

# Dispelling Myths Surrounding ADHD

There is still much that doctors, parents and caregivers can learn about Attention Deficit Hyperactivity Disorder. While answers are constantly being investigated, it should come as no surprise that certain myths abound about ADHD.

There are many scientific facts to dispel the myths out there; individuals need only look in the right spots for valid information.

**MYTH: ADHD isn't real.**

ADHD is very real, and researchers have known about it for decades. It is not a hoax perpetrated by the psychiatric community as a means to financial gains. Those with ADHD may be inattentive, hyperactive or engage in impulsive behaviors. In general, medication and therapy is successful in reducing these inclinations.

**MYTH: ADHD can be outgrown.**

Actually, if left unchecked, ADHD can continue into adulthood. There are a number of adults struggling with ADHD because they were not properly diagnosed as children. By learning how to structure their environments and taking medication when needed, children with ADHD can, and often do, become successful adults.

**MYTH: Prescriptions to treat ADHD are gateway drugs.**

Individuals with ADHD are naturally prone to impulsive behaviors. As such, they may be at a higher risk for drug and alcohol addiction on their own. Those who take prescribed medications for the disorder are at a lower risk for developing addictions because they are making efforts to keep symptoms in check.

**MYTH: Ritalin is a cure for ADHD.**

This oft-prescribed medication is a psychostimulant and is very effective at mitigating symptoms of ADHD. But it is not a cure, and other therapies are often part of a suc-



Many myths abound concerning ADHD. With proper information and treatment, children and adults with the condition can live focused, happy and successful lives.

cessful treatment plan.

**MYTH: ADHD is just bad parenting.**

ADHD is not a byproduct of shoddy or indifferent parenting. It is a condition of improperly functioning brain chemicals, such as dopamine and norepinephrine. There also may be inherited factors that come into play.

**MYTH: Symptoms of ADHD are obvious.**

Many children are not diagnosed in a clinical setting. It may take several instances of observing a child in his or her natural setting before ADHD is accurately diagnosed.

**MYTH: There are herbal "miracle" cures for ADHD.**

There are no miracle cures for ADHD, even though infomercials may suggest otherwise. Vitamins and herbal supplements may prove ineffective.

**MYTH: ADHD is just a kid on a sugar rush.**

There is no evidence to link the onset of ADHD with sugar consumption.

**MYTH: Those with ADHD are not likely to have any other associated conditions.**

Individuals with ADHD are often diagnosed with other conditions that can play a role. These may include mood, anxiety and conduct disorders, and also learning disabilities.

## Simple Ways To Reduce Cancer Risk

Millions of people have had their lives touched by cancer. Whether dealing with their own diagnosis or that of a loved one, men and women often wonder what, if anything, they can do or could have done to prevent cancer from becoming a part of their lives.

While cancer risk depends on a host of factors, some of which are beyond an individual's control, there are certain preventative measures men and women can take to reduce their risk of cancer.

**• Stop smoking.** The Canadian Cancer Society estimates that smoking is responsible for 30 percent of all cancer deaths in Canada. In the United States, the Centers for Disease Control and Prevention note that smoking causes 90 percent of lung cancer deaths in men and nearly 80 percent in women. However, within 10 years of quitting, an ex-smoker's risk of dying from lung cancer is cut in half while the risk for other cancers, including cancers of the mouth, throat, larynx, and cervix, decreases as well.

**• Reduce alcohol consumption.** In a study examining the relationship between cancer and alcohol consumption, researchers working with the World Health Organization found that daily consumption of roughly 50g, or less than two fluid ounces, of alcohol doubles or triples the risk for mouth, voice box and throat cancers compared with the risk in non-drinkers. Additional studies have shown a link between alcohol consumption and cancers of the liver and colon. What's more, no fewer than 100 studies have found an

increased risk of breast cancer with increasing alcohol intake. Men and women should consult their physicians about what constitutes a healthy consumption of alcohol.

**• Be safe in the sun.** Though a deep tan might look good, individuals must emphasize protecting their skin from the sun. Skin cancer is the most common form of cancer in the U.S., and exposure to the sun's ultraviolet (UV) rays plays a significant role in the development of skin cancer. When going out in the sun, apply sunscreen with a minimum sun protection factor, or SPF, of 15; wear loose fitting clothing and a protective hat, as many skin cancers happen on the face and neck; and always wear sunglasses, preferably those that provide UVA and UVB protection.

**• Maintain a healthy weight.** Being overweight or obese brings forth a host of potentially deadly side effects, not the least of which is increasing a person's risk for cancer. A report from the National Institutes of Health that examined being overweight and obesity in men and women found that carrying excessive weight substantially increases an adult's risk of getting breast, colorectal, endometrial (uterine), and prostate cancers. Healthy weight varies depending on the individual, so men and women concerned about their weight should consult a physician about the best ways to lose weight and maintain a healthy weight.

More information is available at [www.cancer.ca](http://www.cancer.ca) or [www.cancer.org](http://www.cancer.org).

## Huntington's Seminar Set For Sept. 25

SIOUX FALLS — The Sanford USD Medical Center in Sioux Falls will host a free Huntington's Disease Fall Seminar on Sunday, Sept. 25, at the center, located at 1305 W. 18th St. in Sioux Falls.

