

AN EXTRA EDITION SPONSORED BY AVERA HEALTH

# she

FOR THE WOMEN OF SIOUX FALLS

**NEW STYLE**  
WARDROBE REDO FITS  
AFTER WEIGHT LOSS

**HEALTHY BALANCE**  
WOMEN TREASURE  
MARRIAGE, KIDS, CAREER

**WEARABLE TECH**  
TRACK YOUR HEALTH

# Finding Joy

STAYING ACTIVE  
DESPITE CHRONIC  
DISEASE

SPECIAL EDITION 2015  
AN ARGUS LEADER MEDIA  
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# WOMEN *of* AVERA

*Avera has hundreds of women physicians and health care providers working every day to keep their families and patients healthy. This Mother's Day, they're sharing some of their best tips with you.*



## How do you get the day started right?

"I usually come to the clinic at least 20 minutes to a half hour early. That allows me to clear anything that's pending from the day before so we start the day fresh."

**Jessica Claussen, MD**

Ophthalmology

Mitchell, S.D.

Wife, mother of two

Enjoys golfing and spending time with family.

**Avera** 

[Avera.org/womenshealth](http://Avera.org/womenshealth)

## How do you shut off work to make time for family?



"We eat dinner together every night so we have time to share and talk and see how each other's days went. This allows us to reconnect with each other."

**Jessica Dickes, MD, FACOG**  
Obstetrics and Gynecology  
Aberdeen, S.D.  
Wife, mother of two boys  
Wears a Fitbit with the goal of reaching 10,000 steps daily.

## How do you rejuvenate your spirit?



"For me, exercise is therapy. It just kind of clears my mind. I don't have to worry about things when I'm exercising. It's relaxing for me. It gives me energy."

## How do you keep your diet healthy?




"I pack a lunch every day. When you're busy, it's easy to get caught up going to the cafeteria or out to eat."

**Ashley VanDyke, DO**  
Family Medicine  
Sioux Falls, S.D.  
Engaged to be married  
Going to the gym is a way to relax and connect with her fiancé.

**Avera**  
Medicine Together  
& University Health Center




**Marty Allison, MD, FAAP**  
Pediatrics  
Pierre, S.D.  
Wife, mother of three children  
Likes to unwind with a good book or exercise.



## How do you get your kids to eat their fruits and vegetables?

“As soon as we get home, we either cut up a pear or apple or put out some baby carrots. Otherwise, they’ll snack on things that aren’t healthy. That way, it’s out on the counter and it’s easy and accessible.”



**Nanci Van Peursem, MD**

Family Medicine  
Milbank, S.D.  
Wife, mother of two children

Protects Sundays as a day of rest and to spend with family, whether it’s watching a movie, spending the day outside or just hanging out together.



# WOMEN *of* AVERA

*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.*

MOTHERS | WIVES | DAUGHTERS | CAREGIVERS

**Avera** 

## Don't Give Cancer the Upper Hand.

Regular screenings can find cancer in the earliest stages before symptoms occur and when it's easiest to treat. Talk with your provider about the need for screenings, which can vary by age and family history.

### CERVICAL CANCER

Pap every  
3 years

Pap every 3 years  
or Pap plus HPV every 5 years

### BREAST CANCER

Mammogram every 1-2 years

### COLORECTAL CANCER

Colonoscopy recommended  
every 10 years. Beyond age 75,  
discuss the risks and benefits  
of testing with your provider

20  
years old

30

40

50

60

70

80

Shared decision making is encouraged between patients and providers regarding screening and treatment of cervical cancer.

The above guidelines for breast and cervical cancer are recommended by Avera Medical Group. The guidelines for colorectal cancer are from American Cancer Society recommendations.

**Avera** 

[Avera.org/womenshealth](http://Avera.org/womenshealth)



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## CELEBRATING WOMEN IS OUR GIFT TO YOU

Dear Readers,

Happy Mother's Day! If you're not a mother yourself, you're a daughter, and might have special women in your life who are like a mother or daughter to you. Whatever your walk of life, we celebrate you.



Kendra Calhoun

Avera is committed to the well-being of all women, throughout all phases of life. So for this special occasion, we are sponsoring this special edition of *She* magazine.

Women devote much of their lives to caring for others — children, spouses, elderly parents. I know this from personal experience, being a mother and member of the “sandwich generation.”

Often, we can get a little “off balance” because we don't spend enough time being concerned about our own health and neglect to take proactive steps toward a healthier lifestyle. That's why we wanted to bring you this unique collection of articles and features — to inspire you, inform you and help you along on your life journey.

In this issue, you'll read about women much like you, who have persevered through challenges such as heart disease, breast cancer, infertility and ulcerative colitis. You'll read about some of the specific health problems of women, and how you can better balance all the demands of marriage, kids and career. You'll read about how technology can benefit your health, through new apps and devices that track your numbers. We'll introduce you to some amazing women, such as twin sisters and physicians Jen and Kim McKay and volunteer Penny Porter. Also, I hope you'll enjoy some entertaining features about food, style and home living that might give you a few ideas or just be a fun read.

Please enjoy this special edition of *She* magazine, compliments of Avera. I invite you to learn more at Avera.org. Thanks for reading!

Best wishes,

**Kendra Calhoun**

**Senior vice president for marketing, Avera Health**

she

STYLE | HEALTH | ENTERTAINMENT



Lori Bies

Contact us

**EDITOR**

Brenda Wade Schmidt

**COPY EDITOR**

Jane Thaden Lawson

**CONTRIBUTING WRITERS**

BryAnn Becker Knecht, Alyssa Kuecker, Donna Farris, Kelly Thurman

**DESIGNER**

Amanda Boyd

**PHOTOGRAPHERS**

Joe Ahlquist, Jay Pickthorn, Emily Spartz Weerheim

**COVER PHOTOGRAPHER**

Emily Spartz Weerheim

**ADVERTISING**

Holly Doud,  
hdoud@argusleader.com  
331-2364

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# calendar OF EVENTS



## EVENTS AND PROGRAMS PRESENTED BY AVERA HEALTH

### MAY

**SURGICAL WEIGHT LOSS PROCEDURES**, 1 p.m. May 20 at the Prairie Center, 1000 E. 23<sup>rd</sup> St.

**COMMUNITY OPEN HOUSE**, 11 a.m. to 2 p.m. May 17 at Avera Prince of Peace Retirement Community, 4500 Prince of Peace Place.

**PRE-DIABETES CLASS**, 3 p.m. May 20 at Plaza 3, 1315 S. Cliff Ave.

**FREE EDUCATIONAL SEMINAR ON THE IDEAL LIVING PROGRAM**: 12:15 to 1:15 p.m. May 11, at the Prairie Center executive conference room; 5:30 to 6:30 p.m. May 28, at the Prairie Center Presentation Room, 1000 E. 23<sup>rd</sup> St.

### JUNE

**SURGICAL WEIGHT LOSS PROCEDURES**, 7 p.m. June 4 or 1 p.m. June 17 at the Prairie Center, 1000 E. 23<sup>rd</sup> St.

**MAYBE A BABY**, 6 p.m. June 16 at Avera McKennan Women's Center third floor atrium, 1325 S. Cliff Ave.

**FREE EDUCATIONAL SEMINAR ON THE IDEAL LIVING PROGRAM**: 12:15 to 1:15 p.m. June 8, at the Prairie Center executive conference room; 5:30 to 6:30 p.m. June 25, at the Prairie Center presentation room, 1000 E. 23<sup>rd</sup> St.

### JULY

**SURGICAL WEIGHT LOSS PROCEDURES**, 7 p.m. July 9 or 1 p.m. July 15 at the Prairie Center, 1000 E. 23<sup>rd</sup> St.

**FREE EDUCATIONAL SEMINAR ON THE IDEAL LIVING PROGRAM**: 12:15 to 1:15 p.m. Monday, at the Prairie Center executive conference room; 5:30 to 6:30 p.m. July 23, at the Prairie Center presentation room, 1000 E. 23<sup>rd</sup> St.

### HEALTH SCREENINGS

**MAMMOGRAMS**, 8:15 to 10:45 a.m. May 23, June 13 and July 18; and extended hour appointments until 6 p.m. May 14 and 28, June 18, July 9 and 30 at the Prairie Center, 1000 E. 23<sup>rd</sup> St. Call 322-PINK (7465).

### MONTHLY SUPPORT GROUPS

**SIoux EMPIRE STROKE CLUB**, second Monday at 4 p.m. in the Elmen Room at Dow Rummel, 1321 Dow Rummel St. Contact Jill Rye, 322-2173 or Jill.Rye@Avera.org.

