

BALANCESM

MY HEALTH...MY PLAN

STAY FIT – DON'T SIT

THE MANY BENEFITS OF WALKING

Just like a car, your body has an idle speed – a basal metabolic index. If you can increase your body's RPM, even from a 1 to a 2, your body burns more calories, more efficiently.

“It's simply the difference between sitting and walking,” said Preston Renshaw, MD, Chief Medical Officer for Avera Health Plans. “Walking is a very easy, simple way to boost your metabolism.”

Potential weight loss is just one benefit. There's also prevention of disease – heart disease, stroke, high blood pressure and cancer to name a few – and keeping your joints and muscles limber and functioning well.

“When you're sitting, you don't have any muscles engaged. The more you sit, the more deconditioned you become. Anytime you can walk or even stand during the day, you're doing your body a tremendous favor,” Renshaw said.

“Walking impacts your whole circle of well-being,” said Debbie Lancto, Health and Wellness Champion at Avera Health Plans.

(continued on page 6)

KEEP YOUR LIFE IN BALANCE

Break up your routine with outdoor exercises like tennis or golf, or team up with friends for an afternoon of ultimate Frisbee. Even kickball will get your heart going — and you don't have to be athletically gifted to play!



Live better. Live balanced. Avera.



GREAT HEALTH

It's all a matter of Balance

Dear Friend,

Spring is an amazing time of the year, when the Northern Plains comes back to life with the return of warmer weather. Avera wants you to help you enjoy it to the fullest extent, both through good health and convenience.

Our lives are so busy that oftentimes, our health gets pushed to the back burner. At Avera, we know it's sometimes difficult to make it to the clinic during our regular office hours.

That's why we've created AveraNow, an online video visit where you can connect with an Avera provider through your smartphone, tablet or laptop – anytime of the day or night. AveraNow kiosks are also available in Sioux Falls Hy-Vee stores. You can learn more at Avera.org/now.

While it's great to have these options, nothing can replace a good ongoing relationship with a primary care provider, like a family doctor. This person is absolutely key in helping you prevent disease, or at least catch it in the early stages, when it's easiest to treat.

It's all about living better, and living balanced.

This issue contains a lot of great features to help you do just that... like walking for wellness. How can you fit more steps into your day? The answer might surprise you. You'll also find recipes to help you add color to your diet, tips for summer skin care, and ideas about what questions to ask at your next annual exam.

Thanks for reading Balance! You'll find other articles and tips for healthy living at the Avera Story Center – Averastorycenter.org. If you need information about Avera providers, events and services, visit Avera.org.

In good health,

Tad Jacobs, DO
Chief Medical Officer, Avera Medical Group

Have a story idea for Balance?

Email Balance@Avera.org

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KEEP YOUR LIFE IN BALANCE

Still listening to the same tracks from December? Do some iPod "spring cleaning" by downloading a fresh workout playlist to get you going.

HEALTH BUZZ



Counting Sheep Lately?

If you have trouble falling asleep, you're not alone. Some 42 percent of Americans average fewer than seven hours of sleep per night, according to a 2015 Gallup poll. To get your most restful night, keep these tips in mind:

- An hour before bed, say goodnight to all your devices. A recent Harvard University study showed that screen time before bed suppresses melatonin secretion, makes falling asleep take longer, and leaves you feeling less alert the next morning.
- No matter how tempting it may be to sleep in on weekends, it's better to wake up at your normal time.
- Plan to stop sipping any drinks with caffeine for four to six hours before lights out, so the effects have plenty of time to wear off.

Source: Health.com

HEALTHY DINING



You can eat out and eat healthy, too. Many restaurants offer meals that are low in saturated fat and trans fats. That's good news for your health because a diet high in saturated or trans fats raises blood cholesterol. Follow these heart-healthy tips:

- Don't be shy about making special requests. Most foods on most menus will probably fit into a heart-healthy diet if prepared with lower fat ingredients and less salt. Ask your server if the kitchen can alter preparations to meet your needs.
- Ask for smaller portions, share entrees with a companion or put half of your meal in a to-go box.
- Even if they aren't on the dessert menu, many restaurants can offer you fruit or sherbet instead of high-fat pastries and ice creams.

