

LivingWell

MAMMOGRAMS

Key in Breast Cancer Fight

Deaths from breast cancer are down, and experts are concerned that this success may lead women to the dangerous conclusion that mammograms aren't important. But in fact, deaths are down because the disease is found earlier—when it's easier to treat—in women who have mammograms.

Women still have about a one in eight lifetime risk of developing breast cancer, according to the National Cancer Institute. Plus, as women age, their odds of developing the disease rise dramatically.

That's why experts recommend women get a mammogram every one to two years beginning at age 40. Those at higher risk for breast cancer because of a personal or family history of the disease should talk with their doctor about when to start



Kelli Hanson
Registered
Mammographer

screenings and how often to get tested.

Kelli Hanson, a registered mammographer at Avera St. Luke's Imaging Center, offers tips for a successful mammogram:



- Make your appointment for a week after your period, when your breasts will be less tender.
- Tell the screening staff if you have breast implants, are pregnant or might be, or if you're breastfeeding.
- Dress in a shirt with shorts, pants, or a skirt, so you'll only need to remove clothing from your upper body.
- Don't wear deodorant, perfume, lotion, or powder under your arms or on your breasts the day of your mammogram. These products can make shadows on the X-rays, making them harder to read. ■

Aerobic Exercise

Best for Heading Off Heart Failure

Exercise is recommended for patients who have mild to moderate symptoms of heart failure. But what type of exercise is best?

To find out, researchers reviewed 14 randomized controlled trials on the effects exercise had on stable patients who had heart failure. Most of the people in the studies were middle-aged men.

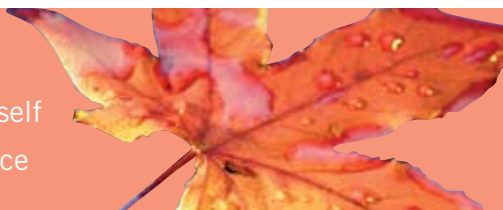
Overall, aerobic workouts resulted in improved heart function similar to that seen with certain medicines. Trials testing the benefits of strength training were inconclusive.

A balanced approach to exercise that includes aerobic activities and strength training would be a wise choice for better health.



inside this issue:

- 2 Take High Blood Pressure Seriously
- 3 Caring for Children, Parents—and Yourself
- 4 Conquering Diet Pitfalls at the Workplace



Prehypertension Means Preventive Measures Needed



Shahid Chaudhary, MD
Aberdeen Nephrology

Normal blood pressure is lower than 120/80 mmHg. Between 120 and 139/80 to 89 is considered prehypertension—which can lead to hypertension.

Patients with prehypertension who do not have other risk factors like diabetes, kidney disease, or heart disease should follow lifestyle modifications—eat a low-salt diet, exercise on most days, maintain a healthy weight, avoid alcohol—and regularly monitor their blood pressure. Patients who have these risk factors and/or hypertension should talk to their physician.

Dr. Chaudhary is a nephrologist on Avera St. Luke's medical staff. He specializes in kidney diseases, complicated hypertension, and critical care cases. Call **(605) 622-2895** to schedule an appointment with him at his office in Lafayette Mall, 3015 Sixth Avenue SE, Suite 10.



TAKE HIGH BLOOD PRESSURE SERIOUSLY



Hypertension, or high blood pressure, can lead to life-threatening illnesses. Researchers are now learning that it also may cause mental and physical disabilities as a person ages.

Nearly one-third of American adults have hypertension. Once high blood pressure develops, it usually lasts for a person's lifetime. Medications along with exercise and proper diet can control the condition; however, about 30 percent of people with high blood pressure don't know they have it. In addition, blood pressure remains high in as many as half of those being treated.

A SILENT KILLER

Hypertension generally has no symptoms, so the only way to know your blood pressure is high is to get it checked. Experts recommend blood pressure testing at least once every two years beginning at age 18 to 20. You may need more

frequent screenings, depending on your results.

Uncontrolled hypertension can cause:

- Stroke
- Heart attack
- Heart failure
- Kidney failure

It also can lead to blindness or leg amputations because of changes in blood vessels.

LOWERING BLOOD PRESSURE IMPROVES QUALITY OF LIFE

Controlling high blood pressure can cut the risk for heart failure in half, reduce stroke incidence by 40 percent, and lower heart attack risk by 20 to 25 percent.

People with uncontrolled hypertension may be more likely to have problems with thinking and memory as they grow older. According to recent studies, they also seem to be especially prone to developing dementia. Those with uncontrolled high blood pressure eventually may have difficulty performing normal daily tasks as they age. ■

CARING FOR CHILDREN, YOUR PARENTS—AND YOURSELF

Do you sometimes feel squashed between the needs of your older parents and your children? Then you can understand why adults who care for both groups are called the “sandwich generation.”