**SIoux FALLS BRAIN INJURY SUPPORT GROUP**, second Saturday of the month at 1 p.m. at Active Generations, 2300 W. 46<sup>th</sup> St. Contact Julie Benz, 322-5010 or Julie.Benz@Avera.org.

**SURGICAL WEIGHT LOSS SUPPORT GROUP**, second Thursday of the month at 7 p.m. at Avera McKennan Fitness Center, 3400 S. Southeastern Ave.

**LIVER DISEASE SUPPORT GROUP**, third Tuesday of the month at 5:30 to 6:30 p.m. at the Avera Living Well Center, 2400 S. Minnesota Ave. Contact Jerry Bunkers, 322-8517 or Jerrold.Bunkers@Avera.org.

### CANCER SUPPORT GROUPS

**MEN'S CANCER SUPPORT GROUP**, first Tuesday of the month at 5:30 to 6:30 p.m. at the Prairie Center, 1000 E. 23<sup>rd</sup> St.

**BMT CONNECTIONS**, second Thursday of the month at 4 to 5:30 p.m. at the Prairie Center, 1000 E. 23<sup>rd</sup> St.

**LOOK GOOD, FEEL BETTER**, first Tuesday of the month at 1 p.m. and fourth Wednesday of the month at 4 p.m. at the Prairie Center, 1000 E. 23<sup>rd</sup> St.

**CANCER CAREGIVER SUPPORT GROUP**, first Thursday of the month at 4:30 p.m. at the Prairie Center, 1000 E. 23<sup>rd</sup> St.

### HEALING, NATURALLY

Also known as holistic or complementary medicine, integrative medical therapies help patients deal with symptoms and enhance a sense of well-being. Patients and practitioners alike consider these therapies to be an important component of medical care.

Avera Integrative Medicine offers the following options: Acupuncture, aromatherapy, mind-body classes, nutrition services, therapeutic massage and weight management. For information, call 322-3241.

Register for classes by calling 877-AF-AVERA (877-282-8372) or visit Avera.org and click on events calendar.





# THE AVERA RACE CELEBRATES HEROES!

Thank you to our sponsors, participants, volunteers and, most importantly, our heroes.  
Because of you, the Avera Race is benefiting local heroes and their families.

You can still celebrate our heroes and support the Avera Race Against Breast Cancer.  
Visit [AveraRaceSiouxFalls.org](http://AveraRaceSiouxFalls.org) for more information.

## THANK YOU TO OUR SPONSORS!



# Books



## "Out Came the Sun" by Mariel Hemingway (Regan Arts)

Born into one of America's best-known families, Mariel Hemingway grew up with the advantages of sharing the name of her grandfather Ernest Hemingway and the burden of growing up in a family at least as dysfunctional as it was famous.

"Out Came the Sun" is her memoir of growing up Hemingway, flirting with an intermittently successful film career, a number of difficult relationships and finally of finding her own voice — a progression toward self-awareness evident in the strength of

writing later in her book.

Mariel Hemingway writes of the surreal experience of attending first grade at Ernest Hemingway Elementary School as she was growing up in Idaho, and how some classmates reacted with resentment once they made the family connection. She writes of tensions in her parents' marriage often made worse with bouts of drinking.

Mariel got a break when Woody Allen offered her the role of Tracy, a high school student in the movie "Manhattan." She received an Oscar nomination as best supporting actress, and seemed on her way to a promising film career. She writes that "Manhattan" did wonders for her confidence and "helped strengthen my still-fragile self-image."

Hemingway got several other roles in movies, but seldom matched the success she had in "Manhattan."

She is sometimes asked: "What is it like to be part of the Hemingway family?" But she writes that she "spends much more time thinking about what is it like to be part of the much broader family of flawed, hopeful, intermittently improving humans."



## "Behind Every Great Man: The Forgotten Women Behind the World's Famous and Infamous" by Marlene Wagman-Geller (Sourcebooks)

Marlene Wagman-Geller's "Behind Every Great Man: The Forgotten Women Behind the World's Famous and Infamous" is a well-crafted exploration into the lives of 40 women who were coupled with some of history and pop culture's most prominent.

The majority of these women did not have happy lives. Though the book provides exceptions, the majority of these men either were extensively unfaithful to their partners or abandoned their partners and/or children in times of need.

But while much of the book resonates with the wide range of horrors these women went through at the hands of their lovers, its focus is their own strength and power that inspired change to the world.

The book's easily digestible format of short chapters noting the highs and lows of these women's lives is attention-grabbing and enlightening, proving that although we might not know their stories, we should.

## "Lacy Eye" by Jessica Treadway (Grand Central)

While her older sister excelled on the athletic fields, in classrooms and at parties, Dawn was that girl who just never quite fit in. Maybe it was her amblyopia, the condition otherwise known as lacy eye, but maybe there was something more going on?

That question animates "Lacy Eye," an intricately plotted psychological thriller by Jessica Treadway, the story of a mother trying to figure out what happened to her family, and why.

During a home invasion, Dawn's father is killed, and her mother, Hanna, is brutally injured, disfigured and left with no memory of what happened the night of the attack. Dawn's boyfriend is convicted of the crime, but three years later he wins an appeal, and Dawn, who has been to college and dropped out, returns to the family home. Gradually, Hanna begins to put the pieces together.

Could Hanna herself have played a part in her husband's death and the splintering of her family? She feels guilt and deep sadness that she can't quite bear to acknowledge. Treadway deftly depicts how Hanna gradually remembers the attack and how it reflects rage that was years in the making. Although the grand jury failed to indict Dawn, the community very much saw her as guilty in the attack on her parents. For years, Hanna had worked to protect her awkward and friendless child from bullies; she defended her from all the cruel names, such as Ding Dong Dawn. Yet, somehow, she so much wanted to believe in her daughter's goodness that signals eluded her.

Treadway raises interesting questions for those who instinctively protect society's weakest members at the expense of understanding that the meek can be as dangerous as the strong among us.

After the attack, Hanna clings to her daughter's innocence and the boyfriend's guilt, but she gradually learns more about her daughter. Initially, she had thought that the boyfriend had cast a sort of spell on Dawn and made her compliant to his wishes, but she comes to see it differently.



## "The Buried Giant" by Kazuo Ishiguro (Alfred A. Knopf)

Kazuo Ishiguro, master of the slow burn (he wrote "Never Let Me Go" and "The Remains of the Day," two novels that sneak up on the reader), has carefully cultivated what may be the best metaphor for our troubled times in recent literary fiction: England after the fall of Camelot.

Ishiguro's spare, powerful novel "The Buried Giant," his first in a decade, follows Axl and Beatrice, two forgetful old people in a forgetful old nation. Gradually, though, it becomes clear they and the rest of the country suffer from a "mist" of memory loss against which they must struggle to remember their shared histories.

The pair can't remember a great deal about their lives — how much isn't revealed until the final pages — but they're certain they have to find their son, who (maybe) lives in a nearby village. Once they set off to find him, they run across the elderly Sir Gawain, formerly of the Round Table, and a Saxon warrior (never "knight") named Wistan, both of whom declare their intention to slay the dragon Querig, whose magic breath causes the mental fog that afflicts, or perhaps protects, all of England.

Most vitally, the mist obscures Axl and Beatrice's memories of one another. As they wander the countryside with the errant heroes, the two have odd flashes of days gone by, and both begin to worry that total revelation will end their marriage. There's a lot more to the book — the tribal loyalties that may return if the dragon is slain could cause bloody war — but the marriage of two elderly peasants somehow becomes the most important thing in the world, its tenderness deepened by the fear that it might vanish forever in the light of the truth.

For all its grittiness, this is very much a fantasy novel and a romance in the classic sense of the word. Like the best fantasy novels — and the best Arthurian legends — "The Buried Giant" is unapologetically moral.



Wire services



# HEARTS IN HEALING

PHOTOS BY JAY PICKTHORN, SHE MAGAZINE

Artwork from local and regional artists was sold at auction, along with donated prizes, at the annual Hearts in Healing event at Avera Behavioral Health Center.

Add in inspiring patient stories, gourmet desserts and hors d'oeuvres to round out the fundraiser. Proceeds benefit urgent care services and the Arts in Healing program at the Avera Behavioral Health Center.







*Make more memories* @home

**Avera@Home**

[Avera.org/womenshealth](http://Avera.org/womenshealth)

Memories are what make a house feel like a home. Your children, grandchildren and even great-grandchildren have all run up and down the stairs and snuck goodies from the counter. Avera@Home can provide home health care and personal support so you don't have to make new memories in a new house, you can stay in the home you already have.