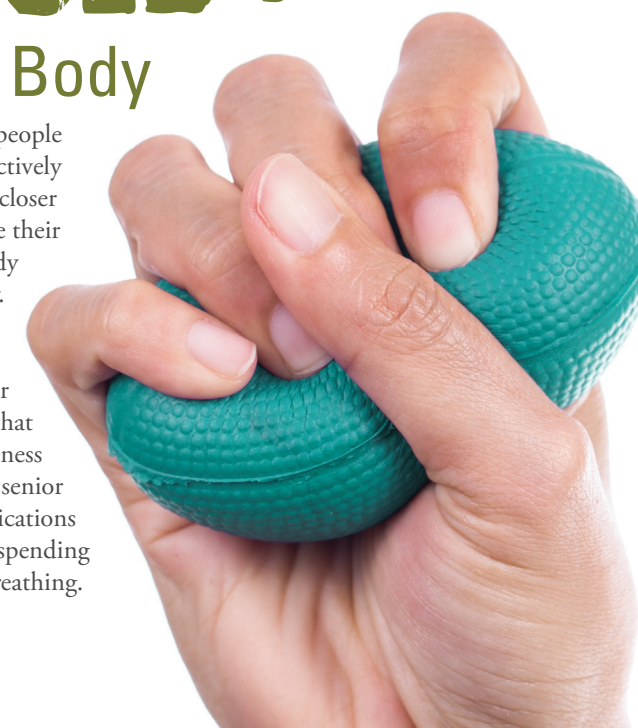
Source: The New York Times

STRESSED?

Listen to Your Body

Have you ever wondered how some people handle stress and adversity more effectively than others? It may be that they pay closer attention to what is happening inside their bodies, according to a new brain study of resilience in Biological Psychology. In scientific terms, resilience is the ability to rapidly return to normal, both physically and emotionally, after a stressful event. The study suggests that resilience is largely about body awareness and not rational thinking, noted the senior author. Improving internal communications with our bodies may be as simple as spending a few minutes each day in focused breathing.

Source: The New York Times



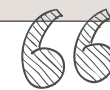
HEALTH TIPS

from Local Providers



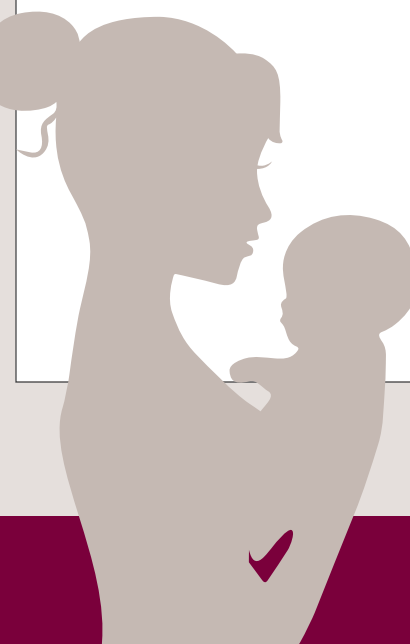
If you experience a sudden decrease in your ability to hear, your best chance to recover or limit further loss comes with a timely evaluation. Sudden hearing loss, occurring over a few hours or days, can be permanent 30-50 percent of the time. This is mostly because of a delay in seeking treatment. Rapid evaluation and directed intervention is the best means to limit the number of persons with permanent hearing loss."

- Arthur "Skip" Moeller, DO
Avera Medical Group
Ear, Nose and Throat Yankton



When a new baby is on the way, it's not only the pregnant mother who needs vaccines. All family members and caregivers should have a whooping cough (Tdap) vaccine at least two weeks before meeting the baby if they haven't had one in adulthood. Yearly influenza vaccination is also recommended. Keeping those close to babies healthy will offer protection to babies too young to be vaccinated themselves."

- Andrea C. Seurer, MD
Avera Medical Group
McGreevy 69th & Western
Sioux Falls



"Great health is a journey, not a destination, and science has shown that the better we care for ourselves the more pleasant our journey can be. Unhealthy lifestyle habits have been recognized as major contributors to heart disease and suffering. Whatever our age, we would be wise to cut down sugared beverages, move more often, and enjoy brightly colored fruits and healthy fresh vegetables."

