

Avera Heart Hospital To Use New Stent

SIOUX FALLS — Doctors have treated the first patients at Avera Heart Hospital with a newly approved SYNERGY Everolimus-Eluting Platinum Chromium Coronary Stent from Boston Scientific making them some of the first patients within a four-state area including South Dakota, Minnesota, Nebraska and Iowa to benefit from this highly anticipated new technology.

The SYNERGY Stent was approved for use by the FDA earlier this month. Stents are tiny mesh tubes doctors use to prop open clogged arteries, allowing blood to flow freely to the heart.

“This new advancement in stents has taken a product that worked well in terms of clinical efficacy and safety and made it even better. This is a significant improvement that we are now able to bring to our patients,” said Sean Halligan, MD, FACC, FSCAI, and Director of the Avera Heart Hospital Catherization Lab. “I believe Synergy

will allow easier delivery of the stent and possibly less future complications.”

Manufactured by Boston Scientific, the SYNERGY Stent, with its bioabsorbable polymer, offers simultaneous drug and polymer absorption. Faster healing is promoted by eliminating permanent polymer exposure, which has been associated with complications such as vessel renarrowing and blood clots.

According to Kevin Ballinger, president, Interventional Cardiology, Boston Scientific, the SYNERGY Stent has been in development for over 10 years, and reflects Boston Scientific’s commitment to bringing meaningful change to interventional cardiologists with the most complete portfolio of clinical solutions to best treat patients. The SYNERGY Stent is being studied in more than 15,000 patients worldwide, and has documented outstanding safety and efficacy of the Bioabsorbable Polymer Everolimus Eluting Platinum Chromium Stent.

Avera Joins WIN Consortium In Personalized Cancer Medicine

Avera is proud to announce that Avera Cancer Institute is the fifth medical institution in the United States to join the Worldwide Innovative Networking (WIN) Consortium.

Founded on the recognition that greater success can be achieved through collaboration than any organization can achieve alone, the WIN Consortium is a global network of leading academic, industry, insurance and non-profit research organizations working to make personalized cancer care a reality for patients worldwide.

Avera joins prestigious medical institutions including Memorial Sloan-Kettering Cancer Center in New York, New York University Langone Medical Center, University of Texas MD Anderson Cancer Center and University of California San Diego Moores Cancer Center.

“The WIN Consortium offers an opportunity to make an impact on personalized cancer therapy across the globe by increasing the number of patients having access to innovative clinical trials and treatment with the latest innovative drugs,” said John Mendelsohn, MD, Chairman of the WIN Consortium and Director of the Khalifa Institute for Personalized Cancer Medicine at MD Anderson Cancer Center.

To date, the approach in cancer care has been population medicine – treatments based on what has shown to be most effective for people with a certain type of cancer. In comparison, personalized medicine uses genomic analysis to discover the specific genetic drivers of a tumor, and target those

“Personalized medicine is a concept of giving the right drug at the right time for the right person,” said Vladimir

Lazar, MD, PhD, founder and Chief Operating Officer of the WIN Consortium. “WIN was created with a goal to go beyond what is now possible. As a member of the WIN Consortium, Avera will be on the front line of this transition. Not only will this work benefit patients at Avera, it will benefit cancer patients throughout the world.”

Avera’s genomic oncology team consists of Brian Leyland-Jones, MB BS, PhD, Vice President of Avera Center for Precision Oncology, and Casey Williams, PharmD, Director of Avera Center for Precision Oncology, as well as Avera Cancer Institute physicians (surgeon, oncologist, pathologist and interventional radiologists), research scientists, experts in bioinformatics, nurse practitioners and specialized nurses and pharmacists. The team collaborates with experts from across the nation in clinical oncology, pharmacology, clinical genetics, genomic informatics, bioethics and pathology.

“They are a rare group of people who are working to break into new frontiers and push knowledge beyond what is possible today. They are drivers, they are visionaries. Rarely do you see what I have seen at Avera,” Lazar said.