HELP FROM AVERA ST. LUKE'S

If you have a family member spending time in the hospital at Avera St. Luke's, our Social Work Services Department can work with you to reduce your stress. Our professionals can help with:

- **Discharge Planning**
 - Transitioning back home or to assisted living, a nursing home, or another hospital
 - Assessing the need for home health equipment
 - Coordinating home health/hospice referrals
 - Determining rehabilitation needs and arranging those services
 - Coordinating psychiatric and chemical dependency treatment
- **Referrals to Community Resources**
 - Meals on Wheels/Senior Meals
 - Transportation services
 - Lodging options
 - Support services
 - Legal resources

OTHER TIPS TO EASE YOUR STRAIN

- Ask for help when you need it. For example, ask a friend to pick up your children from school.
- The U.S. Administration on Aging—www.aoa.gov—offers links to caregiving resources around the country. This includes respite care, which is when someone spends time with your parents while you take a break.
- Find a support group. Talking with others in the same situation can help you deal with feelings of guilt, anger, and stress. ■



Book Some Reading Time with Your Grandkids

Since 1969, the U.S. government has issued the National Assessment of Educational Progress. The most recent report gives too many American fourth-graders an F in their reading skills.

To help your grandchildren become excellent readers, try the following:

- Read to them every time you get together. Sturdy cardboard books are great for infants and younger children. Kids who already know how to read may enjoy hearing

a story they're unable to read on their own.

- When you read to your grandchildren, ask them about their favorite parts of the story. Encourage them to ask questions and identify familiar pictures.
- Make it fun. Read with a lot of expression and use plenty of sound effects and gestures.
- Keep rereading your grandchildren's favorite books to them. Soon, they should be able to complete sentences and read the stories to you.

You Might Be Drinking Sweet Calories

Researchers looked at four national surveys of food and drink intake over a span of 37 years. They found that by 2002 caloric intake from drinks had increased from an average of 236 calories per day to 458 calories each day. Soda, alcohol, and fruit drinks were the main sources of the extra calories.

Is Your Pet Making You Sick?

There are many benefits of owning a pet, including positive effects on mental health. But did you know that many infections can pass from pets to people? One study found that about 4 million pet-related infections occur every year. Common infections include toxoplasmosis and ringworm. Follow these tips to prevent getting an infection from your pet:

- Avoid contact with pet feces.
- Make sure your pets are diagnosed and treated when they're sick.
- If you are pregnant, have someone else change the cat litter box.

Living Well

Ron L. Jacobson, President and CEO

Patty Kirkpatrick, Director, Marketing
and Public Relations

Living Well is published by Avera St. Luke's to provide reliable health information to those we serve. It is not intended to take the place of personal medical advice, which should be obtained directly from a physician. © 2008 All rights reserved. Printed in U.S.A.

♻️ Printed on Recyclable Paper

432M

Visit our website at www.AveraStLukes.org.

Conquering Diet Pitfalls at the WORKPLACE

The problem: The vending machine only stocks candy bars and potato chips.

The solution: Keep healthy snacks in a desk drawer. Dried fruits, nuts, high-fiber cereal, and unsalted pretzels are fast, easy options.

The problem: Boredom and stress drive you straight to your coworker's candy dish.

The solution: Ask yourself if you really are hungry. Keep a daily food log, noting what you eat and drink, at what time, and how you feel. This can help identify your eating triggers—then you can establish healthy alternatives, such as taking a walk.

The problem: Lunch deals encourage you to order more food than you need.

The solution: Your best bet is to bring a healthy lunch with you to work that you pack the night before. At restaurants, say no to value meals. With extra calories and fat, they're not bargains. Limit cheeseburgers and all-you-can-eat buffets. Instead, choose grilled meats and fish, salads with low-fat dressing, or a baked potato topped with vegetables. ■

We spend many of our waking hours at work. Between vending machines, fast-food lunches, and employee parties, the office can be pure diet sabotage. One survey found that 30 percent of employees head to vending machines for snacks and 20 percent roam the office hallways seeking catering leftovers.

There are better ways to satisfy your appetite during your work hours. Here are helpful solutions to common job-related eating woes:

QUICK TIP

Think you're too busy to eat lunch? Block off time on your calendar. Skipping meals isn't just unhealthy—it leaves you with less energy to get your work done.



LETTER FROM THE CEO



Ron L. Jacobson, President and CEO

"Ten Years of a Trusted Name... Over a Century of Care." That's the theme for celebrating 10 years of the Avera name. It's also been 20 years since Aberdeen's health care facilities were consolidated from two hospitals with competing services into one hospital, maximizing resources. As a result, Aberdeen's health care has grown in services, technology, and the recruitment of specialists. We have been able to focus more on regional needs and have created new services such as advanced cancer treatment, a full roster of rehabilitation care, CareFlight helicopter transport for our Emergency Department, and interventional cardiology, just to name a few.

This health care ministry has more than 100 years of history, dating back to 1901 in the Aberdeen region. Because of decisions made 10 and 20 years ago, we are stronger and can continue to provide services without unnecessary duplication.