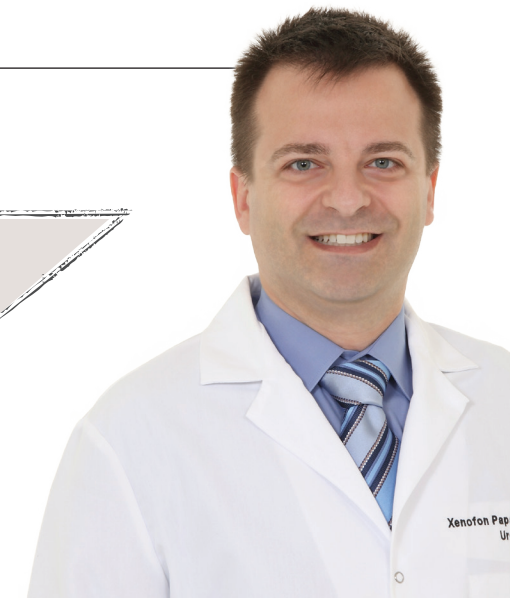
- G. Craig Kiser, MD
Avera Medical Group Urology Aberdeen



Avera's physicians, health care providers and staff are working together for your health. We are Avera, and we're thankful to be serving the same communities where we live.

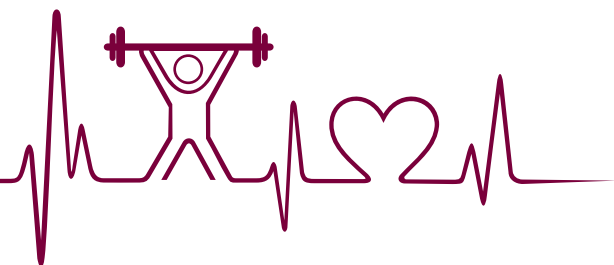
"Strive for a balanced work/personal life. Eat healthy, exercise and spend quality time with your loved ones. Keep yourself healthy so you can help everyone around you. Don't be afraid to ask your doctor for advice or help when you need it."

- Xenofon Papadopoulos, MD
Avera Medical Group
Urology Mitchell



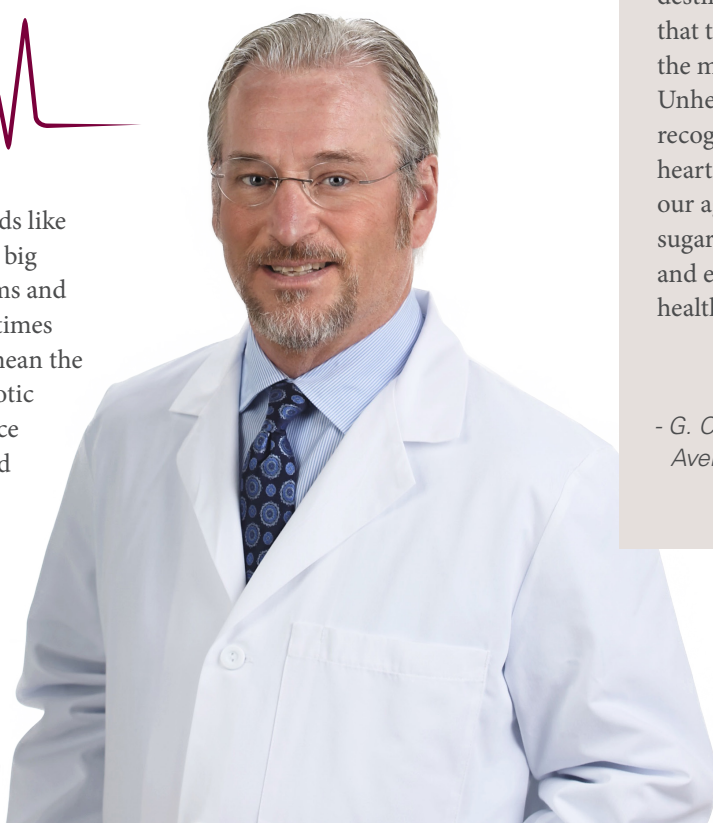
"Depression and anxiety can affect even the best of us. Many of the ups and downs of life can be managed with exercise, healthy eating, supportive and positive relationships, meditation, adequate rest and counseling. However, sometimes low moods can result from low levels of neurotransmitters in the brain. Most antidepressants are designed to increase levels of these neurotransmitters to help decrease symptoms of low moods, poor sleep, lack of focus, decreased interest in activities, and feelings of anxiety. If you feel like depression and/or anxiety is adversely affecting your life, discuss treatment options with your health provider."