“We are thrilled to join the WIN Consortium. In the nearly two years since our team joined Avera, we have cared for more than 300 patients, and we are documenting exciting results,” Williams said.

“This is the age of genomic medicine. We’re at a pivotal moment in cancer research, when we can apply genomic profiling to targeted therapies. This will be absolutely transformative in the history of cancer care,” Leyland-Jones said.

Yankton Rexall Drug Introduces Revolutionary Approach To Managing Multiple Medications

Yankton Rexall Drug is pleased to announce that it now offers a customized packaging solution to help its customers take the right medications, at the right time, every time. By implementing the Parata Patient Adherence Strip System (Parata PASS™), the pharmacy offers increased confidence, convenience and safety by pre-sorting multiple prescriptions into a single package for the specified time of day. It’s easier for caregivers to administer, and easier for seniors to adhere to complex medication regimens, both of which are essential to extending independence and health.

Yankton Rexall prepares each customer’s medications in a sealed, clear, plastic packet, called a MEDpak™, which is arthritis-approved for easy opening. Each MEDpak is custom-printed with the customer’s name; day and time of dose; medication names, strengths and descriptions; and other details. Yankton Rexall supplies a weekly or monthly strip of MEDpaks, which are rolled into a dispensing box, providing a quick and easy way for caregivers to verify that the last dose was taken, minimizing potential errors.

Yankton Rexall is the first

pharmacy in the region name to offer MEDpak packaging for customers.

“Yankton Rexall is proud to offer our customers the safest, most convenient prescription filling options available, promoting higher compliance and reducing medication waste,” said Michael Kuchta, PharmD. “It’s always a challenge for pharmacists to ensure patients adhere to their medication regimen, but it’s reassuring to know that MEDpaks are helping our customers make home medications more manageable.”

To offer the customized MEDpak, Yankton Rexall invested in a Parata PASS packaging system, which automates preparation of MEDpak strips at the pharmacy, to ensure the highest levels of safety and accuracy.

“From caregivers and their family members, to parents whose children must take medications at school, to busy travelers, the MEDpak helps people know when and how to take their medicines,” said Tom Rhoads, CEO of Parata Systems. “Pharmacies that offer Parata PASS are helping their customers reduce risk and increase convenience — ultimately helping them live healthier lives.”

BY MICHAEL ROIZEN, M.D.,
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King Features Syndicate, Inc.

In the children’s book “The Witch With a Wart,” an old hag discovers she has a wart on her nose (of course!). Eager to have it disappear, she brews up a magic potion, but gets the ingredients wrong, tripling her proboscis’ problems. If she’d just known about duct tape! (More on that below.)

Warts, caused by a human papilloma virus (different from the strain that causes genital warts or triggers cervical cancer), come in four varieties: The common wart appears mostly around fingers and hands on kids (and goes away by itself); the plantar wart is on the bottom of your feet; the flat wart, which kids get on the face, men on the beard area, women on their legs; and the fast-growing filiform wart that usually appears on the face. Warts can spread from one body part to another or from person to person. So don’t pick or scratch a wart or touch someone else’s.

At-home remedies: Soak the wart in warm water, then sand it down with an emery board (wear a mask and gloves, then throw away the board, gloves and mask when done). Next, apply an OTC treatment with salicylic acid or, advises the American Academy of Dermatology, cover the wart with duct tape! Change it after 5-6 days and repeat until the wart is gone. And check out the AAD’s YouTube channel for the video “Home Treatment for Warts.”

Nothing working? See your dermatologist for treatment options that include cryotherapy (freezing), excision, lasers, chemical peels and even immunotherapy.

HOW TO HANDLE ADULT BULLYING

You may think bullying is perpetrated only by nasty kids or mean teenagers. But in 2013 it happened among teammates in the NFL. Miami Dolphins second-year player Jonathan Martin accused veteran Richie Incognito of mercilessly harassing him. A subsequent investigation concurred, and lead lawyer Ted Wells called Martin’s treatment “a classic case of bullying, where persons who are in a position of power harass the less powerful.”