Dr. Martha Nance, director of the HDSA Center of Excellence in Minneapolis and the Struther's Parkinson's Center, will deliver a presentation entitled "G'Day from Melbourne: Highlights of the World Congress on HD." Nance is an adjunct professor in the Department of Neurology at the University of Minnesota.

Jason (Jay) Flanagan, a board-certified genetic counselor at Sanford Health in Sioux Falls, will speak on "Genetics, Huntington's Disease, and Family Reproductive Options."

Registration begins at 12:30 p.m., with programs commencing at 1 p.m. at the center. Refreshments will be served. A silent auction will be held, with proceeds benefiting vital research, education and services for all those affected by this Huntington's disease.

For more information, contact Betty Strom at 605 338 5459 or [tromb@seo.midco.net](mailto:tromb@seo.midco.net), or visit [www.hdsa.org/sv](http://www.hdsa.org/sv).

## Car Seat Check Event Set For Yankton

SIOUX FALLS — The National Highway Traffic Safety Administration (NHTSA) recommends that children should remain in a car seat with a harness for as long as possible, as long as the child fits the seat's height and weight requirements. Once they outgrow their forward-facing car seat with a harness, children should travel in a booster seat in the rear seat until they are 4 feet, 9 inches (57 inches) tall and fit into a seat belt properly.

On Oct. 4, Yankton Co. Community Health, Kidz Logik and Project 8 invite parents and guardians to a Car Seat Check Event. Certified car seat technicians will teach parents about proper car seat and booster seat use and installation.

Car Seat Checks will be as follows: Oct. 4 from 1-3 p.m. at Yankton Co. Community Health, 321 W. Third St.; and 4:30-6:30 p.m. at Kidz Logik Child Care Center, 114 E. Third St.

For more information or to schedule an individual car seat inspection, contact: Officer Jeremy Olson, Yankton Police Department, 605-668-5210.

Project 8, a state funded program, was launched in the fall of 2005 to help educate parents and guardians about proper use and installation of car seats. Project 8 also distributes child seats to income eligible families statewide by assessing financial need.

## Thursday – Dollar Doubles

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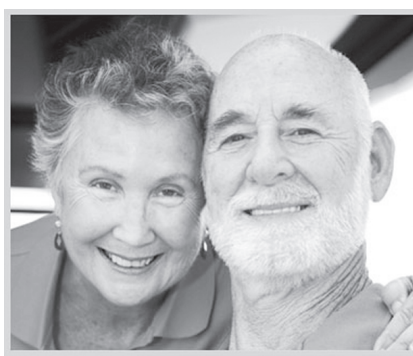
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## Dr. Weber Achieves Sports Medicine Board Recertification

Yankton Medical Clinic, P.C. is pleased to announce that Family and Sports Medicine physician, Scott A. Weber, D.O. has recently received board recertification in Sports Medicine by the American Board of Family Medicine (ABFM).

Board recertification in Sports Medicine confers a standard of excellence in knowledge and practice to physicians who not only recertify via the examination process, but who also work diligently on the maintenance of these skills during the cycle between examinations. The certificate of added qualification in Sports Medicine is administered by the Boards of Family Practice, Emergency Medicine, Internal Medicine, and Pediatrics. To be eligible for the exam a physician must be a diplomate in good standing with the ABFM, must document at least 20% of professional time devoted to sports medicine, and receive a satisfactory score on the sports medicine board exam.

Dr. Weber has been in practice at Yankton Medical Clinic, P.C. since April 2002. He is currently a Clinical Assistant Professor at Sanford School of Medicine The University of South Dakota, Vermillion, SD; the Director of Sports Medicine at Mount Marty College, Yankton, SD; and was recently awarded the 2011 Leonard Tow Humanism in Medicine Award by The Arnold P. Gold Foundation.

Dr. Weber resides in Tyndall with his wife, JoLynn. They have three children: Christina (Grand Forks, ND); Brittany (Spearfish, SD); and Alec (Tyndall, SD).

## Mindfulness Meditation Classes To Be Offered

The Avera Center for MindBodySpirit will be offering two different sessions of "Mindfulness and Meditation: A Practice Opportunity" in September and October and then again in November and December.

Mindfulness is the ability to bring nonjudgmental awareness to the present moment. The capacity to be mindful is a wonderful human ability; unfortunately most of us have forgotten how to be truly mindful. We often have trouble staying in the present moment because our minds are constantly preoccupied with future or past moments and much of our thinking is critical and judgmental. These states of mind generate much stress and anxiety in our lives. The cultivation of mindfulness allows awareness of these stressful thoughts, without being swept away by them.

During this series of four classes taught by Michael R. McVay, MD, Medical Director of the Avera Center for MindBodySpirit, participants will:

- learn about mindfulness and how to engage it through a meditative practice
- come to understand how our thinking generates much of our stress
- experience how mindful awareness helps us to disengage from these thoughts and relax

There will be two different offerings for the series:

- Sept. 27, Oct. 4, 11 and 18, or
- Nov. 15, 22, 29 and Dec. 6

Class times are 6:30-8:30 p.m.

All classes held in the Yoga Room at the Benedictine Center.

For more information or to register call (605) 668-8715.

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