- Robert Johnson, DO
Avera Medical Group Pierre –
a Department of Avera St. Mary's Hospital



"Pay attention to your body. It sounds like a little thing, but it can make such a big difference. Be aware of any symptoms and share them with your doctor. Sometimes ignoring signs and symptoms can mean the difference between taking an antibiotic and needing surgery or the difference between a small, limited surgery and a more complex, major procedure."

- Trent Carlson, MD,
Avera Medical Group Marshall



HOW MANY STEPS?



BRISKLY WALKING
(3.5 mph)

**= 115 STEPS
PER MINUTE.**

A 30-minute walk is 3,450 steps

Steps per minute for other activities:



Source: Medicine and Science in Sports and Exercise

STAY FIT – DON'T SIT

THE MANY BENEFITS OF WALKING

(Continued from page 1)

Tracy Yorek, an Avera Health Plans member, has always enjoyed walking and running, however, she found it hard to be consistent, especially during the winter months. A 100-miles-in-100-days challenge at her workplace motivated her to get back on track. At the same time, she started to eat healthier, for example, replacing ranch dressing with vinaigrette. “I lost 14 pounds over just a few months.”

To maintain a healthy weight, Tracy continues to run and walk regularly, and watch what she eats. As a counselor at Volunteers of America in Sioux Falls, she incorporates walking in her day as much as possible. “If it’s a nice day, I’ll go for a walk with a client or a co-worker. It’s a lot more fun to walk with someone and keep each other accountable.”

Walking is a great stress reliever, and it can be a good social outlet if you walk with others, Lancto said. “It’s easy to do, it’s fun and it’s free.”

For all the above reasons, take as many steps as you can throughout the day. Wearing a fitness tracker or pedometer helps you realize just how many – or how few – steps you take each day. A worthy goal is 10,000 steps per day.

If you want to lose weight, and it’s not happening, it’s also important to look at diet. Eat small, healthy meals throughout the day. Non-processed, natural foods are best. Choose complex carbohydrates, like whole grains, over simple carbs. This strategy keeps enough “fuel in the tank” to keep your metabolism going, but not so much that you’re adding pounds.

Don’t starve yourself. “Then you tend to overeat and make bad choices,” Lancto said. Also, starving yourself signals to your body that there’s a shortage of food, and your metabolism will slow down, having the opposite effect.

“People don’t realize how active they could be,” Renshaw said. “Making some simple changes in diet and daily activity can set you up to lose weight without thinking too much about it.”



MAKE WALKING A CENTRAL PART OF YOUR DAY:

- Start off on the right foot by taking a brisk, 10-15 minute walk in the morning. It’s worth getting up a few minutes earlier.
- Save yourself the frustration of looking for a close parking spot, and park farther away.
- Walk to another office or cubicle, rather than sending an email.
- DON’T eat lunch at your desk. “You need a mental break from your work. That’s why they call it a lunch break,” Renshaw said. Spend 15 to 20 minutes of your lunch hour walking.
- Take a walk after work, or engage in some other exercise for at least 30 minutes five days a week.
- Play with your kids when you get home – hide and seek, tag or catch, or go for a bike ride.
- Don’t dread your chores. Working in the kitchen, doing laundry, vacuuming, and taking out the trash all add steps to your day.



KEEP YOUR SKIN Healthy THIS SUMMER

When you switch out your winter wardrobe to shorts and sandals, be sure to also think about your skin care for the warmer weather.

It's essential that you take care of your skin, especially in the summer, when the sun is more direct and we are outside more and exposing more skin to the sun. According to the American Academy of Dermatology, one in five Americans will develop some form of skin cancer during their lifetime.

"Summer is a time when you get the most UV radiation. That radiation is the leading cause of skin cancer. It also causes aging," said Jenny Nelson, MD, Avera dermatologist.

"Sunscreen bottles are typically 3-5 ounces. The recommended quantity of application is 1 ounce (or one shot glass) if you are an adult wearing a bathing suit. Couple that with reapplication every two to four hours, and you should be going through a bottle rather quickly," Nelson said.

FOLLOW THESE TIPS TO KEEP YOUR SKIN HEALTHY

1

SUNSCREEN: MORE THAN YOU THINK.

Look for a sunscreen with an SPF 30-50, which is the recommendation from the American Academy of Dermatology.

If you usually purchase only one to two bottles of sunscreen a summer, you're not applying enough.

If you're doing any swimming or sweating, reapply the sunscreen every two hours or a minimum of four hours if you're just sitting.

2

SUN-PROTECTIVE CLOTHING.

