

ImPACT (Immediate Post Concussion Assessment and Cognitive Testing):

Sanford Provides Concussion Evals

Sanford Vermillion in partnership with Dakota Hospital Foundation is now making available ImPACT baseline and post injury cognitive assessments for Vermillion High School and Elk Point-Jefferson High School athletes.

ImPACT testing for local athletes came about as the result of an Employee Idea Challenge submitted by Amy Richardson, athletic trainer at Sanford Vermillion. Each year, Dakota Hospital Foundation hosts the Employee Idea Challenge program which encourages employees of Sanford Vermillion to propose a project that would identify and fulfill an unmet need at Sanford Vermillion or in the community. Richardson received Honorable Mention recognition for her project proposal to offer ImPACT testing locally.

DHF and Sanford Vermillion committed to provide the ImPACT testing in Vermillion and Elk Point-Jefferson. Through their generosity, all athletes in these two districts will receive the testing free of charge. Ongoing testing for new students will be made available each year. Sanford Vermillion also provides sports medicine and athletic training services each school year at both high schools.

ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the first, most-widely used, and most scientifically validated computerized concussion evaluation system. ImPACT is a 20-minute test that has become a standard tool used in comprehensive clinical management of concussions for athletes of all ages.

Given the inherent difficulties in

concussion management, it is important to manage concussions on an individualized basis and to implement baseline testing and/or post-injury neurocognitive testing. This type of concussion assessment can help to objectively evaluate the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion. In fact, neurocognitive testing has recently been called the "cornerstone" of proper concussion management by an international panel of sports medicine experts.

ImPACT can be administered by an athletic trainer, school nurse, athletic director, team coach, team doctor, or anyone trained to administer baseline testing. ImPACT is the most widely used computer-based testing program in the world and is implemented effectively across high school, collegiate, and professional levels of sport participation.

Richardson and Matt Marx, AT at EP-J are in the process of administering ImPACT. Eighty-seven athletes participated in the baseline testing the week of Aug. 8 with additional sessions were held the week of Aug 15.

The sports included for 9th through 12th grade are football, volleyball, varsity softball, and varsity girls and boys soccer.

Testing will take place again later in the year for those athletes not yet tested for winter and spring sports.

"It is a great opportunity for Vermillion football players to take advantage of the cutting edge ImPACT program. This tool will give us a definitive evaluation of our athlete's injury so



Amy Richardson, Athletic Trainer instructs Vermillion High School athletes as they prepare for a 20-minute ImPACT session.

we can have them return to playing at the correct time," said Gary Culver, head coach of the Vermillion High School Tanager football team.

"Dakota Hospital Foundation and Sanford Vermillion are very proud to once again demonstrate our commitment to preventative healthcare for our communities. Concussion protection for youth sports is a natural offspring of our existing sports medicine program," said Mary Jo Olson, MD, medical director, Sanford Clinic Vermillion.

ABOUT DAKOTA HOSPITAL FOUNDATION

Since its beginning in 1930, Dakota Hospital Foundation has fulfilled a mission dedicated to community health and wellness. The health care pioneers who established Dakota Hospital Foundation (DHF) also nurtured a tradition of community health service leadership represented by today's Foundation members.

ABOUT SANFORD VERMILLION

Sanford Vermillion, a medical facility including a family medicine clinic, 25-

bed acute care hospital, 66-bed nursing home, and 23-unit senior living apartment complex in southeast South Dakota, is a member of Sanford Health, a non-profit, integrated health system headquartered in Fargo, ND and Sioux Falls. Sanford Clinic Vermillion is served by three family medicine physicians, a general surgeon, three mid-level providers and a number of visiting physician specialists.

To learn more about Sanford Vermillion, visit www.sanfordvermillion.org.

Secondhand Smoke A Killer To Nonsmokers

Most men and women who smoke tobacco are fully aware of the damage they might be doing to their bodies. In addition to increasing their risk for lung cancer, smoking can also increase a person's risk for heart disease and other potentially deadly ailments.

What those men and women might not know is the extent of the damage their smoking is doing to those around them. According to the American Cancer Society, secondhand smoke is responsible for 3,400 lung cancer deaths among nonsmokers each year. Gaining a better understanding of secondhand smoke might help smokers quit once and for all.

What exactly is secondhand smoke?

Also known as environmental tobacco smoke, secondhand smoke is actually a mixture of two forms of smoke that comes from burning tobacco. Smoke that comes from the end of a lit cigarette, cigar or pipe is known as sidestream smoke, while the smoke a smoker exhales is called mainstream smoke. Compared to mainstream smoke, sidestream smoke has higher concentrations of cancer-causing agents known as carcinogens. Sidestream smoke also contains smaller particles than mainstream smoke, making it easier for sidestream smoke to enter the body's cells.

Do nonsmokers take in nicotine from secondhand smoke?

Nonsmokers who inhale secondhand smoke do take in nicotine in the process. A 1988 report from the U.S. Surgeon General concluded that nicotine is a drug that causes addiction and can cause a short-term increase in blood pressure, heart rate and the flow of blood from the heart. Because nonsmokers who take in secondhand smoke are taking in nicotine, they, too, are susceptible to the aforementioned side effects.

In addition to taking in nicotine, nonsmokers around secondhand smoke are also taking in the thousands of other chemicals secondhand smoke contains. These chemicals include carbon monoxide, which is also found in automobile exhaust, and cadmium, a chemical element commonly used in batteries.

