

## Audiologist Named Academy Scholar

Yankton Medical Clinic, P.C. audiologist Jason R. Howe, MS, FAAA, CCC-A, was recently recognized by the American Academy of Audiology as an Academy Scholar.

The American Academy of Audiology honors individuals who complete a total of 50 hours of continuing education in a two-year period.

Howe completed 56.5 hours of continuing education from January 2011 through December 2012.

Howe offers audiology and hearing aid services for pediatric through adult patients. Appointments may be scheduled at Yankton Medical Clinic, P.C. by calling (605) 665-1722 or Vermillion Medical Clinic by calling (605) 624-8643.



Howe

## Article is Accepted For Publication

An article by Patrick J. Collison M.D. has been accepted for publication in the next issue of Plains Anthropologist, the flagship journal of Great Plains anthropology and archaeology.

The article is entitled "Bastions, Beads, Baptisms, and Burials: Evidence for Epidemic Disease among the Arikara and their Ancestors".

In this review, Dr. Collison presents the historical, archaeological, and osteological evidence for introduced epidemic disease and depopulation among the Plains Village tribes along the Missouri River trench in the centuries after initial Euro-American contact. He concludes that infectious disease, especially smallpox, caused a severe demographic collapse that began by the 1600s, long before the first historically recorded epidemics, and was nearly complete at the time of sustained Euro-American presence.

The quarterly journal Plains Anthropologist is available in the periodical section of University Libraries at the University of South Dakota, and most state university libraries in the Great Plains area.

Dr. Collison has been a practicing Otolaryngologist at Yankton Medical Clinic, P.C. since 1995, and has served as a researcher and instructor in the Department of Anthropology and Sociology at the University of South Dakota.



Collison

## Adamson Receives Certification

Lewis and Clark Orthopedic and Sports Therapy Doctor of Physical Therapy Amanda (Dykstra) Adamson was certified as a Clinical Specialist in Orthopedic Physical Therapy (OCS) by the American Board of Physical Therapy Specialties (ABPTS). Adamson is one of 8,532 physical therapists certified in orthopedics in the United States, 23 in the state of South Dakota.

Adamson specializes in orthopedic rehabilitation of all types (upper and lower extremity and sports injuries). She currently works as the Director of Physical Therapy at Lewis and Clark Specialty Hospital managing the inpatient and outpatient therapy services.

"The certification process demonstrates my enthusiasm and dedication to continue pursuing the highest level of skill with which to best serve the community of Yankton," Adamson said.

Adamson graduated in 2001 from Yankton High School. She then attended the University of South Dakota as a track recruit which led her to her career having suffered multiple leg injuries. Her Doctorate was achieved in physical therapy in 2009. She has completed step one of the Women's Health Specialty Certification as well and has a passion for treating women's health issues such as urinary incontinence.

The ABPTS of the American Physical Therapy Association (APTA), awards certificates to physical therapists meeting approved requirements. To obtain board certification, candidates must submit evidence of required clinical practice in a specialty area, and successfully complete a rigorous written examination, which demonstrates specialized knowledge and advanced clinical proficiency based on research evidence in a specialty area of physical therapy practice.

For more information please contact Jill Sprakel, Director of Marketing for Lewis and Clark Specialty Hospital at 605-665-5100.

For more information about Lewis and Clark Specialty Hospital and its services, visit the website at [www.lewisand-clarkspecialty.com](http://www.lewisand-clarkspecialty.com).

## Oz And Roizen

# Getting Hipper All The Time

BY MICHAEL ROIZEN, M.D.,  
AND MEHMET OZ, M.D.

King Features Syndicate, Inc.

Replacement hipsters, says the Urban Dictionary, are older folks who dress in vintage duds that 20-somethings try to find in thrift shops so they can look just as not cool. And hip replacements? Well, they're the get-you-up-and-dancing-again joint repair procedure that's done more than 230,000 times a year in the U.S., usually the result of osteoarthritis — the erosion of cartilage between joint bones and of the bones themselves. Sometimes it's done to repair a hip fracture, after a fall. And although 80 percent of replacements last a lifetime without revision, not needing one would be even better. So get hip to our recommendations:

- The higher your red blood cells' level of omega-3 fatty acids, the less likely you are to have a hip fracture. Getting enough from food and supplements also reduces bodywide inflammation associated with osteoarthritis, and that eases joint pain. We like DHA omega-3 in salmon and ocean trout and in algal oil supplements (go for 4 ounces of fish three times a week, or a 900 mg supplement daily).