# What are your favorite Mother's Day memories?

BY BRENDA WADE SCHMIDT

My mom always arranged vases of garden flowers for our home, so I was surprised to learn **SHE LONGED TO BE GIVEN A BOUQUET**. I vowed to bring flowers whenever I visited (Heda), not just Mother's Day. My granddaughter even hand-picked an armful of plastic tulips from Alco in Webster! Make any day Mother's Day. — Cathy Schneider

My grandma (Elinor Moon) never needed anything and would give away everything, simultaneously, just to make someone in the world happy. She was selfless. She held my family together, and she was always there whenever anyone needed her, whether it was her own family or her day care kids, or her neighbors and friends. **SHE WANTED TO GIVE GIFTS TO OTHERS, NOT RECEIVE THEM**, which is why some of my favorite Mother's Day memories are when she would finally accept the praise and gifts that I gave her because she deserved them so much! — Ellie Hofer

As far back as I can remember, my mom taught Sunday school — always 3-year-olds. In that one hour, each Mother's Day Sunday, she planned and did a project with those little ones to give to their mothers. My mom was the selfless type that got more out of **SEEING THE EXPRESSION ON OTHER MOMS' FACES WHEN THEY SAW THEIR CHILD'S CREATION**, than celebrating the fact that she herself was a mother. And in the short 42 years she had on earth, she taught me that how your life's time is spent, like doing things for others, is far more important than the amount of time we're given. — Nicole Dybvig Wirkus



## FIND YOUR BALANCE

If you enjoy these articles on health, visit [Avera.org/womenshealth](http://Avera.org/womenshealth) to sign up for the latest tips from our experts.

**BALANCE**  
MY HEALTH... MY PLAN

The first 100 to register will receive a \$10 gift card.

\* No purchase necessary.

**Avera**

# Downsizing

New wardrobe adds fun changes after weight loss

STORY BY DONNA FARRIS, AVERA HEALTH  
PHOTOS BY EMILY SPARTZ WEEERHEIM, SHE MAGAZINE

Reducing from a size 18 to a size 8 not only marked a victory for Monica Swearingen in her long-time battle against weight gain. It became the perfect opportunity to build a new wardrobe to show off her new shape.

After giving birth to four kids and years of staying entrenched in the same habits, the weight just seemed to add up for Swearingen, of Stratford. Her doctor advised her to cut calories and exercise more.

"But it's not that easy," she said. Swearingen did lose some weight, but then she started seeing the numbers on the scale climb back up.

She received a flier in the mail from Dr. Maria Lao, who is board certified in obesity and bariatrics with Avera Medical Group Internal Medicine Aberdeen.

"I decided to give it a try, and go in and see her." Swearingen was impressed with how Lao listened to her concerns, and began to address them — one by one. Swearingen was not to the point of needing bariatric surgery, but she did need to systematically work out the issues that kept her from being able to lose weight and keep it off.

"First, she lined me up for physical therapy, because I wasn't able to walk after I got off work, my back hurt so much. Even getting out of a chair was hard, and I could hardly put my shoes on." Physical therapy helped

Model is Monica Swearingen. Clothing and photo shoot location provided by AMaVo Boutique, 4807 S. Louise Ave. Hair and makeup by Audra Arampatzis.



Pedal pusher wedge shoe, \$79.



Studded fringe cardigan, \$57; tribal print tank top, \$27; suede riding pant, \$103; and neutral jeweled bib necklace, \$33.

strengthen Swearingen's back to free up her mobility.

She got an online fitness pal to help keep her accountable. "I do a lot of walking. I live out in the country, so on nice evenings I might walk for an hour or an hour and a half."

In the meantime, Lao helped Swearingen get to the root of the problem — what she was eating, when and how much. "I worked with a therapist at the same clinic to help me understand that I was eating for a lot of reasons, such as boredom, anger, sadness or depression — lots of things that had nothing to do with being hungry," Swearingen said.

She learned how to adopt better eating habits. "I stopped buying all the junk food, like potato chips and candy, and started buying more fruits, vegetables and salads. I was amazed at how much better I felt, just based on eating healthier."

Swearingen works in the dietary department in her local nursing home. "The food was so good there that I started bringing my own food so I would have more control of my daily food intake."

In total, Swearingen lost 48 pounds.

"I like casual dressing, like jeans and boots, and it's fun to find new clothes that fit my personality as well as my new size," she said.



The back view of the studded fringe cardigan, \$57.



Coral embroidered peasant top, \$47; seamless capri leggings, \$16; and ivory jeweled necklace, \$27.



Bohemian tunic, \$37;  
white capri leggings,  
\$16; and statement  
necklace, \$33.





Boho Aztec  
maxi dress,  
\$37; denim  
jacket, \$97;  
and tribal  
layered  
necklace, \$43.



Owl cup, \$9.



Blush clutch, \$49.

Floral maxi  
dress, \$53, and  
navy jewel  
necklace, \$34.





Prioritize what is important  
— don't try to do it all

Free your weekends  
for family and friends

Don't overschedule  
yourself or your kids

Have a morning  
and bedtime routine

Take time for yourself

Make a household chores  
list for the entire family

Unplug and have quiet time,  
especially before bed


# BALANCING ACT

*Life can get stressful when you're trying to do it all.*

*Finding the right balance can improve your mood and health.*

**Avera** 

Learn more at [Avera.org/womenshealth](https://www.avera.org/womenshealth)



Personalized  
décor creates a  
relaxing space

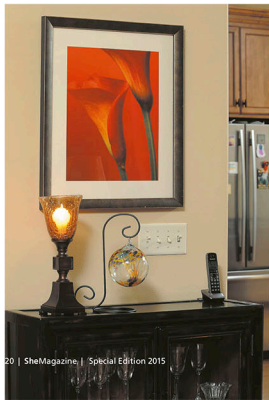
# Comfort at home

STORY BY BRYANN BECKER KNECHT, AVERA HEALTH  
PHOTOS BY EMILY SPARTZ, WEERHEIM, SHE MAGAZINE

Annie Siewert  
in her Sioux  
Falls kitchen.



(Above) Annie Siewert uses red and yellow for a pop of color in her kitchen. (Left) The painting is inspiration to accent with touches of red.



**A**s a busy OB/GYN and new mom, Dr. Annie Siewert strives for balance at work and at home.

"I love my patients and love what I do. I also love being a mom. It's important to strike a balance between the two," she said.

Now that she's a mom to Preslee, who was born in August, coming home to a calming space is especially important. She and her husband, Cody Siewert, depend on their home to be a comforting place to unwind.

"I love being here. We come here to relax," she said.

The décor — filled with colorful details and reminders of her hometown of Yankton — reflects Siewert's priorities of making time

for family and keeping an upbeat attitude on life. As for her style, she simply decorates with what she loves.

"I pick out things that make me feel happy and comfortable," she said.

Her family moved into their home in south Sioux Falls in 2012. The open concept floor plan includes a family room, breakfast nook, kitchen and formal dining room, accented with crown molding throughout. The Siewerts do most of their entertaining in this space. They enjoy hosting large family gatherings, and family members naturally gather around the central island in the kitchen.

#### Colorful Décor

Her color palette of red, cream and brown ties together the four living



(Above) The open dining room and kitchen area has a built-in bookcase for cookbooks.  
(Below) The living room at Annie Siewert's home is designed for comfort and relaxation.

areas. It's easy to spot Siewert's favorite color. Just look for the pops of red.

"Red is a power color, and seeing it naturally energizes me," she said.

In the kitchen, red appliances and décor line the countertops and cabinets, adding contrast to the kitchen backsplash. A print of calla lilies hangs near the entryway.

The kitchen has cherry wood cabinets, maple floors and granite countertops. The island serves as both a work station for cooking and as a display case for cookbooks and china.

The formal dining room is set off from the rest of the space by an arch. The room features a reminder of her hometown: two prints of Lewis and Clark Lake in Yankton by artist Jolene Steffen. The print "Majestic Bluffs" was commissioned when the nursing home Avera Sacred Heart Majestic



Bluffs opened in Yankton. The painting shows the outline of angels in the sky, as the sun shines down on the bluffs.

Siewert found the tall armoire, the showpiece in the family room, at a consignment shop in Vail, Colo. The armoire, made with handmade mahogany, is from Maitland-Smith, a company known for its limited-edition furniture. "We didn't know it was a rare piece; we just liked it," she said.

#### "Shoot for the Moon"

For the décor in Preslee's nursery, the new mom drew upon her own childhood to design the room with a "stars and moon" theme. Her mom, Pam Rezac, always wrote the phrase "shoot for the moon" in cards to Siewert. Now she wants Preslee to also grow up knowing that she can set her goals high — and achieve them.

