



LivingWell

We're Caring for Life



“ We are seeing increasing numbers of pre-diabetics in our area. We are also seeing the benefits of early intervention with lifestyle changes,” says Marlene Hearnen, Avera St. Luke's Diabetes Coordinator. “Our goal is to preserve the function of the pancreas through healthy choices. Diabetes management is just a good healthy lifestyle and should be followed by all of us. ”

PRE-DIABETES: SEPARATING FACT FROM FICTION

Pre-diabetes has made a lot of headlines lately. To help you stay current, here are three facts you should know:

FACT #1: As many as one in four adults in the United States has pre-diabetes.

This means they have higher than normal blood sugar, but not high enough to be true diabetes. Within 10 years, many people with pre-diabetes will develop type 2 diabetes.

However, a healthy lifestyle can help the body become better at using glucose so it doesn't build up in the blood. Research shows that people with pre-diabetes can reduce their risk for full diabetes by more than half when they lose 5 to 7% of their body weight by exercising and eating right.

FACT #2: Pre-diabetes puts the heart at risk.

Research has shown that people with pre-diabetes have a higher risk for heart disease. Specifically, they are more likely to have atherosclerosis than those with normal blood sugar levels. Your risk further increases if you develop diabetes.

FACT #3: People with pre-diabetes rarely have symptoms.

It's a good idea to see your doctor and get your blood sugar tested if you are age 45 or older. Younger people may want to ask their doctor about testing if they are overweight and have at least one other risk factor for diabetes. These include:

- not exercising regularly
- being African-American, Asian-American, or Latino
- having low HDL, or “good,” cholesterol or high triglyceride levels. ■

For more information and to find out how Avera St. Luke's Diabetes Wellness Services can help, call 605-622-5161.

Sneezing? Itchy Eyes? Get Relief from Seasonal Allergies

Now that it's spring, the world has come to life. But so, too, have your allergies. Seasonal allergies, also called hay fever, can be especially irritating during the springtime months.

If you have seasonal allergies, it's difficult to avoid pollens—the primary spring allergen—as well as outdoor molds, because they're carried through the air. But you can help reduce the itchy eyes, runny nose, and sneezing they cause.

Try these tips:

- Avoid outside activity when pollen counts are at their highest, usually early in the morning and on dry, windy days.
- Keep windows closed and use air conditioning, if needed, in your home and car.
- Shower before bed to wash off pollens in your hair and on your skin.
- Talk with your doctor about how best to reduce symptoms. Common treatments include antihistamines and nasal sprays, available both over the counter and by prescription.



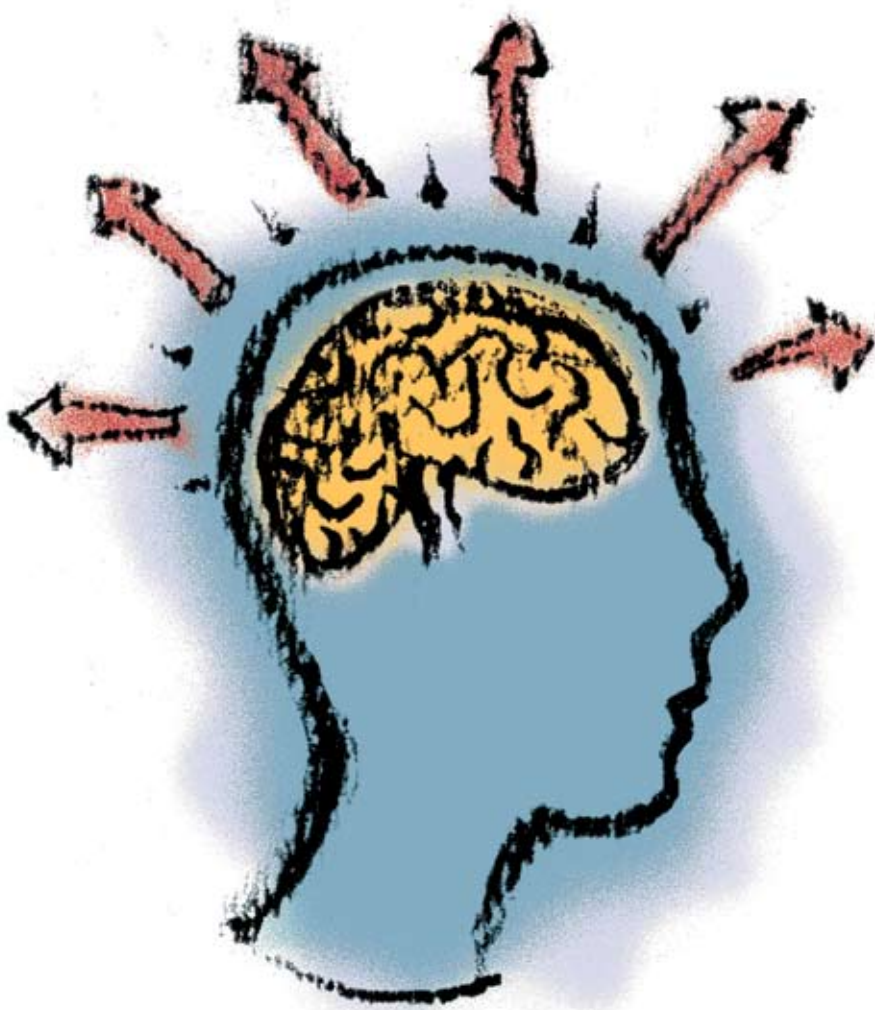
inside this issue:

- 2 Know Stroke Warning Signs
- 3 Warm Water Therapy Rehabilitates
- 4 Understand Cervical Cancer Risk



KNOW WARNING SIGNS OF STROKE

Would you know if you were having a stroke—or what to do? The most important thing to remember is that every second counts. Call 911 immediately!



Remember these stroke warning signs by thinking about the acronym **HELP NOW**.

Headache. A sudden severe headache, particularly in someone with no history of headache.

Eyesight. A sudden change in vision in either one or both eyes.

Language. Sudden difficulty talking or understanding speech.

Paralysis. The sudden and complete inability to use a part of the body, especially an arm and a leg on the same side.

Numbness. The sudden onset of numbness of the face, an arm, and/or a leg, especially on the same side.

Orientation. The sudden onset of disorientation or confusion.

Weakness. The sudden onset of weakness in an arm and/or a leg, especially on the same side of the body.

There are things you can do now to prevent a stroke from happening:

- Know your blood pressure.
- Stop smoking.
- Know your cholesterol/lipids.
- Exercise.
- Eat a healthy diet.
- Know if you have atrial fibrillation.
- Know the signs and symptoms of stroke.
- Work with your physician to treat your risk factors.

Risk factors for stroke include high blood pressure, tobacco use, diabetes, carotid or another artery disease, atrial fibrillation and heart disease, high cholesterol, physical inactivity, and obesity. Talk to your doctor about other potential risk factors. ■

Get Free Medication Cards at Avera St. Luke's, Clinics

As the number of medicines we take increases, so do health problems caused by drug interactions, side effects, and improper use. Medication cards with space to list valuable information such as current medications, allergies, emergency contacts, health conditions, immunization dates, advance directives, and more are now available at Avera St. Luke's in Aberdeen and at most local medical clinics.

Filling out a medication card for each member of your family can help you take charge of your health and learn how to use medicines safely. The cards, developed by Avera, easily fit into a purse or wallet. A *Medication Matters* brochure comes with the card and gives you more information. You can also go to www.averastlukes.org and print out your own card.



WARM WATER THERAPY SOOTHES, REHABILITATES

The region's only full-size warm water therapy pool, plus the availability of physical therapy "on land," is in one convenient location in Aberdeen: Avera St. Luke's Physical & Aquatic Therapy Center.

"This facility allows us to provide rehabilitation care that is unparalleled in the region," says Leonard Suel, Physical Therapy Director at Avera St. Luke's. "The warm water therapy pool opens many new avenues for patients."

Warm water has the ability to relax muscles and decrease pain, often important during rehabilitation.

According to Sherry McNulty, Physical Therapy Coordinator at Avera St. Luke's, some diagnoses that can benefit from therapy in the warm water pool are low back and neck pain; postsurgical back, shoulder, knee, and ankle problems; athletic injuries; chronic pain; long-term neuromuscular diseases; recovery from multiple trauma; developmental delays in pediatric cases; balance problems; and many others.

Avera St. Luke's 1,000-square-foot pool is between 3.5 and 5.5 feet deep. People can sit on a bench in the pool while jets provide water massage or they can use the pool's exercise bars. Several sets of easily accessible stairs help people get in and out of the pool, plus a hydraulic lift is available.

