to three months) non-macrolide antibiotics.

### THE PILL FOR C. DIFF

"What's up, Doc?" Bugs Bunny was a tough pill to swallow for both Daffy Duck and Elmer Fudd. The wisecracking, Brooklyn-born bunny could even raise havoc on the moon! But there are some bugs that aren't so tough to take — and they're packed into the latest FMT (fecal microbial transplant) capsule. Encapsulated FMT's have been around for a while, but this one is different. It's frozen, so it promises to be

able to be shipped and stored, making it more widely available. Currently in Spanish trials, it appears to cure the severe and sometimes life-threatening gastrointestinal infection C. difficile around 90 percent of the time.

We've watched the progress made since the early days of the fecal enema (big ick factor, but highly effective) or running a tube through the patient's nose into the intestine to deposit a more refined slurry of gut bacteria. They worked well, but it took guts to try them! Now with "a frozen suspension of faecal material" inside a capsule, it looks like microbial transplantation will be as easy as 1-2-3. And having standardized and safe FMT should allow the Food and Drug Administration, National Institutes of Health and the Centers for Disease Control and Prevention to get through the planning stages for establishing a U.S. stool bio-repository bank and make it a reality.

That's great news for the more than 80,000 people a year who develop the debilitating C. difficile infection while in the hospital. It also sets the stage for further exploring the benefits FMT offers folks with colitis, Crohn's and other forms of irritable bowel disease.

### DON'T BE A TURKEY THIS TURKEY BOWL SEASON

Dr. Mike's Cleveland Clinic sees plenty; so does Dr. Oz's New York Presbyterian Hospital: emergency-room visits for sprains, broken bones, contusions and concussions following a traditional Thanksgiving Day pickup football game. So here are tips that will keep you in good shape, and won't take a thing away from your day of fun.

Tip No. 1: Warm up. If you start off cold, you'll pull a hamstring or a groin muscle, so jog around as you check the field for holes and drains, do jumping jacks or just jump up and down. Get your blood flowing and your muscles moving. Your body will thank you later.

Tip No. 2: Don't play tackle football, and don't wear cleats. You're not on a school team with lots of good equipment (where are your helmet and pads?), and you're no pro. Cleats get caught; knees get twisted; heads get bumped. Wear running or tennis shoes, and stick with two-hand touch.

Tip No. 3: Act your age. If your 18-year-old nephew runs by you, remember that you're older and smarter. Don't sprint backward to catch him; pass him off to someone his own age. Playing against your peers (your brother or college roommate)? Well, good luck. Did we mention mouth guards?

Tip No. 4: Don't play with an injury; call it a day. Playing with or aggravating an injury will delay and prolong your recovery. It'll also make the days following very painful, so let discretion be the better part of valor, and head home for a nice slice of pumpkin pie.

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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## Memory Screenings At Center

Free, confidential memory screenings for individuals concerned about memory loss will be held at The Center, 900 Whiting Drive, Yankton, on Tuesday, Nov. 3,

from 12:30-3 p.m.

The service is open to the public. Call The Center at 605-665-4685 to schedule an appointment.

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