The chandelier was "a must for Preslee's room," she said. The sparkly linen drapes were made by a longtime family friend. Both items add a touch of sparkle to complement the lilac walls.



The result is a whimsical yet tranquil nursery.

It's certainly a space where Siewert spends a lot of time. She cherishes moments with Preslee and also realizes that going through pregnancy and being a new mother has helped her relate more to her patients.

"The experience has given me more empathy toward my patients and what they're experiencing, physically and emotionally. I'm definitely able to be a better OB/GYN because of that."



(Above) The nursery light fixture. (Above, left) Annie Siewert with her daughter, Preslee. (Below) The nursery for her daughter.



# GET YOUR HEALTHY ON

Wellness is more than a number on a scale, it's a lifestyle that can lower your risk of heart attack, diabetes and other chronic conditions.

FOLLOW THESE TIPS TO STAY MOTIVATED:

Find a buddy.



Eat five servings of fruits and vegetables daily.

Take up an active hobby.



Drink plenty of water and avoid sugary drinks.

Use a smaller plate so you feel like you're eating more.



Take frequent work breaks to increase activity.

Add flavor with herbs for a healthier option.



Get moving with 30 minutes a day of activity.

Set attainable goals — think 20 pushups a day, not 100.

**Avera** 

Learn more about wellness and weight loss at [Avera.org/womenshealth](http://Avera.org/womenshealth)



# Embracing life

Chronic condition doesn't  
stop Worthing woman

STORY BY DONNA FARRIS, AVERA HEALTH  
PHOTOS BY EMILY SPARTZ WEERHEIM, SHE MAGAZINE

**W**hether she's horseback riding or roughing it out in the wilderness, Lori Bies chooses to live life to the fullest — despite a chronic condition that would give her reason enough to stay close to home.

When she was younger, the Worthing woman had experienced cramping and loose stools with bleeding on occasion, but her symptoms became much worse when she was expecting her youngest daughter.

Also at the time, her son was in and out of the hospital, so she was concerned about his health and wasn't concentrating on her own, she says.

A few weeks after her daughter was born, the pain and bleeding continued, along with an upset stomach.





Lori Bies cares for her horse, Jay.



**Lori Bies of Worthing has ulcerative colitis but has an active life.**

"My doctors didn't know what it was, and tried treating it with increased fiber."

After diagnostic tests, she learned that she had ulcerative colitis, as well as a gluten sensitivity. That was 24 years ago. While there's no cure for her disease, it can be managed through medication and diet.

An estimated 1.4 million Americans — about one in 200 — suffer from chronic, inflammatory conditions of the digestive tract known as inflammatory bowel disease. The two major categories are Crohn's disease and ulcerative colitis. Ulcerative colitis is thought to be the result of an abnormal immune response to harmless bacteria in the digestive tract. Symptoms include chronic diarrhea, bloody stools, abdominal pain and cramping.

In addition to taking medications, patients need frequent colonoscopies because of their higher risk of colorectal cancer.

Bies helps to manage her symptoms by not eating foods that seem to make it worse — for example, carbonated soda, excess salt and fatty foods. "I do a lot of experimenting by eliminating a food from my diet, and then reintroducing it to see if that causes symptoms."

While her diagnosis is not easy to live with, Bies says she gained perspective from the inspiring





Lori Bies with  
her horse, Jay.

yet short life of her son, Eric. He dealt with a serious illness known as sarcoidosis, in which inflammation develops in the lungs and elsewhere. He died at age 13, yet his courage helped her to realize that life is precious, she says. "I know he's in heaven, making God laugh."

Bies says she is blessed to have two married daughters, Ashley and Jessica, and one grandson, Eli. "My daughters are both awesome ladies. I have two sons-in-law who could not be better if I had picked them out myself, and one grandbaby, so I have a lot to live for."

That includes a job she loves.

Bies was introduced to the medical assistant career when her youngest daughter was looking into colleges.

"I thought that as much medical stuff as I've been through, I might be good at that," she says. She followed in her daughter's footsteps and is a medical assistant at Avera Medical Group Gastroenterology.

"I can relate to our patients. When I tell them that I understand what they're going through, I truly mean it," she says. ■



Lori Bies works with her horse, Jay, near Worthing.

## Tummy tuneup

### START WITH DIET TO PREVENT GAS, BLOATING

STORY BY ALYSSA KUECKER, AVERA HEALTH

**Y**ou're sitting in a meeting, with a bubbly discomfort in your stomach region. Instead of numbers and graphs, you're focused on what is going on below, trying to prevent public humiliation.

Let's just put it out there: We're talking about gas and bloating.

For some people, bloat is a persistent source of discomfort, annoyance, and sometimes, embarrassment. And they aren't alone; up to a third of adults deal with bloat.

"About 40 percent of GI visits revolve around bloating, so it's a very common thing," says Dr. Cristina Hill Jensen, gastroenterologist at Avera Medical Group Gastroenterology Sioux Falls.

The causes of bloat vary greatly. It can be as concerning as an underlying chronic condition — such as celiac disease or irritable bowel syndrome — or as mild as just gulping down air while eating. It can be caused by bad bacteria in the colon that produce carbon dioxide and methane. In most cases, gas is the result of a diet

high in sugars and carbohydrates.

"If you experience symptoms toward the end of the day, there's a good chance it is related to what you are consuming for meals throughout the day," says Hill Jensen.

Bloat is certainly one of those issues for which you can first try some remedies on your own. A good place to start is your diet.

Hill Jensen recommends practicing a low-FODMAP

diet, a diet effective in treating those with irritable bowel syndrome. High-FODMAP foods consist of sugars and carbohydrates that aren't easily digested in the small intestine and quickly move into the large intestine. Here, bacteria ferment this undigested food, creating gas and bloat.

A low-FODMAP diet consists of foods low in monosaccharides (fructose, lactose, fructans, galactans) and polyols (artificial sweeteners).

But before you think that means

## Low-FODMAP Foods

 Fruit	 Vegetables	 Dairy <small>or Dairy Substitutes</small>	 Protein	 Grains
Bananas Blueberries Oranges Pineapple Rhubarb	Carrots Cucumbers Pumpkin Tomatoes Zucchini	Lactose-free products Hard cheeses Infused Swiss Soft cheeses Milk Milk alternatives Greek yogurt	Beef Chicken Eggs Turkey	Oats Corn Rice Quinoa
				<small>Food products made with wheat, barley or rye or products containing gluten</small>

just throwing out the junk food, consider this: Bananas and blueberries are low-FODMAP foods, but apples and blackberries are high-FODMAP foods.

"Oftentimes, healthy foods are the worst offenders," Hill Jensen says. To avoid confusion, she recommends finding a list of low-FODMAP foods from a reputable website.

Increasing your probiotic intake also can help rebalance the good and bad bacteria in your colon. Hill Jensen suggests buying probiotics over the counter in a pill or liquid form.

"You do get probiotics in yogurt, but you would have to eat eight yogurts to get the same effect," she says.

Other diet culprits include foods high in fiber, carbonated beverages and snacks containing high fructose corn syrup.

Besides diet, you can prevent bloat

by addressing mealtime behaviors. Try eating slower, taking smaller bites, chewing thoroughly and even talking less.


Regular exercise also alleviates chronic bloat and constipation. If you sit at a desk, take a walk during your lunch hour or visit a coworker in person rather than sending that email. A little movement here and there can help keep bloat at bay.

"If symptoms aren't improving, and you start experiencing nausea, vomiting or an irregular bowel pattern, then you should see a doctor or a specialist," says Hill Jensen. "We don't want to miss any underlying problems, such as a bowel obstruction or a gynecologic issue."

In general, gas and bloating aren't dangerous, but you don't have to live with the condition either. Just a few tweaks to your lifestyle can keep your tummy happy and quiet. ■



Dr. Cristina Hill Jensen



# Because the heart of a mother never stops.

The heart of a mother is loyal, steadfast, fierce and unflappable. It also is susceptible to heart disease. For women, the signs of heart attack can be subtle, with nausea and back or jaw pain. With a heart disease health risk assessment, you can learn about your risks to keep your heart keeps beating strong.

Register for a health risk assessment at [Avera.org/womenshealth](http://Avera.org/womenshealth)

Avera 



# Eat smarter

ELIMINATING, REINTRODUCING FOOD  
GROUPS CAN IMPROVE HEALTH

Jessica Morrell chops  
pineapple for a smoothie.



STORY BY BRYANN BECKER KNECHT, AVERA HEALTH

PHOTOS BY EMILY SPARTZ WEERHEIM, SHE MAGAZINE

**P**eanut butter on toast, yogurt and dark chocolate are foods that may seem harmless. But for people sensitive to common food irritants, they could be playing a role in health issues.