Patients don't need to know how to swim to benefit from aquatic therapy. A physical or occupational therapist assists patients during rehabilitation in the pool and ensures their safety. "Considerable care is taken to make sure patients are comfortable in the water," says McNulty. ■

Avera St. Luke's Physical & Aquatic Therapy Center is located in a separate facility at 721 First Ave. S.E., on the east side of the Aberdeen Family Y. No membership is required. When a patient has an appropriate diagnosis and a doctor's order, most insurance plans cover physical therapy. If you would like more information from Avera St. Luke's comprehensive rehabilitation team, call **605-622-4055**.



"MAPS" MAY HELP UNCOVER POSSIBLE MELANOMA

Catching melanoma early can improve the chances of surviving this type of skin cancer. Men and women who regularly checked their skin and mapped their moles on a diagram of their back were better at catching new growths than people who just relied on memory alone. Possible signs that a mole could be melanoma include asymmetry and a diameter larger than a pencil eraser. If you notice a new mole or changes in an existing one, see your doctor.

Sun Protection Tips

When the weather gets nice, we all like spending time outdoors, but we need to remember to "be safe in the sun." Because skin damage occurs with each unprotected exposure and accumulates over the course of one's lifetime, sun safety for children should be a priority. Parents need to be good role models by wearing sunscreen, sunglasses, a hat, and avoiding the sun during peak hours.

Here are some tips from dermatologists to help protect your skin from the sun:

- Use a sunscreen with an SPF of 15 or higher whenever you spend time outdoors. Apply 1 ounce of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Seek the shade, especially between 10 a.m. and 4 p.m.
- Remember, there is no such thing as a healthy tan. And take care not to burn.
- You may want to get your doctor's advice before using tanning parlors and artificial tanning devices. The UV radiation emitted by indoor tanning lamps is much more intense than natural sunlight.
- Examine your skin, head-to-toe, every month.
- See your physician every year for a professional skin exam.



Aberdeen artists Nick and Nicole Fischer hand-painted the mural that covers an entire wall around the warm water therapy pool at Avera St. Luke's Physical & Aquatic Therapy Center. With a tree blooming on a prairie at sunset, near a river that looks like it's leading you into the pool, the mural helps create a special atmosphere for patients undergoing rehabilitation at the facility.



WHY EVERY WOMAN NEEDS TO KNOW ABOUT CERVICAL CANCER

It's important for women of all ages to understand the risk for cervical cancer. Why? Because they may be at risk for the disease and not even know it.

According to the National Cancer Institute, about 10,000 women in the United States will be diagnosed with cervical cancer this year alone. And close to 4,000 of them will die from it. The good news? It can be prevented.

The human papillomavirus (HPV) can cause cervical cancer. HPV is the most common sexually transmitted disease in the United States, affecting 75% or more of sexually active women sometime in their life. Many people never know they have the virus. It often has no symptoms and can go away on its own. However, in some women, certain strains of HPV cause changes to the cells in the cervix, which then can become cancerous.

Most women with HPV will never get cervical cancer. But the following risk factors increase the likelihood of getting cervical cancer:

- Long-term oral contraceptive use
- Having many sexual partners

- Smoking
- Having multiple, full-term pregnancies

There's no cure for HPV, but there is a highly effective treatment for the pre-cancerous cells it can cause. The key is detection. Regular Pap screenings can successfully identify these "warning" cells for treatment before they have the chance to turn cancerous.

In addition, an HPV vaccine is available. The vaccine, which is recommended for girls before they become sexually active, has the potential to greatly reduce cervical cancer by preventing some HPV infections. ■

QUICK TIP

Gov. Mike Rounds has announced a one-year initiative for 2007 to offer free HPV vaccines to South Dakota girls ages 11 to 18. This vaccine is given as an injection in a series of three doses. Go to www.state.sd.us/doh/Address/vacmap.htm to find a vaccine provider near you.

LETTER FROM THE CEO

Top-of-the-Line Services



Ron L. Jacobson
President and CEO

You've heard the expression "If you're going to do something, you should do it well."

Well, we agree. That's why we're very proud of the top-of-the-line warm water therapy center we offer to area residents. Our Physical & Aquatic Therapy Center offers 1,000 square feet of healing warm water and the expertise of skilled physical therapists, occupational therapists, and exercise specialists. We want you to feel assured that when you come to us for help, you know you're in a facility unlike anything within 200 miles of Aberdeen.

That philosophy applies to all of the expansions and growth we've undergone at Avera St. Luke's. Other top-of-the-line services we've recently introduced include our digital mammography and our state-of-the-art ICU with all the latest in technology, including Avera eICU®CARE, which connects us to more physician specialists.

It's our continuing goal to provide top services to the people of this region. Healthcare is our job. It only makes sense to do it well.

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Living Well

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