

# LivingWell

## Help Your Heart Right Now— START EXERCISING

If you've been inactive for a year or more, start with 10 minutes of moderate exercise each day and work up from there. Be sure to talk with your doctor first if you've had any health problems.

### GO "MODERATE" FOR A HEALTHY HEART

You don't need to run a marathon to improve your heart health. Moderate physical activity, such as brisk walking, is good for your heart. Health experts recommend 30 minutes of such activity on most days of the week. Biking, exercising on a stationary bicycle or treadmill, and dancing are also considered moderately active.

### ALREADY ACTIVE? REV UP WITH VIGOROUS EXERCISE

If you're already active, add vigorous exercise to your workouts. Vigorous exercises—including walking at a faster pace, jogging, high-impact aerobic dancing, and swimming laps—may be even better for your heart. It is advised that you participate in vigorous physical activity for 20 minutes or more at least three days a week. ■

**G**ood news: It's never too late to start exercising. New research shows that becoming physically active at any age reduces heart disease.

It's true that those who've exercised all their lives have the lowest risk of coronary heart disease. But latecomers to the game can still come out ahead of people who are never active.

### POST-40 FITNESS COUNTS

In a recent study, participants who waited until after age 40 to start exercising were 55% less likely to develop heart disease than people who were rarely active throughout their lives.

Plus, people who are the least fit get a lot of benefit just by becoming moderately active.

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## Fruit, Fiber Potential Key to Weight Loss

A recent study in the *Journal of the American Dietetic Association* compared the diets of overweight and

obese adults with people of normal weight. They found that leaner people ate more fiber, complex carbohydrates, and fruit than their heavier counterparts. This

was true even though both groups consumed similar amounts of calories.

Surprisingly, those at a normal weight averaged only one additional serving of fruit a day than the heavier group. For a 2,000-calorie diet, experts recommend 2 cups, or four servings, of fruit every day.

One reason for the weight difference may be that foods high in fiber and complex carbohydrates—such as fruit, legumes, and whole grain breads—make people feel full longer. This satisfaction may keep them from reaching for higher-fat fare, including processed foods and fatty meats.





Byron Petersen, vice president of Network Operations at Avera St. Luke's, found help for his sleepless nights after being monitored at Avera St. Luke's Sleep Lab. Sleep expert Sharon Haverty, a registered polysomnographic technologist, helped prepare him to have his sleep patterns analyzed.

# SLEEPLESS NIGHTS

Can Go Away, with the Right Help



People who dream of getting a good night's sleep—and just can't seem to find ways to do it—are not alone. More than 40 million Americans are affected by sleep disorders.

To help patients throughout the region find out why they struggle to sleep, about 400 sleep studies—using the most current technology available—are conducted in Avera St. Luke's Sleep Lab each year.

When you spend a night in one of the two sleep labs, Avera St. Luke's registered polysomnographic technologists monitor 16 different body functions. A polysomnogram is the test that records a patient's physical state during various stages of sleep and wakefulness and provides data essential to evaluating sleep and sleep-related complaints. After a patient is "wired up," technologists monitor and videotape their sleep time.



"If you are feeling tired during the day or never seem to get a good night's sleep, don't settle. Look for answers from a sleep study monitored by specially trained, licensed individuals," said **Rachel Haigh-Blume, director of Avera St. Luke's Sleep Lab.** "We are fortunate to have this specialty so close to home, with specialized physicians just a phone call away.

"There are many types of sleep disorders that can be diagnosed through this comprehensive study, including narcolepsy, sleep apnea, rapid eye movement (REM) disorders, restless leg syndrome, and many

others," said Haigh-Blume.

Sleep apnea is one of the most frequent diagnoses. A common treatment for this problem is continuous positive airway pressure (CPAP), which uses a device that sends a steady stream of air blowing gently into the back of the throat to keep the airway open during sleep.

"The increased awareness of the benefit that CPAP may have on one's health is growing," said Haigh-Blume. "For example, it has been shown to improve some individuals' cardiovascular health, as well as respiratory conditions other than sleep apnea." ■

A doctor's order is necessary to schedule an appointment at the Sleep Lab. For more information, call 605-622-5357.



## Feel Right at Home at the Sleep Lab



Sleep studies are done on weeknights, and occasionally on holidays, at Avera St. Luke's Sleep Lab, which is located in a three-room suite on the second floor of the hospital's East Wing. Each "bedroom" features a real bed, a bedspread and sheets, a TV, gentle lighting from wall sconces, and a private bathroom with a shower—so patients having their sleep monitored feel right at home. To maintain the relaxed atmosphere, a large, sliding picture hides oxygen and other medical equipment.

## Looking for Something?

Have you ever spent a few minutes looking for your keys, only to discover they were right there in your hand? Hunted for your eyeglasses while they rested on top of your head? Rummaged through a closet for the coat you were already wearing?



Avera St. Luke's believes that our consumers, partners, and employees might feel a similar surprise when they become reacquainted with the amazing health care system that we are.

