

## Phone Systems Upgraded At Medical Centers

Children's Care Hospital and School and subsidiary Rehabilitation Medical Supply in Sioux Falls and Rapid City have upgraded their phone systems and new numbers are now in place.

Both toll-free numbers (800-584-9294 in Sioux Falls and 800-584-9298 in Rapid City) for the organization will remain the same.

The old phone and fax numbers for the main locations, as well as for admissions and appointment desks, will forward for at least six months. New main numbers are:

- Children's Care Hospital & School: 605-444-9500; Main fax: 605-444-9501
- Children's Care Rehabilitation Center: 605-444-9700; Fax: 605-444-9701
- Rehabilitation Medical Supply, Sioux Falls: 605-444-9702; Fax: 605-444-9703
- Children's Care, Rapid City: 605-791-7400; Fax: 605-791-7401
- Rehabilitation Medical Supply, Rapid City: 605-791-7402; Fax: 605-791-7401
- Children's Care Foundation: 605-444-9800; Fax: 605-444-9801

Other key numbers, including the unit nurses' stations and nurse managers, will forward for three months.

Most numbers have a recording stating that the number has changed, and to please hang up and call the new number.

A dial-by-name directory will be available at each location, or you may ask the operator to connect you to the individual or department you are trying to reach.

Organizational growth has necessitated acquiring a block of numbers with new prefixes to provide better access to more staff, as well as provide better tools to help those we serve. We hope the initial switchover causes as little inconvenience as possible to our families and colleagues. Please contact us with any questions you may have.

Children's Care Hospital & School is a private, non-profit organization serving nearly 2,000 individuals with special needs each year from centers in Sioux Falls and Rapid City. Services are delivered through residential, inpatient, school, outpatient and outreach programs.

## Medicare Rx Access Network Open Enrollment

PIERRE — The Medicare Rx Access Network has re-energized its local partners to help prepare South Dakota seniors for the upcoming Oct. 15-Dec. 7 Open Enrollment opportunity for Medicare Part D Prescription Drug Plans.

More than 137,314 South Dakotans are currently covered by Medicare. While there are still a few weeks until seniors can make changes to their benefits, Medicare Rx Access Network members are urging South Dakotans to prepare now.

"The Medicare Rx Access Network will be out in the community making sure that seniors are aware not only of the open enrollment period but of all the options available," explained Carletta Hauck, executive director of the South Dakota Academy of Family Physicians. "Seniors should compare their current plan with new coverage options in their area. People change and so do their medical needs. Patients can make their benefits work for them."

Seniors wanting to compare their plans should visit [www.medicare.gov](http://www.medicare.gov) or call 1-800-MEDICARE. These resources will allow them to easily compare their current coverage to their medical and financial needs to determine the most suitable option available to them in their area. In South Dakota, those with questions on Medicare and Medicare Part D can also call South Dakota SHINE (Senior Health Information and Insurance Education Office) at 1-800-536-8197.

The Medicare Rx Access Network will spend the next few weeks and months working with local health providers and community organizations to spread the word about the open enrollment opportunity.

Eighty-eight percent of Part D enrollees report satisfaction with their coverage, according to the KRC Survey for Medicare Today, done in October 2011.

Network partners include: American Cancer Society, Cancer Action Network – South Dakota, American Lung Association of South Dakota, Arthritis Foundation Upper Midwest Region, Community Health Care Association of the Dakotas, National Alliance on Mental Illness – South Dakota, National Association of Social Workers – South Dakota, South Dakota Academy of Family Physicians, South Dakota Association of Healthcare Organizations, South Dakota Cares, South Dakota Council on Mental Health Centers, South Dakota Pharmacists Association, and the South Dakota State Medical Association.

## L&C Speciality Hospital Holding Ribbon Cutting

Lewis & Clark Specialty Hospital will host an open house and ribbon cutting for its new Medical Plaza on Thursday, Sept. 6. There will be a ribbon cutting, a lighting ceremony, tours and awards.

This 26,100-square-foot facility will be utilized by Lewis & Clark Family Medicine, Lewis & Clark Physical Therapy, Ear, Nose and Throat Associates, PC, Yankton Surgical Associates, PC, Shindler Foot Clinic, Lewis & Clark Urology, Ltd and Lewis & Clark full service Laboratory.