Workplace bullying is commonplace: North Dakota State University professor Pamela Lutgen-Sandvik, Ph.D., says in her book “Adult Bullying: A Nasty Piece of Work,” “Bullying is experienced by 97 percent of nurse managers; 60 percent of retail industry workers; 53 percent of business school students.” And the Workplace Bullying Institute says overall, 27 percent of Americans have experienced abusive conduct at work.

Signs of workplace bullying include getting no feedback on your performance; being yelled at or put down in front of others; having your work sabotaged or ignored; being given a heavier workload or shorter deadlines than others. Unfortunately, you probably can’t avoid interacting with your abuser (it’s usually a boss). And relentless bullying can lead to health issues like PTSD, digestive woes, headaches and depression. So what can you do?

—Document all incidents in detail.
—Go to human resources and lodge a

Avera Health Honors Rural Health Care Facilities And Providers On National Rural Health Day

SIOUX FALLS — Avera Health joins National Organization of State Offices of Rural Health in celebrating National Rural Health Day on Nov. 19, 2015.

National Rural Health Day is an opportunity to honor and celebrate health care facilities and health professionals in small towns, farming communities and rural areas, and also to recognize the unique health care challenges faced today.

As a health network serving a largely rural area, Avera has a long-standing commitment to rural health. Avera has 330 locations in 100 communities throughout a five-state region. Avera covers a service area of more than 72,000 square miles and 86 counties.

Approximately 62 million people — nearly one in five Americans — live in rural and frontier communities throughout the United States. “These small towns, farming communities and frontier areas are wonderful places to live and work. They are places where neighbors know each other and work together,”

says Rachael Sherard, Senior Vice President for Avera Rural Health Services. “The hospitals and providers serving these rural communities not only provide quality patient care, but also help keep good jobs in rural America.”

But these communities also face unique health care needs.

“Today more than ever, rural communities must tackle accessibility issues, a lack of health care providers, the needs of an aging population suffering from a greater number of chronic conditions, and larger percentages of un- and underinsured citizens,” Sherard says. “Meanwhile, rural hospitals are threatened with declining reimbursement rates and disproportionate funding levels that makes it challenging to serve their residents.”

Avera’s Rural Health Institute collaborates with community leaders and other agencies to find solutions to challenges that affect rural health care through educational health planning, consulting, economic development, lead-

ership development, strategic planning and grant writing.

Avera eCARE™ is one example of a specialized program that benefits quality rural health care. Through telemedicine technology, eCARE extends specialty care from a hub in Sioux Falls throughout a 545,000-square-mile area across eight states. Having impacted more than 805,000 patients, the system has saved an estimated \$172 million in health care costs.

Avera eCARE has several distinct arms that serve varied needs: eCU@CARE™, eConsult, eEmergency, ePharmacy, eLongTermCare and eCorrectional Health.

“To our knowledge, no one else in the world is

doing what we’re doing in a rural setting,” said Deanna Larson, Senior Vice President of Quality and eCARE, Avera Health. “We built upon solutions that were already in place to continue the Avera mission to make a positive impact in the lives and health of individuals and communities.”

National Rural Health Day, an annual celebration on the third Thursday of each November, was created to showcase rural America and to increase awareness of rural health-related issues.

For information about National Rural Health Day, go to www.celebratepowerofrural.org.

Wart Worry? How To Get Rid Of Them



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

formal complaint. Contact an employment lawyer if you need a complaint letter written.

Remember, requesting a transfer or finding another job is “NOT a defeat!” says Lutgen-Sandvik. The company’s loss of YOU is a sign of the company’s failure.

PARENTS AND PRESCHOOL EMERGENCY PLANS

Even Bob Hope had an emergency plan: “I keep an earthquake emergency kit in my house,” he once said. “It’s filled with food, water and a half a dozen writers.”

But according to a new poll, a lot of parents (35 percent) have no idea what their child’s day care or preschool emergency plan entails — or if they even have one. The C.S. Mott Children’s Hospital National Poll on Children’s Health also reveals that only 65 percent of parents say their child’s center has a plan for “rapid communication (text, email or cellphone) of an emergency evacuation plan to parents.”