You'll stay cooler when your skin is covered and be protected against harmful ultraviolet rays. Plus, you won't have to apply sunscreen to those covered areas. Look for long pants, long-sleeve shirts, hats with a wide brim, or swim shirts. "I really encourage swim shirts for kids," Nelson said.

3

SOOTHE YOUR SKIN.

If you do have over-exposed skin, take care to treat the sun damage. Most sunburns can be treated with Vaseline or a gentle moisturizer to ease the sting or burn.

4

TAKE CARE OF YOUR BODY

Take care of your body — and your skin will reflect it. Lifestyle choices really do make a difference in the health of your skin. "Not smoking and staying out of the sun — those are the most important," Nelson said.

5

FOLLOW A HEALTHY SKIN ROUTINE.

Your skin care routine depends on your goals, Nelson says. If you're looking for healthy skin, use a mild, non-drying soap, along with a moisturizer and sunscreen. Cleansers tend to be less harsh than soap. "If your goal is anti-aging, a moisturizer, sunscreen and retinoid have the most science behind them," Nelson said.

MAKING SURE YOU'RE COVERED

You've started a new year. You're healthy. You have health insurance. Things are going great.

But like all things in life, things change. You find out your company is downsizing and you've lost your job. Or maybe you're having a baby.

Thankfully, it doesn't mean you have to worry about your insurance coverage. Loss of a job and having a baby are both qualifying life events that provide a Special Enrollment Period to get individual health insurance outside of the once-yearly open enrollment period.

Other events that qualify include marriage, divorce and moving. These events provide you a short window of time — usually about 60 days from when your coverage ends — to enroll in a new plan or change the existing plan in your household, including a spouse who has coverage through a different employer.

Unlike the yearly open enrollment period, documentation is typically necessary to verify your change in status, said Janice

Lewis, Sales Associate with Avera Health Plans. For example, this might be a birth certificate, marriage certificate or certificate of coverage from your previous insurance plan.

While qualifying life events are not new to employer-based programs, the creation of an open enrollment period through the Affordable Care Act means people are more limited in when they can sign up for an individual or family insurance plan the rest of the year.

"People sometimes don't understand that the open enrollment period is the only time they are allowed to enroll without a qualifying life event," Lewis said.

While there is that short window to make changes after a qualifying life event, it's still best to call right away to alert your plan in case you need to track down necessary documentation, Lewis advises.

Find out if you qualify for a special enrollment period due to life events at AveraHealthPlans.com

Qualifying Life Events

▶ Turning 26 and no longer eligible to be on your parent's plan



▶ Losing your job-based plan



▶ Getting married

▶ Losing coverage through a divorce

▶ Losing eligibility for Medicaid or Children's Health Insurance Program (CHIP)



▶ Having a baby, adopting a child or placing a child for foster care

▶ Retiring, eligible for Medicare and Medicare Supplement



▶ Permanently moving outside your insurance plan's service area

COLLEGE BOUND

One recent change to health insurance regulations is that kids can stay on their parents' plan until they're 26 years old

But what if they head to college out of the network?

Depending on your coverage, students may be able to join an affiliated network where they are enrolled. Avera Health Plans offers this option to its members with a few easy steps.

TIP: Make the call at the beginning of the school year so you can get the network set up before your child needs to see a doctor.

Here's what to do:

1. Call the Service Center to report where your student will be living and enrolled.
2. Avera Health Plans will verify enrollment and find an affiliated network in your area.
3. You'll receive a card with your student's in-network information.
4. Search providers and hospitals inside the network — it's not guaranteed that all health systems and providers in your child's town will be included.

5 Questions to Ask at Your Next Checkup

When your annual checkup rolls around, those minutes with your provider seem to fly by very quickly. And it's just too easy to say, "No, I'm set" when your doctor asks if you have any questions.

So we asked Janell Powell, MD, Avera Internal Medicine Women's specialist, to recommend some great questions to ask at your next visit.



"How can I manage stress better?"

Stress affects you physically and mentally, and can lead to weight gain, heart problems, depression and poor relationships.

Because stress has a major effect on your health, it's always a relevant topic to bring up at an annual wellness exam.



"What's the best way to reach a healthy weight?"

While it's tempting to turn to quick fixes and fad diets, your physician can help you find the best diet and exercise program to fit your lifestyle.

Not only will you feel more in control of your weight, but exercise is a great way to relieve stress.