Food irritants such as peanuts, dairy and sugar can be inflammatory. That inflammation can contribute to chronic health conditions, everything from digestive problems to headaches, eczema and the elusive “brain fog.” This leads to feeling “off” and can signal that a person’s body is out of balance.

“Adverse food reactions are often overlooked as a cause or contributor of chronic health issues. If you find your food triggers, you can better manage your other health conditions,” says Jessica Morrell, certified nurse practitioner at Avera Medical Group Women’s Midlife Care Sioux Falls. The clinic works with women of all ages.

One tool to discover food sensitivities and intolerances is the Elimination Food Plan. The plan’s guidelines are adapted from the Institute for Functional Medicine, an integrative, science-based health care approach that treats illness and promotes wellness by focusing on rebalancing whole body function. Morrell is certified as a functional medicine provider.

In the Elimination Food Plan, people avoid common food triggers, including wheat and gluten grains, dairy, refined and artificial sweeteners, corn and soy, for at least 21 days. Then they introduce one food type every three days and monitor symptoms. If there is no reaction, that food group stays in the diet and the next food type is introduced.

Through this process, people can learn what foods make them feel the best.

“The plan allows you to develop a personalized approach to food,” says Takara Schomberg, RN, Avera Medical Group Women’s Midlife Care Sioux Falls.



Jessica Morrell makes a kale, pineapple and banana smoothie.





Fruity spinach salad.

### Three Reasons to Try the Elimination Food Plan

**1. "Reset" your body.** The Elimination Food Plan is useful in diagnosing adverse food reactions, whether it's a true allergy, intolerance or sensitivity. Individuals report higher energy levels, a better mood and less chronic symptoms, all because of a diet change. After the initial period of eliminating foods, many chronic symptoms should improve or disappear, says Jessica Morrell, a certified nurse practitioner.

**2. It's a low-risk test that has high potential health benefits.** The Elimination Food Plan doesn't involve extensive allergy tests. You change your diet and learn new, healthy recipes in the process. Overall, the diet calms inflammation in the body and supports gut repair.

**3. You will gain a better awareness of the food you eat.** The goal of this food plan isn't weight loss; it's to pay attention to what you're eating. The focus is on eating real food in its whole form. "Patients often say following the plan opened their eyes to the ingredients in the food they've been eating," Morrell says.

### FRUITY SPINACH SALAD

1 pint (or 2 cups sliced) fresh organic strawberries

8 ounces fresh spinach, washed, dried and torn to pieces

#### Dressing

1 tablespoon sesame seeds

1/2 tablespoon poppy seeds

1 scallion, chopped

1 tablespoon flax seed oil

1 tablespoon olive oil

2 tablespoons balsamic vinegar

#### Garnish

1 tablespoon sesame seeds

Cut berries in half and arrange over spinach in serving bowl. Combine dressing ingredients in blender or food processor and process until smooth. Just before serving, pour over salad and toss. Garnish with sesame seeds.

Tips: For a variation, try raspberries in place of strawberries, and sliced almonds.

Jessica Morrell, CNP at Avera Medical Group Women's Midlife Care Sioux Falls, with quinoa salad with chicken, grapes and almonds.



#### QUINOA SALAD WITH CHICKEN, GRAPES AND ALMONDS

- 2 cups water
- 1¼ cups quinoa, red or brown
- 1 teaspoon vinegar (rice or balsamic)
- 1 tablespoon lemon juice
- 1 tablespoon lime juice
- ¼ teaspoon sea salt
- ¼ teaspoon pepper
- 2 tablespoons olive oil
- ½ cup fresh basil, chopped
- ½ cup fresh mint, chopped
- ¼ cup fresh cilantro, chopped
- 2 cups shredded chicken breasts
- 2 cups grapes, halved
- ½ cup sliced and toasted almonds
- 3-4 cups baby spinach, chopped
- ½ cup green onions, chopped

Rinse quinoa under cold running water and drain. Bring 2 cups water to boil, and stir in quinoa with a pinch of salt. Reduce heat and simmer about 12-15 minutes until most of the liquid is absorbed. Uncover, and set aside to cool.

In a large bowl, whisk vinegar and lemon and lime juices with sea salt and pepper. Slowly add in olive oil and chopped herbs. Mix well.

Add cooled quinoa to dressing, and toss. Add chicken, grapes, nuts, chopped baby spinach and green onions, and toss again.

Serve at room temperature, or chilled, if preferred.

Tips: Cook and shred or chop the chicken ahead of time, if desired. This dish is nice served on a lettuce leaf for presentation. Use red quinoa and green grapes or regular quinoa and red grapes for a colorful presentation.

#### KALE PINEAPPLE BANANA SMOOTHIE

- 1½ cups unsweetened almond or coconut milk
  - 1 cup chopped, packed kale
  - ½ cup diced or chunk pineapple, fresh, frozen or canned in juice and drained
  - ½ banana (frozen is best)
  - ½ cup ice, if desired
  - 2 scoops vanilla vegan protein powder\*
  - 1 tablespoon chia or ground flax seeds
- Add all ingredients to blender, and blend until smooth.
- \*Soy-free. Typical varieties include rice, pea and hemp. It should be sweetened with Stevia or unsweetened altogether. 1 scoop should equal 17 grams protein.

Source: Recipes from Functional Elimination Food Plan, Avera Medical Group Women's Midlife Care Sioux Falls





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## *L*ife as a mom is a balancing act.

With PTA meetings, basketball practices and meals to plan, it's time someone did something nice for you! That's why Avera and Hy-Vee are teaming up to celebrate you this Mother's Day. We're bringing you healthy, nutritious and pampering items to make this day even more enjoyable. So, this Mother's Day stop by your nearest Hy-Vee and treat yourself. You deserve it! Thank you for selflessly giving so much to those around you.

Live better. Live balanced. Avera and Hy-Vee.

*A Happy Mother's Day*



Doctor  
Kimberlee  
McKay.

# DOUBLE

**Avera**  
WomensCare  
Member of Avera Medical Group  
Dr. Kimberlee McKay

# VISION

Twin sisters bond  
through love of  
medicine, family

STORY BY BRYANN BECKER KNECHT,  
AVERA HEALTH  
PHOTOS BY JOE AHLQUIST,  
SHE MAGAZINE

Doctor  
Jennifer  
McKay.

Jennifer McKay, MD  
Hospitalist

Avera  
Medical Group  
Hospitalists



Walking the halls of Avera facilities, it's easy to believe

you're seeing "double" when greeting one Dr. McKay, and then another.

Although slightly set apart by choice of hairstyle or glasses frames, the two look-alikes are not only identical twins, they're both doctors, mothers of two, the closest of friends and next-door neighbors.

For Dr. Kimberlee McKay and Dr. Jennifer McKay of Sioux Falls, a shared history and love of medicine is only part of what makes their sisterhood and friendship so strong.

It's a bond that means 5:30 a.m. phone calls to check in before the day starts. It's sharing weeknight meals and vacations with their families, or stepping in to help when the other's spouse is out of town or working. Both husbands also work in medicine, so their families' schedules are especially busy.

It's a relationship that means sharing in the challenges of work-life balance and motherhood.

Kimberlee and her husband, Dr. Andrew Solares, have two children: Luke, 4, and Maren, 2. Jennifer and her husband, Dr. Ty White, also have two children: Cecelia (CJ), 10, and Gwyneth, 8.

The sisters' paths to medicine can be traced back to the emphasis their parents placed on education.

"When you grow up in the home of a teacher, school is the most important thing there is," Jennifer said. Their mom taught business and their dad, biology.

The problem-solving aspect of medicine and the security of the profession drew the twins' interest. In college, both worked summer jobs as nursing assistants



JOE AHLQUIST / ARGUS LEADER

Twin doctors Kimberlee McKay and Jennifer McKay and their husbands each have two children. From left, Luke Solares, 4; Gwyneth White, 8; C.J. White, 10; and Maren Solares, 2.

at the local nursing home in Belle Fourche, where they grew up.

The experience led Jennifer to become an internist, a physician who concentrates on adult medicine. "I fell in love with that generation of people," she said.

Kimberlee pursued obstetrics and gynecology because of her interest in the specialty but admits that she didn't initially think about the challenges of practicing medicine while raising a family. "You don't think about things like call schedules. That's been a challenge, how to balance all of that. Hence the moving next door."

Living as next-door neighbors means less driving, more time with each other's families and the ability to "divide and conquer" household duties.

Both admit there's no formula for being a "perfect mom."

