

# LivingWell

## Choose the Digital Mammography ADVANTAGE

**A**vera St. Luke's digital mammography unit is the most advanced technology available today for breast imaging, able to provide the most detailed images.

The digital mammography equipment at Avera St. Luke's Imaging Center features the first and only service of its kind in our region—and is the only state-of-the-art, accredited, full-field mammography available in Aberdeen.

"The advantages of full-field digital mammography are less radiation exposure to the patient; computer-aided detection (CAD), which highlights suspicious areas on the computer image; improved detection of microcalcifications; and better evaluation of dense or fibrocystic breasts," explained **Sheryl Siegmund, MD**, a radiologist on Avera St. Luke's medical staff for the past 10 years.

Avera St. Luke's mammography staff is highly trained and experienced, with registered radiologic technologists who have advanced certifications in mammography.

If a screening mammogram reveals an abnormality, or when a lump is felt, the Imaging Center is the only facility in the Aberdeen area that can perform diagnostic mammograms and ultrasounds.

The Imaging Center also is unique as it is a free-standing facility, providing up-to-the-front-

door accessibility. Patients appreciate the privacy and not having to navigate through hospital hallways. For even more privacy, the mammography unit is located in an area designated as the Women's Center. ■

**Avera St. Luke's performs more than 10,000 mammo-**grams annually. The Imaging Center is located in Avera St. Luke's Healthcare Plaza, 820 First Ave. SE. With its mobile mammography service, Avera St. Luke's offers exams at 14 outreach sites. For more information, call 605-622-2550.



Dr. Sheryl Siegmund, a radiologist at Avera St. Luke's, says there are many advantages to full-field digital mammography, available at the Imaging Center.

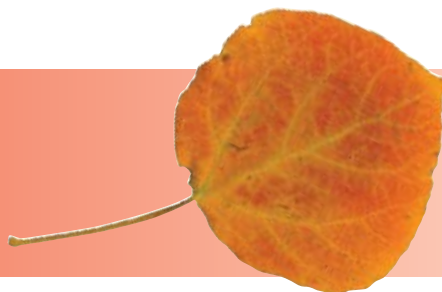
## Managing Life with Breast Cancer

Research shows that active coping—acknowledging a disease and making a plan to manage it—can help you live better with a cancer diagnosis. Strategies include the following:

- **Learn more.** Searching for information on the Internet, calling cancer-related organizations, or visiting the library can help you feel more in control. Talk with your doctor about what you find to be sure the information is accurate.
- **Seek social support.** Friends, family, and clergy can help with everyday tasks and provide emotional strength.
- **Eat right.** Food often doesn't taste as good during treatment, but you need enough calories to maintain a healthy weight. Ask a nutritionist for tips on preparing meals that appeal to you.
- **Exercise.** If you have breast surgery, stretching and strengthening your arms and shoulders lessens the side effects. Walking, swimming, or yoga may provide energy and relieve stress.

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## 1 FIRST STEP

The first and most important step is to determine whether or not the ClosureFAST procedure is appropriate for you with a complete ultrasound examination. For more information, call Tony Kallas at 605-622-5071 or ask your physician if this may be a viable option. VNUS ClosureFAST is covered by most medical insurance providers, including Avera Health Plans.

## Skip the Prescription for a Temporary Cough

If you're diagnosed with acute bronchitis, time may be the best medicine. Research shows the condition probably won't get better any faster with antibiotics—because most cases are caused by viruses. Even though antibiotics don't help, there are steps you can take:

- Rest.
- Drink water and other non-caffeinated fluids.
- Call your doctor if your cough doesn't get any better after two weeks.



## New Procedure to Treat VARICOSE VEINS

**W**ould you treat your varicose veins if there was a quicker, easier, and less painful way to do it? Avera St. Luke's is now offering VNUS® ClosureFAST, a clinically proven minimally invasive procedure that treats varicose veins and their underlying cause, venous reflux.

Nearly 25 million people in the United States suffer from venous reflux, which develops when the valves that usually keep blood flowing out of your legs become damaged or diseased. Traditionally, patients would undergo varicose vein stripping surgery. Now men and women of all ages may be able to be treated more comfortably with the ClosureFAST procedure, as an outpatient at Avera St. Luke's. This procedure also may be useful to treat leg pain, discomfort, fatigue, heaviness, or swelling.

Using ultrasound, the physician positions the Closure catheter into the diseased vein, through a small



**Dr. Les Lenter, interventional radiologist** at Avera St. Luke's, uses the VNUS ClosureFAST procedure to help treat varicose veins and other leg problems.

opening in the skin, described **Tony Kallas, Radiology operations manager** at Avera St. Luke's. "The tiny catheter delivers radiofrequency (RF) energy to the vein wall. As the RF energy is delivered and the catheter is withdrawn, the vein wall is heated, causing the collagen in the wall to shrink and the vein to close. Once the diseased vein is closed, blood is re-routed to other healthy veins."