"How do I know if my heart is healthy?"

First, it's important to know your family history. Has anyone suffered a heart attack? Struggled with high blood pressure or cholesterol? If so, get screened immediately and modify your lifestyle by reducing stress, exercising more and eating a heart-healthy diet.



"What screenings should I have?"

Guidelines for the general female population:

- Colonoscopy: once every 10 years starting at age 50
- Mammogram: every year starting at age 40
- Bone density scan: after menopause
- Pap test: once every three years starting at age 21

If you're at a higher risk for developing any of these diseases, your doctor may recommend screening more often.



"Could I be depressed?"

You know when you don't feel like yourself.

Talk to your physician about any changes in your life, such as insomnia or sleeping more, loss of appetite or overeating, decreased energy, irritability, or loss of interest in the activities you usually enjoy.

Importance of Getting a Pap Test

Cervical cancer rates are low in the United States, and it's not a coincidence.

Why? Young women are protecting themselves by getting the HPV vaccine around fifth or sixth grade. Also, for decades, women have gotten regular Pap tests for prevention and early detection.

The age of starting Pap tests and frequency of screenings is something you should discuss with your provider, taking into account your behaviors and risk factors. Whether or not a Pap test is needed each year, annual wellness exams are still recommended for all women.

More than 40 years ago, cervical cancer was the No. 1 cause of cancer death in women, according to the Centers of Disease Control and Prevention. Pap tests, which became

routine post World War II, have changed that dramatically, by finding precancerous cells before cervical cancer can even develop, and catching cervical cancer in its earliest and most treatable stages.

Today, there are an estimated 12,900 new cases of cervical cancer and 4,100 deaths of the disease. It accounts for only 1.5 percent of cancer in women, according to American Cancer Society data.

On a related note, HPV, which causes most cases of cervical cancer, isn't just a health concern for women. Men, too, can contract the sexually transmitted infection which leads to genital warts and some cancers. To prevent this, the HPV vaccine is recommended for both boys and girls. ■

Test Your Health and Wellness I.Q.

1

Skipping meals a few times a week is OK when trying to lose weight.

FALSE: Skipping meals and eating too little may lower your metabolism, making weight loss more difficult.

2

If your mother, sister, grandmother and close female relatives have never had breast cancer, it's OK to get a mammogram every few years rather than every year.

FALSE: Every woman should get a mammogram each year starting at age 40. If you're more at risk, discuss screening frequency with your physician.

3

A person can have human papillomavirus (HPV), a sexually transmitted infection, without noticing symptoms.

TRUE: HPV can be transmitted even if the carrier has no physical symptoms; that's why the virus is so prevalent.

4

As women get older, they require more sleep.

TRUE: Adequate shut eye improves thinking, memory, stress management, satiety, skin and more.

5

The higher the SPF content in your sunscreen, the better protection for your skin.

TRUE: Physicians recommend choosing a sunscreen with an SPF no lower than 30. Also, don't be stingy; lather it on thick and often.

A DOCTOR'S OPINION:

PREPARE FOR YOUR ANNUAL EXAM



Q and A with Avera Women's Internal Medicine Physician, **Janell Powell, MD**

What women health issues do you see patients for?

I cover all aspects of primary care for women, head to toe. A large part of my job is administering annual exams, including Pap tests, blood pressure checks, lung exams and recommending regular screenings, such as colonoscopy and mammograms. I get to walk alongside women through every part of life, whether that's puberty, pregnancy or menopause.

How should patients prepare for their checkups?

Before your appointment, make a list of your current medications, supplements and over-the-counter products. Remember to include the dosage and times you take them. Also, write down any concerns or questions you may have.

How can women and men beat the "It'll never happen to me" syndrome?

People never think a disease will happen to them, especially if they have a clear family history. But this isn't a guarantee. Just because no one in your family has had colon cancer or diabetes doesn't mean you won't be the first. That's why preventive screenings are vital; they catch disease in its earliest and most treatable stages.

What is your approach to women's health?

I believe environment is very important. Whether it's tasteful décor or a warm greeting from a staff member, we focus on creating a pleasant and inviting atmosphere in our clinic. That's when patients feel comfortable in discussing their concerns openly and honestly. ■

To learn more, visit Avera.org/live



Colorful Food

MORE THAN MEETS THE EYE

Each spring, the earth awakens from its winter hibernation with bright, vivid colors – announcing the arrival of a new season.