"You keep trying and realize that

there's no recipe that says, this is a good mom," Jennifer said. "My best friend said to me one day, 'You know what, Jennifer? I'm a good enough mom.' Isn't that the truth? We all want to be the perfect mom, but what we need to be is the 'good enough mom,' the mom that's there when they're sick. The mom that understands what our kids need."

To help with that balance, both have established work, social and home routines. Family time is especially coveted.

"My priorities really shifted after having kids," Kimberlee said. "Most of our downtime is about refueling and being protective of that quiet time."

Jennifer agreed. "People are surprised to know that we don't do a lot together besides going out to movies or dinner together because our kids are young. It's because we value that time, at home with our families." ■

"You don't think about things like call schedules. That's been a challenge, how to balance all of that. Hence the moving next door."

— DR. KIMBERLEE MCKAY



Cathy Byington volunteers to encourage heart patients at the Avera Heart Hospital in Sioux Falls.

# A *mended* heart



Cathy Byington makes oatmeal muffins with her grandson Will Howes, 14.

## VOLUNTEER CHEERS CARDIAC PATIENTS

STORY BY DONNA FARRIS, AVERA HEALTH

PHOTOS BY EMILY SPARTZ WEERHEIM, SHE MAGAZINE

**I**n her 60s, Cathy Byington composes herself with the spirit and lightness of a teenager.

She hasn't always felt this way, but heart problems that likely started at birth have given her a new perspective.

Byington, a native of Canton and long-time Sioux Falls resident, inherited a family history of heart disease, yet she never expected it would result in open-heart surgery and ultimately a heart and kidney transplant. "You can run from it, but you can't hide," she says.

Her heart problems surfaced 12 years ago, the night her grandson, Charlie, was born, and she was

babysitting her 2-year-old grandson, Will, now 14. "I had carried Will downstairs to play, upstairs for a glass of water, downstairs to watch TV, and so on," she says.

After little Will was down for the night, as Byington sat down and turned on the TV, she realized she was missing parts of the show. Not by nodding off to sleep, but by blacking out.

She dialed the hospital switchboard, and the operator advised her to call 911.

"I would have rather set myself on fire than call an ambulance, but I did." An evaluation at the Avera Heart Hospital showed that

Cathy Byington volunteers at the Avera Heart Hospital.



**'I knew I wanted to have good shampoo, my hair dryer, curling iron, pajama bottoms and tons of clean underwear. I opened my suitcase, and realized I had 36 pair of new underwear packed in there.'**

**— CATHY BYINGTON**

Byington's heart was enlarged due to dysfunction of her mitral valve.

"It was like a time bomb," Byington says.

She had open-heart surgery to repair the valve, yet the symptoms returned. One morning, she went out to the car to go to work and just sat there.

"I couldn't breathe," she says. At that point, she was diagnosed with congestive heart failure because of valvular cardiomyopathy, and would ultimately need a heart transplant. "I heard 'failure' and 'transplant.' It was a lot to wrap my mind around."

In the coming months, Byington ended up in the hospital seven times. "I was still in denial of what the future would hold."

Her doctor suggested a transplant evaluation, "before you get really sick."

"That made me wonder what being 'really sick' would involve," Byington says. "I had good days,

but I also had days when I stayed in bed."

Byington was evaluated and approved for a heart transplant at the University of Minnesota. Then the wait began, and for Byington, it took 26 months.

Her blood pressure would get so low that her kidney function also fell into a critical stage. So she was listed for a kidney transplant as well.

Byington remembers driving near 41st Street and Minnesota Avenue on an April day in 2007 when her cell phone rang, and she received the first of several calls from her transplant coordinator. A heart and kidney might be available.

Knowing she could be called away at a moment's notice, Byington kept a bag packed.

"I knew I wanted to have good shampoo, my hair dryer, curling iron, pajama bottoms and tons of clean underwear. I opened my suitcase, and realized I had 36 pair of new underwear packed in there." She threw in whatever

clothes were clean, and went to the airport with her husband.

The donor, a good match in terms of blood and tissue type, as well as body size, was a 14-year-old girl who had lost her life in an accident.

Byington's family waited for hours as first the heart was transplanted, then the kidney. "By the next day, I was sitting on the edge of my bed and then walking," she says.

Yet healing was a journey. "I did not feel an immediate new lease on life," Byington says.

After one month, she got a weekend pass to come home. After another month, she could come home for good and resume her cardiac rehab at the Avera Heart Hospital. "I got used to my new normal," she says.

As she recovered, Byington was encouraged by Mended Hearts—volunteers who have gone through recovery after a heart attack or heart surgery.

"The doctors fixed my body, but Mended Hearts fixed my spirit,"

said Byington, now president of the local chapter. She spends time each week talking, laughing and crying with patients and their families at the Avera Heart Hospital.

While her journey has inspired many, Byington would say that other patients have given her just as much as she's given them.

She encourages patients that they'll feel better every day, every month. "I've had my chest opened twice. I know it's not easy."

Byington is also an advocate for awareness of heart disease. "Women need to listen to their bodies. The symptoms can be different—like shortness of breath, nausea or uncommon fatigue that you could attribute to something else."

The whole experience has been life changing.

"I didn't suddenly grow red curly hair. But I do feel more sensitive to people's needs. Everybody's got some kind of battle. It just doesn't always show," she says. ■

# Technology adds depth to

STORY BY KELLY THURMAN, AVERA HEALTH

# FITNESS TRACKING

Technology allows us to track our steps, sleep patterns and heart rate anytime of the day. It can tell us where we've walked, how fast we did it and even how many calories we've consumed.

Wearable fitness trackers, such as Fitbit or Jawbone, have increased in popularity as ways to track daily activity and nutrition. As the market develops, new devices are being created to improve everything from your posture to your tennis swing.

Along with a growing number of smartphone apps, wearable technology provides great ways to stay motivated and accountable by working to increase your steps and activity every day. Many workplaces even do competitions to keep people moving.

"It's motivating to get your steps

in each day," said Debbie Lancto, health and wellness champion with Avera Health Plans. "If people can visually see a difference, they're more apt to reach that goal."

Paul Ten Haken, president of Click Rain in Sioux Falls and local digital expert, likened the devices to an electronic personal trainer.

"People know they have this on their wrist," he said. "It helps encourage them to go up the stairs instead of taking the elevator."

Many health and fitness apps are being created to sync data from wearable technology so information is easily digestible, providing a great starting point.

"I run, but it's still interesting to see just how inactive I can be in the office," said Dr. Preston Renshaw, chief medical officer of

Avera Health Plans. "It's a constant reminder in the back of my mind letting me know, 'Hey, you haven't been as active today.'"

Sales of all wearable devices are expected to reach \$6 billion by 2018, according to a study by the national market research company ABI Research. But as such devices evolve, many companies are working to increase user friendliness.

"I think they'll continue to get better and better," Ten Haken said, adding that research indicates people tend to lose interest after time. "If you think of any technology that's popular, the reason it's popular is because it's so easy to use, and we don't even have to think about it. There's still too much we have to think about with fitness apps and wearables."

Swatch is introducing a smartwatch that will never have to be charged, for instance. Some trackers now have built-in heart rate monitors instead of having to strap a separate device around your chest. You also can measure heart rate through an app by simply pressing your finger to the camera lens.

Both Ten Haken and Renshaw said the technology is moving toward the ability to sync data from a tracker to medical records so a doctor could see actual fitness and nutrition information.

"To give a complete picture of my exercise, my diet and my total health — a full 360 degree evaluation of what's going on with me in real time — I think that's where the real future of this technology is going," Renshaw said. ■

## FITNESS AND TECHNOLOGY

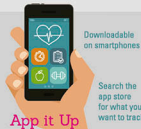


Source: TechnologyAdvice

## TIPS

1. Know your fitness goals and choose a tracker that will help you accomplish them.
2. Do your research. Is it compatible with your phone and laptop? Is your company's wellness plan compatible with any apps or wearable trackers?
3. Set realistic goals for activity and steps.
4. Have fun and create competitions/goals with friends and workmates.

Wearable fitness trackers can compile data on:



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# Having it all

Friendship provides balance in busy life



Over the years, Cathy Clark has found a balance of career, home and family.

STORY BY DONNA FARRIS,  
AVERA HEALTH

PHOTOS BY EMILY SPARTZ  
WEERHEIM, SHE MAGAZINE

**C**areer, marriage, kids, aging parents, community involvement. How does a woman “do it all” and still find that necessary balance to keep her sanity?

For Cathy Clark, the secret lies in doing what she loves, all the while supported by the power of friendship.