- Practice tai chi; the Chinese martial art promotes balance and protects against falls.

- Do weight training. Light, repetitive exercises using hand weights or stretch bands help protect your bones.

- Eat a diet rich in dark leafy greens and canned salmon and sardines with bones. They're loaded with bone-building calcium, especially when you team them with magnesium-rich foods (almonds, spinach and soy beans) and vitamin D-3. Take 1,000 IU daily until you get your blood level checked; then take the amount you need.

### SWEATING OUT TOXINS

Recent studies indicate that with a minor name change, the band Blood, Sweat & Tears could have toured as the cleanest rock 'n' roll group ever! You see, Blood, Sweat and Urine are three major vehicles for moving potentially harmful toxins out of the body (tears do clear out toxins, though just a small amount).

Your blood carries impurities to the lungs, where some are exhaled; urine washes impurities out through the kidneys; and sweat — it pours out of two to four million sweat glands all over your body and helps to clear out some of the most dangerous toxins you ingest.

New studies reveal that hormone-disruptors in plastics called BPA and phthalates in everything from shampoos to soaps and detergents appear to be preferentially excreted through sweat. And you're lucky to get rid of them: They're linked to everything from abnormal testicular development to obesity, ADHD and cancer.

To get the cleansing benefits of sweat:

- Enjoy a sauna, steam bath and/or a hot bath. You'll detoxify while you de-stress — another great boost to your health.



## OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

- Go aerobic. Aim for at least 10,000 steps a day; some at an intense, sweaty pace; take a spin class or play tennis. Any activity (almost every day, please!) that makes you perspire for at least 20 minutes is beneficial.

- Get passionate! You can lower your risk for heart disease, improve your mood, fuel your muscles and break a sweat with regular tumbles in the hay (try for 20 minutes here, too).

### BREAKFAST BONANZA

There was a study in the news not long ago that suggested if you skip breakfast you're 27 percent more likely to have a fatal heart attack. But it was just an attention-grabbing headline. The actual write-in survey (not even a controlled study) said that men who report skipping breakfast are generally younger than those who do eat breakfast, are more likely to be smokers, unmarried, less physically active and drink more alcohol. Sounds like they surveyed the frat boys from "Animal House."

But for nonsmokers, moderate drinkers and regular exercisers of both genders, breakfast is a smart — even essential — part of a healthy lifestyle. If you eat healthful foods and your timing is good, breakfast can help you burn fat and protect or help build muscles. And you stabilize your blood sugar levels after the all-night fast (no late-night eating; it's also not smart for heart health, weight control or blood sugar stability). Steady blood sugar levels may reduce your risk for cancer or reduce the fuel supply that makes cancers, such as prostate and breast, become more aggressive.

Unfortunately, about 34 percent of adults never eat breakfast, and 50 percent of middle-schoolers and 64 percent of high-school-age kids don't either. When you do, according to the USDA, you eat breads and bagels (22 percent); cold cereal (17 percent); and pastries (15 percent). The smarter choices are: high-fiber whole grains, fresh fruit, high-quality protein such as egg whites and low-fat dairy. Skip processed cereals loaded with added sugar and made from grain that isn't 100 percent whole.

### STAY AWAY FROM HYPOGLYCEMIA

What do Patti LaBelle and Drew Carey have in common? They both have type 2 diabetes and have gotten their blood sugar under control by exercising, eating right and taking their diabetes medications as prescribed. If you have type 2 diabetes and lower your blood sugar to near normal levels, the benefits are huge. You slash the risk of diabetes complications

such as heart disease and nerve damage, and also protect yourself from an increased risk for brain dysfunction and even cancer. But going too low (that is, below 70mg/dL) is also risky; severe hypoglycemia (dizziness, nausea, fuzzy thinking, even coma) happens to around 10 percent of folks with type 2.

Insulin therapy is more often associated with the problem, but oral meds also can trigger it. Exercise without adjusting your meds or diet, not taking your medication properly or failing to eat regularly can also cause your blood sugar levels to fall. Both severe bouts of hypoglycemia and consistently having blood sugar levels that are just a bit low may double your risk for heart disease.