Does secondhand smoke cause other kinds of diseases?

Secondhand smoke is responsible for thousands of deaths each year in the U.S. alone. But secondhand smoke does not only contribute to cancer. In fact, the ACS notes that secondhand smoke is responsible for an estimated 46,000 deaths from heart disease in nonsmokers who live with smokers.

What many people find the most troubling figures associated with secondhand smoke is its impact on children, especially those younger than 18 months of age. The ACS estimates that each year secondhand smoke is responsible for 50,000 to 300,000 lung infections, including pneumonia and

bronchitis, in children younger than 18. An additional 750,000 middle ear infections in children can be linked to secondhand smoke.

Studies are ongoing into a possible link between secondhand smoke and breast cancer. Though research is ongoing, the ACS notes that chemicals from tobacco smoke reach breast tissue and have been found in breast milk. However, debate over a possible link between breast cancer and secondhand smoke continues for a variety of reasons, not the least of which is that breast cancer risk has not been shown to increase among active smokers.

Where does secondhand smoke pose a problem?

Secondhand smoke is problematic anywhere someone is smoking or has smoked. In fact, the Canadian Cancer Society points out that cigarettes produce roughly 12 minutes of smoke, even though a smoker might only inhale 30 seconds of smoke from the cigarette. As the smoke lingers, even long after a smoker has disappeared, nonsmokers are left to breathe in that smoke.

Smokers who recognize the potentially deadly side effects of their habit should be especially mindful of those side effects when lighting up. Smoking inside a home, for instance, is putting everyone in the home at heightened risk of a host of ailments. Children are especially sensitive to secondhand smoke, and the ACS notes that

Need Help to Quit Smoking? Resources Abound

Anyone who has ever attempted to quit smoking knows full well how difficult it can be. For those who need help, there are numerous resources that can help smokers quit this potentially deadly habit once and for all. Those resources include:

- The Centers for Disease Control and Prevention (www.cdc.gov/tobacco)
- The American Lung Association (www.lungusa.org)
- Nicotine Anonymous (www.nicotine-anonymous.org)
- Environmental Protection Agency (www.epa.gov/smokefree)

between 50 to 75 percent of children in the U.S. have detectable levels of cotinine, the breakdown product of nicotine, in their blood. Many public places, including New York City's famed Central Park, have banned smoking, and smoking in the workplace is illegal in many countries.

More information on secondhand smoke is available at www.cancer.org.

Clinic Welcomes New Doctor

Yankton Medical Clinic, P.C. is pleased to announce the association of Internal Medicine physician, Clarissa Barnes, M.D.

Dr. Barnes is a graduate of The Johns Hopkins School of Medicine. She completed her Internal Medicine residency training at The Johns Hopkins Hospital in Baltimore, Maryland.

Additionally, Dr. Barnes completed internships with the Global AIDS Alliance, the Center for Biosecurity, and the Department of Health and Human Services during her years in medical school.

Please join us in welcoming Dr. Barnes to the Yankton area. The Clinic is pleased to bring her into our medical community as well as to the many patients she will serve.

Dr. Barnes began seeing patients on Sept. 1. For an appointment please call 605-665-1152.

Researchers: Healthy Living Could Help Fight Dementia

Many people are apprehensive about getting older because of the fear of losing their faculties. Individuals may worry that dementia could rob them of precious memories and make daily living more difficult.

Many factors can contribute to the onset of dementia, and recent research notes those factors include heart disease, strokes and other serious health conditions that affect the circulatory system. But other seemingly harmless conditions can play a role, too. Maintaining a healthy lifestyle could help seniors fend off dementia.

Researchers in Canada studied data on more than 7,000 survey participants who answered questions of overall health. While circulatory diseases did correlate high to dementia onset, researchers discovered additional conditions, including arthritis, sinus infections, incontinence,

and poor hearing, also played a role.

The correlation between circulatory issues and brain function may be obvious, but researchers aren't exactly sure why minor health infractions could contribute to senility. Some suggest that people with the burden of health problems may not be able to successfully thwart deterioration of the brain that comes with dementias, including Alzheimer's disease.

The World Alzheimer Report states that more than 35 million people around the world are living with Alzheimer's disease and other types of dementia. These are largely brain-destroying illnesses that have no cure. But adults might be able to prevent or delay its onset. Placing a greater emphasis on overall health may help.

According to Dr. Kenneth Rockwood, MD, a professor of

geriatric medicine and neurology at Dalhousie University, in Halifax, Nova Scotia, who participated in the dementia study published in July 2011 in the journal Neurology, "the best thing people can do to stay physically healthy -- and thus maintain their brains, too -- is to exercise." Other things that can be done include adopting a healthy, balanced diet and keeping the brain active as much as possible. Here are ways to do just that.

* Seniors can participate in low-impact exercises that promote muscle strength and flexibility. Water exercises are very good because they don't place strain on the joints. Stretching routines, like yoga or tai chi, are also effective. Exercise plans should be discussed with a health care provider prior to starting.

* Work with a nutritionist to develop a healthy eating plan. A healthy diet is essential to keep many diseases at bay, including diabetes, obesity, heart disease, and even to help maintain proper digestion.

* Keep the brain active by engaging in puzzles, like crosswords or sudoku. Reading is a way to stimulate vocabulary and also keep the brain sharp. Interact with people on a daily basis and engage in conversation.

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