This doesn’t mean that preschools and child-care centers are unprepared. As one of the poll’s researchers put it, “Many centers may be well-prepared to handle these types of events, but emergency plans are much less likely to work if parents don’t know about them.” Clearly, parents need to get proactive about what to do just in case, and youngsters’ facilities must make a solid plan and share it.

The American Academy of Pediatrics has outlined emergency-preparedness standards for child-care centers and preschools. You can find the information at www.aap.org; search for “child care providers, disaster preparedness standards.” It covers the need for disaster planning, food and water, first aid and other emergency supplies, training, communication with parents and evacuation drills. So no excuses, Mom and Dad. Make sure your child’s care facility or school has a complete emergency plan, and make sure you know what it is, too.

GET REGULAR WITH A CUP OF COFFEE

The Big Bang theory proposes that the universe is always expanding. The Big Crunch theory says that after the expansion, gravity will haul the universe back into a singularity, which will Big Bang all over again.

That expansion and contraction is sort of how your guts work. But to prevent them from going completely Bang and Crunch, here’s our theory: have a cup of Joe. For 30 to 40 percent of the population, calmer movement of food through the intestines can be set in

motion by a cup of black, filtered coffee. That’s right. Besides keeping your blood vessels flexible and lowering your stroke risk by 30 percent, Joe’s laxative effect can keep you regular.

First, coffee’s acidity can stimulate your stomach to produce more gastric acid, which helps break down proteins and aids digestion. Then it increases the amounts of the hormones gastrin and cholecystokinin that your body produces. These two help with the whole digestive passage, including acting as stimulants of smooth muscle contraction (peristalsis).

So the next time you’re slow to go, pour yourself a cup of Joe. And for the 88 percent of you who are fast caffeine metabolizers (you can down 12 ounces in an hour without getting a headache or anxiety), two to three cups of brewed caffeinated coffee a day increase brain focus and muscle endurance and reduce inflammation; and they deliver heart-loving phenols (they’re in decaf, too) that can decrease your risk of nine cancers by more than 10 percent and help you dodge Parkinson’s disease, Alzheimer’s disease and Type 2 diabetes.

SETTING UP THE BEST COUNTERATTACK

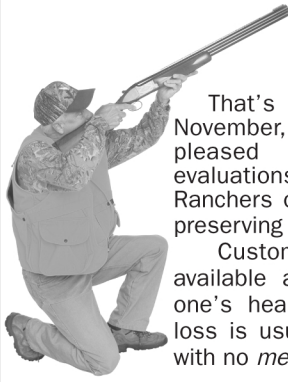
On Oct. 19, 1864, Confederate Lt. Gen. Jubal Early launched a surprise attack on Maj. Gen. Philip Sheridan’s Union Army of the Shenandoah, and the Union soldiers were nearly routed. However, Sheridan launched a counterattack and won the Battle of Cedar Creek. Clearly, counterattacks can be very effective, especially in the Battle of the Bulge!

Researchers at Cornell’s Food and Brand Lab recently peered into more than 200 American kitchens to improve their counter intelligence. They learned that in homes with soda displayed on the countertops, the women of the house weighed on average 25 pounds more than gal pals whose counters were soda-free. And in homes where kitchen counters had a bowl of fruit sitting out, women weighed around 13 pounds less than neighbors who didn’t dish up such tasty produce.

Call in the cavalry, and haul out the fruit! But not just any fruit. Your choice — starchy or not — can do a lot to help control your weight. For instance, if you always have just bananas and avocados in that bowl, well, they’re packed with nutrition but they’re also high in calories (both), carbs (25 percent of bananas’ calories come from starch) and unsaturated fat (85 percent of avocados’ calories come from fat). You can easily overdo them. But plums, peaches, citrus, melons and all berries have a high liquid content (fewer calories), less starch (fewer carbs), no fat and lots of brain-, heart- and sex-friendly phytonutrients. That’s how you launch your kitchen counterattack on extra pounds.

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.

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