Nature also uses colors to provide hints about the nutritional value of plant-based foods, such as fruits, vegetables, nuts, seeds, grains, beans and legumes.

While color is the clue, the nutritional power is packed into phytonutrients.

“Phytonutrients are active compounds in plants that can have great health benefits,” said Lauren Cornay, Registered Dietician at Avera. “Each phytonutrient has its own unique benefits, so that’s why it’s important to have a colorful diet filled with a wide variety of fruits and vegetables.”

Research shows that phytonutrients may have benefits such as prevention against cancer, heart disease and age-related diseases such as macular degeneration. They also may protect against blood clot formation that could lead to heart attack or stroke, lower blood pressure and LDL cholesterol (“bad” cholesterol) and enhance immunity.

Keep in mind that these benefits are in addition to all of the vitamins and minerals found in plant-based foods. “The research surrounding phytonutrients solidifies why fruits and veggies are such an important part of our diets. That’s why we recommend filling half of your plate with them at each meal.”

And the benefits of a colorful diet aren’t only for adults. “It’s really important for kids to try new foods, such as fruits and vegetables, when they’re young. Encourage them to help pick out and prepare fruits and vegetables. If you involve them in the process, they’re more likely to be receptive to it,” recommended Cornay.

For more information about health and nutrition, visit Avera.org

Break out the GRILL

“People start using their grills more in the spring time, so I often recommend grilling vegetables. Asparagus, for example, is loaded with phytonutrients. All you need to do is lightly coat it in olive oil and grill it for 5-10 minutes. It’s a simple, delicious and nutritious side.”

- Lauren Cornay, Avera Registered Dietitian



PINEAPPLE SALSA

2 cups fresh pineapple, chopped

1 cup red and/or green bell pepper, chopped

½ cup sweet onion, chopped

¼ cup lemon juice

3 tablespoons cilantro, chopped

1-2 fresh jalapeno peppers, seeded and finely chopped

Blend pineapple, bell pepper, onion, lemon juice, cilantro and jalapeno pepper in a medium bowl. For a richer taste, refrigerate, covered for 4-24 hours, stirring occasionally. Serve with grilled chicken or seafood or as an appetizer with chips.

(Recipe from Avera Heart Hospital)



BLACK BEAN SALSA

1 (8 ounce) can black beans, drained and rinsed

8 ounces frozen corn, thawed and drained

1 fresh tomato, chopped

¾ cup onion, chopped

½ cup green bell pepper, chopped

3 tablespoons low-sodium vegetable broth

3 tablespoons fresh cilantro, minced

3 tablespoons lime juice

2 cloves garlic, minced

½ teaspoon ground cumin

Combine ingredients and mix well. Serve with tortilla chips or vegetables or as a side dish.

(Recipe from Avera Heart Hospital)



SPRING-FORWARD SMOOTHIE

½ cup frozen berries (strawberries, blueberries, raspberries, etc.)

½ cup nonfat plain yogurt

½ cup skim milk

½ cup fresh spinach (small handful, sub ⅛ - ¼ cup frozen)

1 banana

1 teaspoon flax seed meal

Combine all ingredients in a blender. Pulse on the ice crush option until the berries are mostly blended and then put on puree for about two minutes or until smooth.

(Recipe from Avera Heart Hospital)

KEEP YOUR LIFE IN BALANCE

Instead of designing goals based purely on weight loss, concentrate on how you feel. If counting calories has you down, think in terms of portions instead.

Like our recipes? Have a recipe you'd like to share?

Email us at Balance@Avera.org

MODERN MEDICINE



MITCHELL, S.D.

Grassland Health Campus Opens



The Avera Medical Group Family Health Center at the Grassland Health Campus opened March 21. The 70,000-square-foot facility houses the latest technology and nearly a dozen comprehensive services provided by 16 physicians, four advanced practice providers, a psychologist and trained care teams. This new building brings family medicine, internal medicine, pediatrics, an AveraNow walk-in clinic, a drive-through pharmacy, urology, lab, imaging, a dialysis center, general surgery — and dermatology opening this summer — all under one roof.

Community members from Mitchell and the surrounding area celebrated the opening at special events in March.

Learn more at AveraQueenofPeace.org



Maybe A Baby

Upcoming Event Dates: June 21, Oct. 18

Are you thinking that it might be time to start a family? Maybe a baby? Becoming a parent is a challenging, rewarding, life-changing commitment. Avera would like to help, by providing an opportunity to learn more at “Maybe a Baby.”

