

VISITING HOURS:

September Is National Prostate Awareness Month

BY MICHAEL PETERSON, MD

Avera Sacred Heart Cancer Center Medical Director

As we observe National Prostate Awareness Month in September it's important that we do just that – increase awareness about the disease itself. Knowledge is a vital tool in fighting not only prostate cancer, but any other disease as well.

What is prostate cancer? Prostate cancer is the most common internal cancer in American men.

The prostate gland is a small, walnut-sized gland that is located at the base of the bladder. Cancer and other diseases of the prostate can cause the gland to enlarge and make urination difficult. The American Cancer Society recommends that men who are 50 or greater who have a life expectancy of at least 10 years talk to their doctors about screening for prostate cancer and make an

informed decision about screening after learning its uncertainties, risks and potential benefits. Although it's uncommon to develop prostate cancer at younger ages, men younger than 50 should also consider screening if they have a family history of prostate cancer or other prostate cancer risk factors.

Generally, prostate cancer doesn't display many symptoms until it has become fairly advanced. That's one of the reasons why prostate cancer is the second leading cause of cancer deaths in American men.

There are a number of tests used to detect prostate cancer including a digital rectal examination, prostate-specific antigen (PSA) blood test; ultrasound examination of the prostate, and prostate biopsy.

Listed below are common risk factors associated with prostate cancer:

- Age – As you get older the risk of developing prostate cancer increases.

What: Prostate Cancer Screening

Where: Avera Sacred Heart Cancer Center

When: Thursday, Sept. 23 from 4:30-7 p.m.

Please call 668-8850 for details and to schedule a time.

- Race – Although the reasons are not clear, African-American men have a higher risk of prostate cancer than men of any other racial group in America. By contrast, Asian-American men have the lowest rate of prostate cancer of all racial groups.
- Family History – As with many diseases, your risk of prostate cancer

increases if there's a positive family history.

- Diet – Many studies have pointed to an increased risk of prostate cancer in men who eat a high-fat diet.

If you are age 50 or over or if you are younger and have prostate cancer risk factors, it is important to discuss your risk of developing prostate cancer with your health care provider.

Although prostate cancer is often-times asymptomatic in its early stages, the following are some symptoms that may occur with prostate cancer or other prostate problems such as prostatitis (infection of the prostate gland):

- Urinary hesitancy (difficulty starting the urinary stream)
- Urinary dribbling, especially following urination
- Urinary retention
- Painful urination
- Painful ejaculation
- Lower back pain

- Pain during bowel movement
- Other symptoms may include:
 - Excessive urination, especially at night
 - Incontinence
 - Bone pain or tenderness
 - Blood in the urine
 - Abdominal pain
 - Anemia
 - Weight loss
 - Lethargy

If you have any of these symptoms, it's very important that you inform your health care provider. In its early stages prostate cancer is often highly curable.

Dr. Michael Peterson is a board certified Radiation Oncologist with the Avera Sacred Heart Cancer Center.

This weekly column is produced by the public relations office at Avera Sacred Heart Hospital to promote healthy lifestyles and provide useful medical information to our community.

Reflections On Kindness Positive Effects ILC

BY VAL FARMER

Someone asked baseball owner Branch Rickey what one overall quality a man should have if he were to marry one of his daughters. His answer was, "Infinite kindness."

I agree. I have daughters too. I certainly want them to be treated with concern, patience, acceptance and respect. Likewise I hope my daughters and sons radiate kindness.

We all have a need to be loved unconditionally, just as we are, with no strings attached. We need to feel secure, to belong, to relax in someone else's strength, to abandon ourselves, putting our very beings into someone else's gentle care. From time to time, we need someone to minister to us, to take away our loneliness and comfort our pain.

When we expose our special needs and fears and still find ourselves loved and valued, we are deeply encouraged. "I have been seen as I am and there is still hope. Someone I trust believes in me."

A kindly heart encourages us to pursue our vision and destiny. We share our dreams and goals, our fears and weaknesses, our doubts and confusion, knowing that a faithful heart will lift us and set us back on our mission.

It is a wise man who can recognize how important kindness is among the many virtues that will grace a life.

Reflections on kindness. "Kindness in women, not their beauteous looks, shall win my heart." — Shakespeare.

"The human mind is so constructed so that it resists vigor [force] and yields to softness (kindness)." — Jeremy Bentham

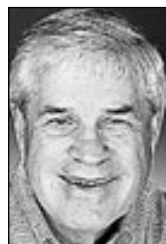
"The one who will be found in trial capable of great acts of love is ever the one who is always doing considerate small ones." — F.W. Robertson

"More hearts pine away in secret anguish from unkindness from those who should be their comforters than for any other calamity in life." — Edward Young

"What do we live for, if it is not to make life less difficult for each other?" — George Eliot

How can we recognize kindness?

Kindness accepts. Kindness makes a safe haven for imperfection and struggles. Kindness soothes and comforts. It knows that hard battles are being fought and sometimes lost.