"We really feel that creating this campus will allow our patients a much more efficient form of medical treatment by bringing multiple services together in one centralized area," said Michelle J. Weidner-Jordan, Lewis & Clark's administrator

Lewis & Clark Specialty Hospital has recently completed the development of a complete imaging suite solution. The imaging suite offers a vast array of imaging services including the area's only 1.2T High Field Open MRI, a 16-slice CT, High Resolution Digital Ultrasound, Nuclear Medicine and general X-ray procedures.

## Disaster Distress Hotline In Place

Due to the drought across much of South Dakota, many rural communities are experiencing economic stress due to the financial threat to their livelihoods.

The Disaster Distress Helpline is the first nationwide hotline dedicated to providing disaster crisis counseling. The toll free Disaster Distress Helpline 1-800-985-5990 can provide immediate crisis counseling to anyone who needs help in dealing with the effects of the extreme heat and subsequent droughts occurring across the country. This free, confidential and multilingual, crisis support service is available via telephone (800-985-5990) and SMA (Text "TalkWithUs" to 66746) to residents who are experiencing emotional distress as a result of natural or human caused disasters. The Helpline staff provides confidential crisis counseling, referrals and other needed support services. The Helpline is a 24 hour-a-day, seven day a week resource that responds to people who need crisis counseling after experiencing a natural or man-made disaster or tragedy.

Because it is known that severe stress can lead some people to a state of hopelessness and despair, here is a reminder that the National Suicide Prevention Lifeline is also available 24/7 with trained and caring counselors from across the nation to respond to callers at 1-800-273-TALK (8255).

You can find additional information about disaster behavioral health preparedness, response, and recovery by visiting the SAMHSA DTAC Website at <http://www.samhsa.gov/dtac/>.

# Warnings To Mixing Medications

BY NANCY CHURNIN

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DALLAS — A failure of communication proved to be life-threatening for Bengt Bostrom.

Bostrom, 71, of Coppell, Texas, went to his internist, Dr. Bradley Jones, to figure out why he was so exhausted. Bostrom was already being treated for prostate cancer, and a specialist had prescribed naproxen to help reduce swelling.

If Jones had known that, he'd have added a medicine to protect Bostrom's stomach. Instead, Jones didn't find out until he noted how unnaturally pale Bostrom was, ran tests and sent him to the hospital, where he required four units of blood to stabilize a bleeding ulcer.

"I didn't suspect the medication," Bostrom says, noting that the naproxen, which Jones identified as the culprit, was an over-the-counter pill he'd only taken four or five days.

Jones, an internist on staff at Baylor Medical Center at Irving, Texas, says the incident points out the importance of having one doctor monitor all of a patient's medications — prescription, over-the-counter and herbal.

"The internist is the quarterback of a patient's care," Jones says. "The internist needs to make the referrals, and if you self-refer, the specialist should send a report back so the internist can say this medicine is fine or there's a reason why we can't do this medicine."

Armon Neel Jr., a fifth-generation pharmacist and author of "Are Your Prescriptions Killing You?" (Atria Books, \$25), might add that a board-certified pharmacist, working

with that doctor, can play a key role as well.

About 46 million people in the United States have multiple chronic health conditions that require multiple medications and rely on multiple health care providers for their care, according to the Alliance for Integrated Medication Management, an organization created in June with the goal of integrating pharmacists into primary care services with the help of the Health Resources and Services Administration of the U.S. Department of Health and Human Services and the Centers for Medicare & Medicaid Services.

Medication-related problems are common, costly and hurt people, according to a 2012 report from the American Geriatrics Society. Problems can occur when medications are taken incorrectly or conflict with one another or with certain foods and alcohol.

Fatal prescription interactions can occur at any age, as witnessed by the case of actor Heath Ledger, who died in 2008 from an accidental overdose of six prescription drugs, including painkillers, sleeping pills and anti-anxiety medication.

However, Dr. Paul E. Carns, an anesthesiologist and assistant professor of anesthesiology at the Mayo Clinic in Rochester, Minn., says that the most vulnerable are the elderly, who use an average of 16 medications apiece, often prescribed by different specialists and acquired at different pharmacies as patients shop for the best prices.

"As we get older, we have more chronic conditions that require multiple medications that are more powerful than ever before," he says. "Many work specifically on certain places in our body, and many times there's

an interaction."

The problem extends to over-the-counter medications taken in excess, from fever reducers such as Tylenol, which can damage the liver, and anti-inflammatory medications such as Advil, which can affect the kidneys, he says.

Additional interactions to watch for: certain beta blockers can have an adverse effect on blood sugar; anti-inflammatory medicines can raise blood pressure; some antibiotics and high doses of grapefruit can inhibit the metabolism or breakdown of statins in cholesterol medications; coumadin, a blood thinner, can be blocked by too much vitamin K, which comes from eating green vegetables.