By participating in “Maybe a Baby,” potential parents can make decisions to benefit their relationship, the health of both mother and

YANKTON, S.D.

Avera Sacred Heart Hospital will host its annual Kids’ Health and Safety Fair on April 28. Hundreds of fourth grade classes from the region will convene in the Avera Sacred Heart Hospital Professional Office Pavilion to learn about health and safety issues from Avera health professionals and community organizations.

Learn more at AveraSacredHeart.org

O’NEILL, NEB.

Community Health Fair/ Blood Draw Screenings

5:30-8 a.m. April 20 and 27, Avera St. Anthony’s Hospital, O’Neill, Neb.

Know your numbers — get them checked early before you head to the fields or in to the office. Gain important health care knowledge without an appointment or time away from your family or work. A wide range of screenings are available; prices vary. No appointments needed, but first come, first served.

baby, and feel better prepared for when “maybe a baby” turns into “definitely a baby.” This event will provide the opportunity for prospective parents to talk one-on-one with physicians and other health care professionals in a casual setting.

Visit Avera.org/maybeababy for locations near you.

UPCOMING RACES



PIERRE, S.D. April 30

Stand up to Child Abuse 5K Walk/Run
To learn more, call 605-224-3229

SIoux FALLS, S.D. May 7

The 2016 Avera Race Against Breast Cancer is 8 a.m. Saturday, May 7, at the Avera McKennan Fitness Center, 3400 S. Southeastern Ave.

The event offers 10K and 5K runs as well as a 3-mile walk and 1.5-mile family fun walk. All proceeds support the fight against breast cancer.

Register and find more information at averaracesiouxfalls.org

MARSHALL, MINN. June 4

The Avera Marshall Race Against Breast Cancer is June 4, beginning at 8:30 a.m.

The event features 5K and 10K races, along with a 5K walk and a 1-mile survivor, family and friends walk. All funds raised stay local with proceeds going toward the Avera Marshall Foundation’s cancer care fund. The events start and end on the campus of Avera Marshall Regional Medical Center, 300 S. Bruce St.

Visit AveraMarshall.org to register and learn more.

PIERRE, S.D.

May 6 - 25th Annual Avera St. Mary’s Foundation Gala

Learn more at AveraStMarys.org

Non-Surgical Precision for Brain Tumors

Speech, emotion, vision, movement — and virtually all of the body’s vital functions begin in the brain, making a brain tumor a very serious diagnosis.

Treatment options have historically included surgery, external radiation and chemotherapy. Now, these options are greatly expanded by the addition of the gamma knife at Avera.

While primary treatment for brain tumors is surgery, not all tumors can be safely removed in surgery. Gamma knife was designed specifically to treat brain tumors and other brain conditions through stereotactic radiosurgery.

Gamma knife delivers a very high dose of radiation to a very small target with great precision and accuracy. It ablates, or removes the tumor or lesion, while causing minimal damage to surrounding normal tissue.

Instead of surgical incisions, the gamma knife uses about 200 small beams of radiation targeted on the tumor.

“Having the gamma knife is a great addition to the care of our patients. We feel blessed to have the best radiosurgical technique available, right here in Sioux Falls, and our patients no longer need to travel out of state to be treated on a gamma knife,” said James Simon, MD, Avera Radiation Oncologist.

ABERDEEN, S.D.

Latest Cancer Treatment Technology



Avera Cancer Institute Aberdeen is grateful for a generous grant of \$3.4 million from The Leona M. and Harry B. Helmsley Charitable Trust to purchase a fully digital Elekta Infinity™ linear accelerator for its new home in the Don and Carmen Meyer Center of Excellence.

The Elekta Infinity delivers precise beams of radiation to destroy cancer cells. The machine’s capabilities allow high treatment accuracy and optimal positioning, while also reducing radiation dosages. Motion management tools monitor and adjust for changing position of the tumor caused by motion of the body. Treatment planning software and on-board imaging provide for enhanced precision.

Thanks to Avera’s collaboration with Elekta and the placement of Elekta machines at other Avera locations, radiation treatment is seamless between Avera locations, should a patient need care at another Avera Cancer Institute site.

Avera

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and fatigue by drinking
about two liters of
water a day, and 17
ounces about two
hours before exercising.

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MY HEALTH...MY PLAN

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