VAL FARMER

Kindness is no respecter of persons. The poor and the downtrodden receive equal portions with the high and the mighty.

Kindness leaves unsaid the wrong thing in the tempting moment. Kindness doesn't take advantage of a weakness.

Kindness is slow to take offense. Kindness tolerates imperfection. It overlooks much. Kindness looks at errors with sorrow, not anger.

Kindness is a friend. Kindness encourages. It finds strength with weakness, courage with fear, and good with bad. Kindness knows how important appreciation is and gives it abundantly.

Kindness opens the door to the heart by affectionate looks, gentle tones, inviting gestures, sunny smiles, warm words and undivided attention.

Kindness observes. It sees needs and situations others overlook. Kindness is timely. The perception and the disposition to respond come together in the moment of need.

Kindness is consistent. It is the daily acts of courtesy and consideration. We call a person kind when their kind actions are so habitual that none stand out. Kindness is a habit of the heart. Kindness is present even when the soul is grieving or is fighting unseen battles.

Kindness doesn't keep score nor wave its banner for all to see. It doesn't call attention to itself or expect favors in return. It is a gift with no strings. Kindness returns more than it receives.

Kindness is tenderness toward the hard, forbearance toward the unbearing, warmth toward the cold, and charity toward the uncharitable.

Kindness is evidence that selfishness has been conquered.

"Years ago I preferred clever people. There was joy in beholding... a mind... bearing thoughts quickly translated into words, or ideas expressed in a new way. I find now that my taste has changed. Verbal fireworks bore me. They are motivated by self-assertion and self-display. I now prefer another type of person; one who is considerate, understanding of others, careful not to break down another's self-respect."

"... My preferred person today is one who is always aware of the needs of others, or their pain and fear and unhappiness, and their search for self-respect. I once liked clever people. Now I like good people." — Solomon Bennett Freehof

The world needs good people, kind people who make life less difficult for each other. Husbands and wives need mates who encourage, comfort, overlook, appreciate and who habitually give small acts of kindness. Children thrive on kindness. Strangers, the heartbroken, the destitute, the lonely, the wounded — all need kindness.

What do we all need? Infinite kindness.

For more information on kindness, visit Val Farmer's website at www.valfarmer.com.

Val Farmer is a clinical psychologist specializing in family business consultation and mediation with farm families. He lives in Wildwood, Missouri and can be contacted through his website.

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"I have a waiting list for people to get items," she stated. For those donating or seeking an item, simply call Roth at (605) 668-2940. Items can be dropped off at the Independent Living Choices facility along 15th Street.

"If you come here and want to have a donated item, we do have you sign a document acknowledging it is a donated item," Roth said. "We really do encourage someone, if they're not going to use something or they are done using it, to bring it back. Then we can pass it along to someone else. I've donated a lot of items to people that way."

William (Bill) Wiedenfeld Benefit

When: **Friday, Sept. 10**

Where: **Elks Lodge**
504 West 27th St, Yankton

Meal will be served starting at 6:30pm- 8:00pm
\$5.00 Adults • Kids under 10 free

Dance: 9pm-1am Music by: The Afterbar

Raffle tickets will be sold in advance and at the door the night of the event, there will also be a few silent auction items.

Tickets - 1 for \$1 6 for \$5 15 for \$10

Bill passed unexpectedly April 17th, 2010 of a heart attack. He leaves behind 5 children and many friends and family that loved him dearly. This benefit is to help defray the medical and funeral costs that have arisen since his untimely death. Bill did not have any medical or life insurance at the time of his death. There is a bank account set up at Bank 360,

1101 Broadway Suite 102, Yankton, SD 57078
William Wiedenfeld funeral trust account, for anyone that would like to donate but cannot make the event.

Call Sara Olson @ 605-661-2143
With any questions, donations, or items for the raffle or auction.

LAW

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lacks enforcement powers to apply specific remedies. It often refers the many complaints it receives to the appropriate federal, state or local government agency or private organization for action.

Nebraska's advisory committee will meet Wednesday at Southeast Community College in Lincoln. Its members will also discuss a 2009 state law that prohibits illegal immigrants from getting public benefits and the Omaha learning community, which partners 11 school districts in Douglas and Sarpy counties to increase diversity and equalize educational opportunities.

Soto said discussion of the learning community will serve as an update on what's happened since a public hearing was held in Omaha to learn more about the program in 2006. The learning community grew out of what some believed was a radical plan by former state Sen. Ernie Chambers to split Omaha Public Schools into three districts, largely along racially identifiable lines.

The Surgeons and Staff at Lewis & Clark Specialty Hospital

Welcome

Dr. Christopher A. Hathaway
to Yankton and our hospital!

Christopher A. Hathaway, MD, Ph.D graduated from the University of South Dakota School of Medicine and completed his residency in Urology at the Medical College of Georgia. He joins Dr. Joseph Boudreau in practice at Yankton Urological Surgery, Prof., L.L.C., 2009 Locust, Yankton, SD.

CALL 605-689-1100
for appointments with Dr. Hathaway

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