Neel offers a long list of potentially adverse reactions in his book, pointing out how patients taking blood pressure drugs should be monitored for muscle pain, migraines, blackouts, diabetes and kidney failure.

### TIPS FOR MONITORING PRESCRIPTIONS

- Compile a personal medication dossier, keep it up to date, and show it to all doctors and health care professionals you see on every visit.

- If you don't know why you're taking medications on the list or are not sure how to take them, ask.

- If you're taking more than one medication for the same condition, ask why.

- If you are taking medications prescribed by doctors you don't see on a regular basis, ask your primary care physician whether you still need to take them.

*SOURCE: Are Your Prescriptions Killing You? by Armon B. Neel Jr. and Bill Hogan*

# Rowing Catching On As Cardio Workout

BY GRACIE BONDS STAPLES

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ATLANTA — You love the workout you get on the treadmill and elliptical. Best cardio equipment going, you say.

But have you considered rowing? "It's a great workout," Charles Anderson said. "It literally works every major muscle group."

Anderson and his wife, Aubrey, recently opened Rowbot Fitness, an indoor rowing club in Smyrna, Ga., that fitness experts say is part of growing trend in group exercise in the country.

Although some fitness clubs have offered rowing machines for a while, they're hardly the main attraction.

Although he uses rowers in most of his clients' workouts, Brooks Conway, a trainer at Quest Gym in Duluth, Ga., said that the gym sells more rowers (at \$925 a pop) than it uses.

Still, Conway said, interest in indoor rowing "is definitely growing" and almost all of his clients, especially those interested in losing weight, use one of Quest Gym's two machines in their workouts.

At Rowbot Fitness, which opened last month, rowing is the only exercise going.

The hour-long classes, held most days of the week, take students through speed and distances drills on indoor rowers, called ergs.

"It's a pretty small industry with only about 50 in the country," said Charles Anderson, a senior software engineer. "Five years ago there weren't nearly that many but it's picking up steam." Rowing reclaimed Anderson's attention in 2008 after he



PHIL SKINNER/ATLANTA JOURNAL-CONSTITUTION/MCT

Debby Fritts, left, gets tips from Charles Anderson before an exercise class at Rowbot Fitness in Smyrna, Ga., recently. Anderson and his wife recently opened the Indoor Rowing Gym.

put on nearly 60 pounds.

"I wasn't exercising anymore and spent a lot of time in front of the computer and TV, neither of which did much for my waistline," he said. "I went from 190 to over 250 pounds over five years." A former Georgia Tech rower, the 29-year-old Anderson said he knew the benefits of the sport and the vast amount of calories — more than 750 per hour — he could burn doing it. He lost the extra pounds in eight months.

Then in 2009, while attending the Atlanta Erg Sprints at his alma mater, Anderson said he met Lowell Caylor, owner of Greenville Indoor Rowing in South Carolina.

"That was the spark for starting my own business," he said, and the Andersons launched Rowbot Fitness on July 23.

Chris Jordan said he found out about the gym while perusing Facebook.

"I'd never heard of a rowing

gym but I'm always looking for different workouts to try and decided 'Why not?'" said the 26-year-old Smyrna resident.

"I love it," Jordan said. "Each workout is different. Some are quick sprinting like we did today. Some are longer distance, less intensity." During the recent workout, Jordan and half a dozen others went through an hour of sprints with Aubrey, straddling a machine in the middle, setting the pace.

"Put a lot of power behind those strokes," she said as the machines whirled and "Invincible" by OK Go played in the background. "Two more. One. Two ..."

They rested for three minutes, took a drink of water and repeated.

Charles Anderson said every time you take a stroke — an estimated 26 per minute for an hour — you use the leg, core and arm muscles, but the perceived rate of exertion is low because you're

using all your muscles as opposed to a select few.

In addition to its health benefits, he said, indoor rowing is appealing because it's easy for even newcomers to pick up and enjoy. And "it's something that people will stick with," he said.

That has been the case so far for Lisa Adebiyi, who has been coming to the club since opening day.

Adebiyi, 29, said she's always looking for different workouts because variety is her key to keeping weight off. Indoor rowing, she said, "is very different from anything else I've ever done." As Adebiyi left the Rowbot Fitness last week, another club regular, Adair Flowers, was arriving with her husband, Brian, and 11-year-old son Whit in tow.

"I was excited to find something low impact (and) easy on the body," she said, "but that still gives me a good workout."

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