Clark, of Sioux Falls, is regional vice president for commercial banking for Wells Fargo. She manages a team focused on companies with more than \$20 million in revenue throughout a region that includes North Dakota, South Dakota, southwest Minnesota and northwest Iowa.

Growing up on a dairy farm instilled in her an unwavering work ethic, she said. That background and interest in agriculture helped her land a job out of college as an agricultural lender. As she advanced in the world of banking, her husband, Steve, was launching his career owning restaurants.

“We didn’t have our own family close by, and we didn’t have the technology to work remotely,” and so the years of having little kids at home were hectic, yet memorable. “Because my husband worked in the afternoons and evenings, he would focus on the morning activities, and I would handle all the activities at night. My husband was always very supportive.”

The Clarks developed a network with other parents. “We all cared deeply about each other as



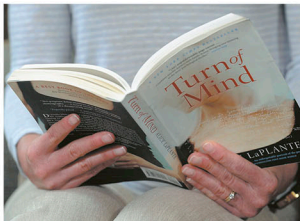
Angela Gier, Cathy Clark and Sandra Pay add ideas during a book club meeting. Making time for friendships is a way to add balance to a busy life, Clark says.

friends, and cared for each other’s children as our own. It’s what a true community really does for one another,” she said.

There were also the years when the Clarks’ parents were ill and aging. “You just do what it takes, and set different priorities,” she said.

It was a busy, hectic life. “But that’s what we chose. Faith was always a critical part of our lives.”

Being among the baby boomers, Clark said it was just her generation’s mindset to put in long hours pursuing a career. “You



***“You have to find something you love doing. That way, if it does take a great deal of time, you don’t become resentful. You also need to find an organization that doesn’t demand your all and welcomes flexibility. At times, the demands are higher than at other times, but it can’t be all the time.” — CATHY CLARK***

have to find something you love doing. That way, if it does take a great deal of time, you don't become resentful. You also need to find an organization that doesn't demand your all and welcomes flexibility. At times, the demands are higher than at other times, but it can't be all the time."

Today, Clark's children are grown, so the "sandwich generation" years are behind her. Yet she still seeks to have a balanced life.

"I exercise in the morning, and when the weather is beautiful or even tolerable, we walk a lot," Clark said. She and her husband belong to a couples bicycling group.

Friendships have become even more important to Clark during this season of her life. She nurtures longtime friendships while forming new ones.

"There are those people you've known for a lifetime, and those you meet along the way who are intriguing and give a different perspective," she said.

Clark joined a book club for the fellowship of new friends.



Faye Wright, Angela Gier and Cathy Clark talk about "Turn of Mind" during their book club meeting.

"They are 16 of the most intriguing women I've ever met. It's so interesting to see how much we have gelled as a group and enjoy each other, and can speak our opinions without any argument or retribution.

Sometimes, women just want to be heard. We don't need someone to solve everything for us."

Clark encourages women to reach "outside of their world" to form new connections with other women. And the only way it happens is to make time to get it on the schedule, she added. At work, she makes team-building and mentorship her priorities, and values what she learns from the younger generations as well.

She acknowledges that there are times in life when women will be more absorbed in family than career, and vice versa. "The career ladder is not straight up. It's more of a jungle gym. There's nothing that defines your parameters. However, having strong ethics and integrity is the foundation to everything."

Through the years, Clark has

carved out time to serve on community boards and committees, including the Sioux Falls Area Chamber of Commerce board, Sioux Falls Development Foundation board and Forward Sioux Falls. Currently she serves on the Avera Health board, EmBe board and South Dakota Chamber of Commerce and Industry board.

And when she's on a board, she makes sure she can make a meaningful contribution. "I don't want to be on a board in name only."

It's part of her life balance.

"This community has been wonderful to me. I feel so fortunate to work with such great people. It's made me a better person. If I can help move things forward and be an advocate for great things in our community, there's great joy and satisfaction in that." ■



Fellowship is an important part of the balance in Cathy Clark's life.

# Eat, sleep, exercise, relax

STORY BY DONNA FARRIS,  
AVERA HEALTH

When you're trying to do everything and be everything to everyone, something's gotta give. For women, it's often their physical or mental health.

"I see women who are trying to be the good mom, wife and daughter while working a high-powered, demanding job. Women often strive for perfection, and that just adds to the stress," said Dr. Janell Powell with Avera Medical Group Internal Medicine Women's Sioux Falls.

"We can roll along for quite a while, but we'll eventually hit a wall," Powell said. That "wall" can take the shape of chronic fatigue, anxiety or depression, worsening high blood pressure, or digestive symptoms such as acid reflux.

"It's easy for us to put everyone else first and get to the point where we have nothing else to give," said Deann Reese, a licensed social worker at Avera Behavioral Health Services in Marshall, Minn. "Many of us get into bad habits, such as not eating well, not exercising and not giving ourselves time to recharge."

Signs of stress can be subtle at first.

"It's hard to put your finger on it.



Deann Reese



Dr. Janell Powell

## Simple ways to reclaim BALANCE

Go for a walk

Take a long, hot bath or shower

Get out and enjoy nature

Call a friend and catch up

Pray, meditate,  
or find other ways  
to "center"

Watch your  
favorite TV show

Plan a picnic

Get concert tickets

Find a shortcut



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Physically, you just don't feel well," Reese said. You feel foggy, irritable and resentful. "You start to feel like life is unfair."

Powell said patients should start with the basics: Exercise, eat well and sleep well. Unfortunately, women often let one or more of the above slip, she said.

"You can find the time to exercise. You just need to set

realistic goals," Powell said. Even if you start with 15, 20 or 30 minutes a day, it's better than nothing.

As you're planning your meals and snacks, watch carbs, which can make you sluggish and lead to weight gain. Eat plenty of fruits and vegetables. Don't skip meals. Not only will you lose energy, you'll likely make up for those lost calories when you get home, and

you'll end up gaining weight.

Sleep can be elusive, especially when you can't turn your mind off after a busy day. "But sleep is huge. You absolutely need to get good rest," Powell said.

If you have trouble sleeping, taking something to help can be just as important to your health as taking medications to lower blood pressure or high cholesterol. Your provider can recommend over-the-counter remedies, or a safe prescription sleep aid.

"There are those women who feel absolutely overwhelmed, and can't get their arms around their life," Powell said. A mild anti-anxiety medication or antidepressant can help women cope.

Beyond the health advice, Powell said women should learn to let things go. Learn to say it's "good enough." Learn to set priorities.


Include things in your life that reduce stress, Reese said. It can be as little as going out to lunch with your husband, or as big as planning an ocean-side getaway.

"I would often work through my lunch hour when I was too busy. But I've learned that I need to have time away from my desk, even if it's just 20 or 30 minutes," Reese said.

Learn to delegate among other family members. "That means you have to be OK with the way that someone else folds the towels," Reese said.

There are times when you just have to accept that the laundry might pile up, or the dust might collect. "You'll get caught up. When you have a busy life, you're going to have some mess, because life is messy," Reese said. ■





# Acupuncture can help women's health issues



Dr. Dawn Flickema

STORY BY DONNA FARRIS,  
AVERA HEALTH

Whether it's a new problem or one written off as unsolvable, acupuncture can be part of the solution for some women's health issues.

Hot flashes, menstrual cramps, menstrual migraines, infertility and nausea or heartburn during pregnancy are all symptoms that have been successfully addressed by acupuncture, said Dr. Dawn Flickema of Avera Medical Group Integrative Medicine.

Acupuncture is safe for anyone, and delivers no side effects, she said.

"We're picking and choosing points in the peripheral nervous system and stimulating those bundles of nerves with the

acupuncture needles. This sends feedback to the central nervous system, which controls our hormones," Flickema said. The acupuncturist finds these points for each individual based on anatomic landmarks — bones, creases in the skin, and bumps in the muscles.

The points have been identified and passed down through the generations of this ancient Eastern healing art. "Yet today, we can do fancy things such as stimulate a point during an MRI and see what area of the brain lights up," Flickema said.

Eastern medicine, including both acupuncture and Chinese herbal therapy, relies on the theory of body meridians and maintaining healthy flow of energy throughout the body.

"Often, women who seek out acupuncture have tried traditional medical therapies and have experienced unwanted side effects, or the treatment hasn't gotten them around the corner to feeling better," Flickema said.

Angel Metzger of Sioux Falls, a long-time patient of Flickema, developed bronchitis with a cough that hung on for six months. "I was coughing so hard that I fractured three ribs," Metzger said.

Flickema suggested acupuncture, and within three to four weeks, the cough was 99 percent cured. Encouraged by the success Metzger experienced, Flickema also recommended acupuncture for another health issue, Metzger's infertility.



