

To Your Health

Helping You & Your Family...
With All Your Health Needs

Sponsored by **HyVee HealthMarket** **Avera** Sacred Heart Hospital

Healthy Eating FOR Life

HyVee EMPLOYEE OWNED

Brenda Patzlaff, RD, LN
2100 Broadway, Yankton - 665-3412
Pharmacy 665-8261 • Floral Dept. 665-0662

Look for these specials in the HealthMarket in the month of March

Friday, March 12th
- HealthMarket Stock-up Sale (10% off)

March 22nd-28th
- Riverbank Bathing Co. Soaps 2/\$7.00

March 29th - April 4th
- Wunder's Golden Flax Seed 2 lb. Bag 2/\$7.00

FOCUS ON HEALTH

'Get your digestive system back on track'

(ARA) - Winter comfort foods, and special treats celebrating the arrival of spring and Easter, if you haven't been kind to your body lately, you'll definitely start feeling it. If you wake up each morning feeling bloated, constipated, or crampy, rest assured you are not alone.

More than 65 million Americans suffer from digestive problems like occasional constipation, which can be exacerbated around this time of year.

"We're so busy at this time of the year that many of us don't think about eating right or have time to exercise regularly, which can contribute to occasional constipation and other digestive issues," says Dr. Cynthia Yoshida, a gastroenterologist and the author of "No More Digestive Problems." "But the good news is there are simple solutions to restoring your natural balance that may surprise you. It's easy to resolve to be regular."

Below are some tips for helping ease your digestive distress:

1. Be "aisle astute" at the drugstore. Dr. Yoshida urges consumers to educate themselves about over-the-counter options to treat occasional constipation. Not all laxatives are created equal: some don't work at all, and others may have harsh side effects like urgency or diarrhea, a major inconvenience at any time. Dr. Yoshida recommends MiraLAX, the No. 1 physician-recommended laxative. It's safe to use, and doesn't cause the unpleasant side effects that may come to mind when people think of the word "laxative."

2. Chuck the chewing gum. If you are on a diet, you may be tempted to pop a piece of gum at the end of a meal to prevent yourself from overeating. But there may be a better way. If you're suffering from bloating and gas, chuck the gum, which can be a hidden culprit. Or, Dr. Yoshida suggests, combat extra winter padding by being active instead: "It's cold outside, but even a brisk walk around the mall several times a week can shed those pounds you gained over the winter season."

3. Vanquish the vitamins. If you're experiencing problems with occasional constipation or diarrhea, it may be due to some vitamins and supplements. Multivitamins containing iron and calcium supplements can both cause constipation, and vitamin C - a popular choice in winter months - can cause diarrhea and gas. If you're regularly taking one or more of these supplements and suffering from digestive issues, try adding foods rich in these nutrients into your diet (like orange juice for vitamin C) instead.

• SERVING THE COMMUNITY OF YANKTON FOR OVER 85 YEARS •

Continuing the Caring Tradition of a Full Service Pharmacy

- We accept all Medicare D plans & most insurance programs
- Charging, Delivery, & Drive-Up Conveniences
- Give Pharmacists Dan or Michael a call!

Your Local Good Neighbor Pharmacy

Rexall YANKTON

109 W. 3rd St.
Historic Downtown Yankton
605-665-7865
Mon.-Fri. 8:30am-6pm
Sat. 8:30am-5pm

• SERVING THE COMMUNITY OF YANKTON FOR OVER 85 YEARS •

Sponsored by **HyVee HealthMarket** **Avera** Sacred Heart Hospital

Healthy Eating FOR Life

WELLNESS EVENTS

March 2010

National Nutrition Month* (HealthMarket)
Friday, March 5th - 9:00 a.m. - 12:00 noon & 1:00 p.m. - 5:00 p.m.
Join Brenda in the HealthMarket as she celebrates National Nutrition Month* and provides tips for eating right at any age. Stop by and "Ask the Dietitian" any questions you may have regarding nutrition and health.