Avera St. Luke's has seen great success with this procedure. Patients report a significant decrease in leg pain and fatigue and noticeable improvement in varicose veins. They indicate feeling little or no pain from the procedure, and typically resume normal activities within a day. ■

# CHRONIC FATIGUE:

## Mysterious but Very Real

**C**hronic fatigue syndrome (CFS) means more than just being tired—it often disables sufferers to the point that they can't take part in everyday activities.

For many with CFS, just making it out of bed takes effort. This fatigue persists for months or even years, despite getting plenty of rest and sleep. Work, physical activity, or mental tasks can leave sufferers exhausted for days or weeks.

### CAUSE REMAINS UNKNOWN

CFS is most frequently found in adult women, but men and children also can develop it. Although researchers have not found a specific cause for the disease, studies identify differences in the brain and immune and nervous systems of those who have it. New research indicates genes also may play a role.

### SYMPTOMS ARE WIDE-RANGING

CFS can occur suddenly, or it may come on gradually over a period of weeks or months. While the main symptom is extreme tiredness, others include:

- sore throat
- tender areas in the neck or armpits
- muscle and joint pain
- headaches
- trouble sleeping
- exhaustion that lasts more than 24 hours after exercise
- loss of memory or concentration.

There's no cure for CFS, but doctors can treat some of the symptoms. In some people, the disease gradually goes away—for others, it's a lifelong problem. See your doctor if you are frequently too tired to fully take part in normal activities. Such fatigue may be a sign of CFS or another illness. ■



## Don't Keep Struggling to Sleep

Do you feel that your sleep is unsatisfactory? Do you have trouble falling asleep or staying asleep, or do you lie awake feeling worried or anxious? Do you ever awaken suddenly, gasping for breath? Does all of this interfere with your daily life?

If you answered “yes” to any of these questions, talk to your physician or call Avera St. Luke's Sleep Lab at **605-622-5357**. Using the most current technology available, nearly 400 sleep studies are conducted in Avera St. Luke's Sleep Lab each year, helping patients throughout the region get restorative and restful sleep.

### QUICK TIP

Dehydration can affect your memory, mood, and motor skills. It also may cause fatigue, headache, and dizziness.

Water is cheap, calorie-free, and low in sodium. Other foods and drinks also can fulfill your hydration needs. For a nutritional boost, drink low- or nonfat milk. Brewed tea packs an antioxidant punch, but watch out for caffeine. Fruits and many vegetables also contain a lot of water.



# COLD MEDICINES:

## Do You Need Them?



If you or your child has a cold, using an over-the-counter cough and cold medicine may not be the best strategy.

### SAFETY RISKS FOR CHILDREN

In children younger than 2, using cough and cold medicines may be especially risky. The Centers for Disease Control and Prevention has reported a few rare cases of infants dying from misuse of these medicines.

Because of these risks, guidelines published in *Chest* do not recommend over-the-counter cough medicines for young children. The American Academy of Pediatrics has a similar stance. It does not support the use of codeine or dextromethorphan, the most common over-the-counter cough medicine, for kids.

For adults, the story is the same. The guidelines published in *Chest* don't back over-the-counter cough and cold medicines because there's little proof that such medicines actually work. One exception is traditional antihistamine-decongestant medicines, which might offer some cough relief.

It's a good idea to talk to your health care provider to find out his or her opinion about using cough and cold medicines.

### STRATEGIES TO SINK COLDS

So what can you do if a cold comes your way? Focus on making yourself more comfortable for a few days while the cold makes its way through your system. Here's how:

- To clear a stuffy nose, try saline nose drops. A humidifier also can help moisten and drain your nose.
- If you have a sore throat, gargle with some warm salt water or suck on a lozenge.
- Take a pain reliever, such as acetaminophen, if you have a headache or fever. Aspirin is OK for adults, but not kids, because it is linked to a rare illness called Reye's syndrome. ■

Watch for announcements about new pediatricians at Aberdeen Pediatrics, a clinic division of Avera St. Luke's.

## LETTER FROM THE CEO



Ron L. Jacobson  
President and CEO

With the holidays soon upon us, our thoughts turn to home. At Avera St. Luke's, our thoughts are always focused on providing the best health care possible close to home.

What does close to home mean to you? For us, home means starting with the medical services available in your own hometown. Then if you need additional services, we strive to offer more technology and professionals who can treat your problem here in the Aberdeen region. If even more services are required, we can link with our extended family of Avera providers to meet your needs, including the use of telemedicine technology.

Being able to trust the professionals close to you—who live in your region and are dedicated to keeping you closer to your family—you know that your health care is more personal and more cost-effective. As you gather in your homes in the weeks to come, we send our best wishes to your family for a wonderful holiday season.

Sponsored by the Benedictine  
and Presentation Sisters

### Living Well

Ron L. Jacobson, President and CEO  
Patty Kirkpatrick, Director, Marketing  
and Public Relations

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