In 1999, Metzger and her husband, Todd, welcomed their first daughter, Hannah, and tried for several years to conceive a second child. They suffered month after month of not conceiving and several miscarriages.

"One happened on Mother's Day, and another happened on my birthday. It was just very disappointing, and those markers each year were difficult emotionally and spiritually," Metzger said. "We had pretty much thrown in the towel."

One month after Metzger tried acupuncture for infertility, she conceived, and gave birth to a healthy son, Hayden, on June 28,

2011. She credits lots of prayer, but also the acupuncture treatments, for a successful pregnancy.

Before she advises a patient to go ahead with acupuncture, Flickema ensures that conditions needing medical treatment have been ruled out. "We always want to do that workup and know what the underlying cause is."

Sometimes, patients will have a choice between a medical procedure, surgery or expensive medication, or a more conservative treatment, such as acupuncture. "There are cases when it's fine to try the more conservative approaches first to see if the symptoms resolve,"

Flickema said.

After six treatments — three to four menstrual cycles in the case of infertility — Flickema reevaluates with the patient as to whether or not acupuncture is helping. If it is not, she advises them to move on to other options, she said.

More and more insurance companies are covering medical acupuncture, so it's worth it to check before paying out of pocket.

Patients have the choice between whole body acupuncture, or ear acupuncture, Flickema said.

The needles are about the size of a human hair, and are not

hollowed out in the middle like syringe needles are. "Most people don't feel them go in," she said. Some patients have a nerve sensation, similar to hitting their funny bone. If it doesn't go away, the acupuncture needle can be repositioned.

Metzger said acupuncture was worth it, even though she is one of the few patients who felt the needles. "I have a low pain tolerance," she said.

"A lot of people who have significant phobias about needles breathe a sigh of relief after their first acupuncture treatment, that it wasn't as bad as they made it out to be," Flickema said. ■

# Breakthrough *treatments*

STORY BY DONNA FARRIS,  
AVERA HEALTH

## BREAST CANCER TAKES A TEAM OF CAREGIVERS

**A**fter an annual mammogram screening, the vast majority of women are glad to receive the “all clear” letter and move on.

Yet, statistics show that breast cancer will touch one in eight women during her lifetime.

For that small percentage of women with a positive breast cancer diagnosis, a journey begins — filled with consultations, appointments, questions and a treatment plan.

“After a breast cancer diagnosis,

patients want to know three things,” said Dr. Julie Reiland, breast surgeon with Avera Medical Group Comprehensive Breast Care. “Will I survive, will the breast cancer come back and what will I look like when it’s all over?”

At Avera, breast cancer experts help women arrive at a treatment plan that may or may not include the various elements of surgery, radiation, chemotherapy, endocrine therapy or targeted therapy.

“Today, how cancer is treated is more about tumor biology,” Reiland said. She explains it to

patients in terms of whether their tumor is aggressive or “better behaved.”

While surgery alone or with radiation serves to remove the cancer and prevent recurrence at the site, chemotherapy works to destroy any spread of the cancer, or even to shrink the tumor in advance of surgery.

Common surgical approaches are mastectomy — single or double — and lumpectomy followed by external beam radiation therapy. Avera McKennan Hospital & University Health Center is one of 10 hospitals in the country that now offers the option of IntraOperative Electron Radiation Therapy, or IOERT, which can give either a “boost” of radiation followed by a short course of radiation a month after surgery, or a single dose of radiation, which eliminates the need for any further radiation after surgery.

Unfortunately, many women have the misconception that they must have a mastectomy, when breast conserving surgery — known as lumpectomy — with radiation is just as safe and delivers the same chance of cure, Reiland said.

One state-of-the-art surgical approach includes lumpectomy to remove the cancer, with oncologic techniques to reshape the breast, eliminating the deformities that commonly occur after lumpectomy. This “lift, nip and tuck” ensures a good cosmetic result, which has been shown to positively affect the



woman’s overall sense of well-being after she has recovered from her treatments. Another new technique is nipple-sparing mastectomy, in which the nipple and skin are preserved for later reconstruction. Reiland and Dr. Tricia Merrigan with Avera Comprehensive Breast Care are the only breast surgeons in the region who offer these techniques. Reiland travels the country teaching other surgeons.

After a difficult year that included an emergency hysterectomy, April Corlew of Alta, Iowa, hoped to be “in and out” with her annual mammogram.



April  
Corlew



AVERA HEALTH  
Avera surgeons Dr. Julie Reiland and Dr. Wade Dosch perform a breast surgery involving IntraOperative Electron Radiation Therapy, or IOERT.

A few days later, she was diagnosed with breast cancer.

"I was ready to have a mastectomy, but I had several friends who had been through breast cancer, and they said to get a second opinion," Corlew said. "Mastectomy seemed drastic to me. I'm not necessarily vain about my body, but it is extensive surgery with a lot of healing and recovery time."

She saw Reiland, who determined that Corlew would be a good candidate for lumpectomy with IOERT and oncoplasty.

"They were able to shorten my follow-up radiation treatments by

two weeks, and that sounded great to me. I ended up finishing my treatment with less recovery time after surgery, and fewer radiation treatments."

Dr. Amy Krie, an oncologist who specializes in breast cancer with Avera Medical Group Oncology & Hematology, said the decision as to whether chemotherapy is needed is based on the type of cancer, its aggressiveness and its stage. Even if patients don't need chemotherapy, they might work with an oncologist for estrogen-blocking medications.

"While the standard approach has been to refer patients for

surgery first, we're entering a new era of doing more treatment before surgery," Krie said. This is particularly true in cases with certain genetic markers or positive lymph nodes.

Not only can chemotherapy first shrink the tumor and make surgery easier and more successful, it can help cancer specialists know if a standard treatment is effective, or if the patient is resistant to that drug.

If patients are resistant to standard treatment, there are other options, including clinical trials and genomic sequencing, which helps determine the best

chemotherapy drugs based on genetic mutations that caused the growth of the tumor.

"Cancer treatment based on genomic sequencing is still in its infancy. At Avera, we're sequencing patients with stage IV breast cancer, and we're leading the country in this type of tailored treatment," Krie said.

She expects genetic sequencing to be used for a broader scope of patients in the future.

"Soon, we won't treat cancer based on where it started in the body, such as the breast, but based on genetics and what caused the cancer to grow," Krie said. ■



# ARMS OF LOVE

FORMER NURSE ROCKS, CUDDLES TINIEST BABIES

STORY BY KELLY THURMAN, AVERA HEALTH • PHOTO BY EMILY SPARTZ WEERHEIM

**P**enny Porter once rocked a baby for six hours. Porter, who volunteers in the Avera McKennan Hospital & University Health Center Neonatal Intensive Care Unit, rocked and cuddled the baby, who was unable to eat and was fussy as he awaited surgery. She was happy to stay longer, knowing the nurses were busy and the baby's mother was unable to be there.

"I hope it was comforting to the mother that he was given tender loving care and swaddled until it was time for him to go down for surgery," Porter said. "Being a nurse for so many years, I have great empathy and compassion for those going through difficult times and would hope that someone would do the same for me in that situation."

Babies can be in the NICU for days, weeks or months. The Rock-a-Baby program allows trained volunteers to rock those babies who are healthy enough to be held, said Pat Feikema with Avera McKennan Volunteer Services.

Porter, wife of Avera Health President and CEO John Porter, has volunteered to rock babies for nearly six years.

"They've been through so much, and it can be hard to see them struggle," Penny Porter said. "You want these babies to be home. You want them to be healthy."

Porter began volunteering in the NICU when she and her husband moved from Yankton to Sioux Falls.

There is nothing better than the smell of a newborn and

cuddling them close to you, she said.

"It's heartwarming to be able to give these little babes some extra attention by cuddling and talking to them, and my favorite, with their chest on my chest for warmth and to feel loved and secure," she said.

For Porter, the hospital also offers a familiar setting. She worked as a registered nurse and had always wanted to work with babies but instead found herself in the areas of internal medicine, general surgery and family medicine.

Over the years, she's been involved in many volunteer programs in both Yankton and Sioux Falls.

In Sioux Falls, Porter also is on the board of the Prairie Heart Guest House, which provides affordable housing to family members of patients at the Avera Heart Hospital. She is a member of the Elizabeth Ministries at Peace Lutheran Church, which visits parents to welcome their new babies and answer any questions.

She was a charter member of Keep Yankton Beautiful and also on the United Church of Christ Banquet board, along with other activities.

Giving back to the community is something she feels is important as a parent.

"I tried to do it so my children grew up seeing that it's worthwhile to give back to the community," she said. "We've been fortunate in our lives, and there is always a need." ■



'Tis the Season...

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