Following more than a year of research and planning, Avera unveiled a new marketing campaign and tagline this May: *Look no further*. The campaign includes print, television, outdoor, and other collateral materials.

*Look no further* gives voice to Avera's complete offerings of specialty care, technological sophistication, clinical excellence, compassionate care, and industry leadership.

Sometimes when you're looking for something, it's closer than you think. Avera has it all—consumers, employees, and partners need not look any further.

## Fighting Acne the NATURAL WAY

A quick glance at drugstore shelves will show an array of topical solutions to tackle acne. But have you considered an “alternative” route to clear skin?

The exact cause of acne is not known, although hormones and heredity are thought to play a role. While diet hasn't been proven to affect acne, new research may be changing that—but not in the way you might think. Researchers found that not having enough vitamin A and E in your diet can aggravate acne symptoms.

### THE ANTI-ACNE DIET

You'll find vitamin A in eggs, beef liver, carrots, sweet potatoes, and cantaloupe, as well as dairy products and fortified cereals. Foods rich in vitamin E include spinach, broccoli, kiwi, nuts and seeds, peanut butter, and sunflower or safflower oil. It's recommended that adults consume 15 mg of vitamin E and 700 mcg of vitamin A daily.

Plus, because acne is partly an inflammatory condition, nutrients that discourage inflammation, such as zinc and the B-vitamin niacin, also may help. In one study, 79% of participants taking a daily supplement containing 750 mg of nico-



tinamide—a form of niacin—and 25 mg of zinc found their complexion improved after four weeks.

### KEEP CALM AND CLEAN

Managing stress also can help your skin. Stress elevates the hormones that can worsen acne. Try daily exercise and relaxation techniques, such as meditation and massage, to help reduce your body's stress response.

Finally, good old-fashioned cleanliness can help. Wash, don't scrub, your face with a gentle cleanser—not soap—twice a day. Don't aggravate blemishes by scrubbing or picking them. Also, choose makeup and moisturizers labeled “noncomedogenic” or “nonacnegenic,” as these won't clog pores. ■

## Dermatologists Can Help Treat Skin Problems



Warren Redmond, MD



Ty Hanson, MD

According to the American Academy of Dermatology, almost 100% of kids and teens between the ages of 12 and 17 get whiteheads, blackheads, or pimples at one time or another. And 17 million people in the United States—including adults, teens, and preteens—have acne.

When acne gets out of control, it might be time to see a dermatologist, a doctor who specializes in treating diseases of the skin. Avera St. Luke's physicians Warren Redmond, MD, and Ty Hanson, MD—who recently joined Dr. Redmond at Aberdeen Dermatology—can help with all your skin care concerns.

# BACK-TO-SCHOOL LIST

## Should Include Annual Checkup



**W**hether your child is off to school for the first time or heading back for the challenges of a new grade, making sure he or she has a healthy kick-off to the new school year is a must for any back-to-school list. This time of year is a perfect opportunity to schedule your child's annual medical exam.

During an annual checkup, your family doctor will make sure your child is meeting all relevant growth, development, and preventive care measures for his or her age. One of the most important of these is making sure that your child has received all the immunizations that protect against common childhood illnesses.

The checkup provides an opportunity for the doctor to answer questions your child has about physical changes he or she may

be experiencing. The doctor can offer advice regarding the dangers of certain behaviors, like smoking or drug and alcohol abuse, and education about the benefits of proper nutrition and regular exercise.

Back-to-school checkups can start your child on a path toward valuing regular preventive medical care. Often we forget that the doctor's office isn't just a place to go when you're sick. The best medical care promotes healthy decisions that prevent illness and provides screenings that detect illnesses before they become larger problems.

An annual checkup is an extra step parents can take to help ensure their child "makes the grade." ■

### QUICK TIP

What should your child expect from an annual checkup? While everyone

has unique needs based on individual and family medical history, the typical "well-child" exam includes some or all of the following:

- Height, weight, and blood pressure measurements
- Vision and hearing screenings
- Ear, nose, throat, and chest examinations
- Heart, lung, and reflex checks
- Other examinations as needed, including blood or urine analyses or tuberculosis tests

## LETTER FROM THE CEO



Ron L. Jacobson  
President and CEO

We live in a rural environment. In fact, that is one of our strengths. It has shaped Avera St. Luke's, as we have found ways to provide quality health care and technology over long distances, have built a network of professionals that provide expertise, and have partnered with area communities to create a "connectedness" that benefits all. That self-sufficient attitude is part of the fabric of who we are.

Over the last few months, you may have seen or heard the phrase "Look no further" in TV, print, or other media. It is part of a new message from Avera facilities to convey the value of our system's strength, our compassionate care, and our clinical and technological excellence. It means that although you live in a rural setting, you need to look no further than Avera to find excellent health care close to home.

Visit our website at [www.averastlukes.org](http://www.averastlukes.org).

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and Presentation Sisters

### Living Well

Ron L. Jacobson, President and CEO  
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and Public Relations

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Printed in U.S.A.

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