Antioxidants and Eye Health (HealthMarket)
Wednesday, March 10th - 9:00 a.m. - 12:00 noon & 1:00 p.m. - 4:00 p.m.
There's no substitute for the quality of life good vision offers. Adding certain nutrients to your diet every day - either through foods or supplements - can help save your vision. Researchers have linked eye-friendly nutrients such as lutein/zeaxanthin, vitamin C, vitamin E, and zinc to reducing the risk of certain eye diseases, including macular degeneration and cataract formation. Join Brenda along with the American Optometric Association in celebrating Save Your Vision Month!

Happy St. Patrick's Day! (Deli Department)
Wednesday, March 17th - 11:00 a.m. - 1:00 p.m.
Join Brenda in the Deli Department and sample a traditional favorite - the Reuben Sandwich! Grilled without added fat, this sandwich is a delicious option for lunch any day of the year!

Dietitian Produce Pick of the Month (Produce Department)
Saturday, March 20th - 1:00 p.m. - 5:00 p.m.
Join Brenda in the Produce Department and sample the produce pick of the month! Celebrate National Nutrition Month by trying a new fruit or vegetable!

Gluten-free Product Sampling (HealthMarket)
Wednesday, March 24th - 10:00 a.m. - 12:00 noon & 1:00 p.m. - 4:00 p.m.
Do you have celiac disease or know of someone that does? Do you have a hard time finding great tasting gluten-free foods? Then don't miss out on this Gluten-Free product sampling in the HealthMarket! Your HyVee Dietitian Brenda will showcase great-tasting gluten-free foods for you to sample and will be available to answer your nutrition questions.

Smart & Delicious™ LaTortilla Factory 100 Calorie Tortillas Demofest (HealthMarket)
Wednesday, March 31st - 1:00 p.m. - 5:00 p.m.
Are you looking for a tortilla that is delicious and low in calories? Stop by the HealthMarket and try a Smart & Delicious™ LaTortilla Factory 100 Calorie Tortilla wrap! LaTortilla Factory's 100 Calorie Tortillas contain 8 grams of fiber, only 1.5 grams of fat, Omega 3-rich flax seeds, added calcium and no trans fats! They are available in traditional and 100% Whole Wheat varieties and are a delicious addition to a healthy diet.

Rx Our Pharmacists Have the Answers!

L. R. Angela Peltz, Tech; Nancy Peltz, Tech; Shona Jansen, Pharmacist; Kim Korje, Pharmacist; Galen Gooden, Pharmacist; Leah Hempter, Pharmacist; Paul Peltz, Tech; Not pictured: Laura Glick, Tech; and Luette Ode, Tech.

If you're like most people, you want a pharmacist who takes the time to talk to you about your medication. Our pharmacy staff is committed to helping customers feel better by providing friendly, reliable prescription service, and by making sure customers understand important information about their prescriptions.

The next time you need a prescription filled or refilled, call the friendly pharmacists at HyVee, and see what a difference caring service can make!

HyVee Pharmacy 2100 Broadway 665-8261

YOUR WILD CHILD: OUR SPECIALTY

"MY HEAD FEELS FUZZY... I bit it on my board."

"LESS TIME IN THE WAITING ROOM. THESE KIDS AREN'T THE ONLY ONES WHO HATE TO WAIT."

"MY TUMMY DOESN'T FEEL SO GOOD."

"MOM, I'VE GOT A PORCUPINE IN MY THROAT."

"WHAT'S SO SPECIAL ABOUT LEWIS AND CLARK SPECIALTY HOSPITAL? WE SPECIALIZE IN SURGICAL CARE, OFFERING EAR, NOSE AND THROAT, SPORTS MEDICINE, GENERAL SURGERY AND MORE."

LEWIS & CLARK Specialty Hospital
Discover the Difference.
www.lewisandclarkspecialty.com

LEWIS & CLARK FAMILY MEDICINE, PC

NOW OPEN

Dr. Johnson and Brandi Pravecek are now seeing patients in the new clinic.

Call (605) 260-2100 for your appointment • Walk-ins Welcome

1101 Broadway (Hwy. 81), Suite 103 A in Morgen Square • Yankton, SD

Jeffrey Johnson, M.D.
Brandi Pravecek, CNP