So how do you hit the right balance of blood sugar control? Frequent blood sugar monitoring lets you keep tabs on how your meds and food are affecting you. Following a low glycemic index diet (see [sharecare.com](http://sharecare.com)) also helps, as does taking your medications as prescribed. Aim for glucose levels of 70-100, and check with your doctor regularly to make sure your A1Cs (an average of your blood sugar level over three months) are in a healthy range.

### OF ALL THE NERVE: FIBROMYALGIA UNMASKED

When the Atlanta Falcons' Tim Green retired in 1994, he wrote (in his book "The Dark Side of the Game") about all the burners and stingers he'd had to deal with — that's searing nerve pain in the shoulders, neck and arms. But we don't think he's any tougher than the 5 million North Americans with fibromyalgia — an often-devastating condition that triggers a variety of symptoms, including chronic pain, tingling in fingers and toes and fatigue — who go out every day to make sure their nerve pain doesn't keep them sidelined from life.

No one is sure what causes fibromyalgia, and effective ways to ease symptoms have been hard to come by — until now. A small but carefully done study recently revealed that almost half of folks diagnosed with fibromyalgia actually may have something called small fiber polyneuropathy — that is, damage to peripheral nerves. And unlike fibromyalgia, SFPN has a clear pathology, can be diagnosed with a biopsy and is caused by specific medical conditions, many of which can be treated and even cured.

The causes of SFPN can include: prediabetes and diabetes, metabolic syndrome, high blood pressure, elevated blood lipids (including cholesterol and triglycerides), celiac disease, hepatitis, HIV, lupus and thyroid dysfunction.

That means if you have been diagnosed with fibromyalgia, you may be able to identify what's triggering your chronic pain and treat it effectively. So talk to your doctor about seeing a neurologist to rule SFPN in or out. It could be a game-changer.

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, visit [sharecare.com](http://sharecare.com).

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# DVD Can Helps Parents Detect Signs Of Stuttering In Kids

Parents eagerly anticipate the moment when their child first begins to talk. But for some parents, it is a time of anxiety because their child struggles to get words out. As many as 5 percent of pre-school children nationwide have repetitions and prolongations of sounds severe enough to be of concern to their parents.

The DVD in English and Spanish, "Stuttering and Your Child: Help for Parents," helps parents detect stuttering and take action toward helping their child and is available at most public libraries. Some libraries have an older video format.

It is currently available at the Irene Community Library

Produced by the nonprofit Stuttering Foundation, the film describes what kinds of stuttering young children may exhibit, how parents can help at home, and the role of a speech pathologist in evaluating and treating children who stutter.

"Stuttering typically begins between the ages of two and five," says Barry Guitart, Ph.D., professor and chair of Communication Sciences at the University of Vermont in Burlington. "It may begin

gradually or suddenly, and many of these children outgrow their disfluencies naturally. However, if a child continues to stutter for several months, or appears to be frustrated by it, parents should seek assistance."

Guitar appears in the DVD with other nationally recognized experts in stuttering: Peter Ramig, Ph.D., of the University of Colorado at Boulder, Diane Hill, M.A., of Northwestern University, Patricia Zebrowski, Ph.D., of the University of Iowa, and Kristin Chmela, M.A., also of Northwestern University.

These experts address

common concerns that parents have about their child, such as how to help the child at home and whether to seek the advice of a speech pathologist.

Strategies parents can use to help reduce stuttering are given throughout the DVD and include reducing the number of questions they ask the child, focusing on taking turns during conversations, and making time to read or talk with the child in a relaxed manner.

"Parents are relieved to discover that they are not alone and that other parents share their concerns," says

speech pathologist Kristin Chmela.

"Stuttering remains a mystery to most people," notes Jane Fraser, president of the Stuttering Foundation.

"Watching a young child struggle to speak can be devastating. This DVD is de-

signed to reassure parents and families that many preschoolers stutter, that they can be helped, and how parents can play a vital role in this process."

Books and DVDs produced by the 66-year-old nonprofit Stuttering Foundation

are available free to any public library. A library that will shelve them can contact the Foundation at 1-800-992-9392, e-mail [info@stutteringhelp.org](mailto:info@stutteringhelp.org), or visit [www.stutteringhelp.org](http://www.stutteringhelp.org) or [www.tartarmudez.org](http://www.tartarmudez.org).

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