

To Your Health

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Brenda Patzlaff, RD, LN

NuVal Tours - FREE By appointment
NuVal is an easy way to determine the nutritional value of the food you buy! Contact Brenda for a free in-store tour using the NuVal Nutritional Scoring System.

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FOCUS ON HEALTH

Myths Abound When It Comes To Diabetes

Be it a friend, family member, coworker, or even a passing acquaintance, chances are strong nearly everyone in the United States knows someone with diabetes. According to the American Diabetes Association, as of 2007 more than 23 million Americans have diabetes. That translates to roughly eight percent of the United States population, making diabetes one of the most prevalent diseases in the country, and the reason so many lives have been directly or indirectly affected.

As prevalent as the disease is, a mountain of misinformation is still out there, making diabetes not only one of the most common diseases suffered by Americans, but also one of the most misunderstood. In an effort to dispel myths about this all-too-common disease, the American Diabetes Association makes note of the following myths commonly associated with the disease.

• **Myth: Eating too much sugar causes diabetes.** While being overweight increases a person's risk for developing type 2 diabetes, too much sugar does not cause diabetes. While it can be difficult to determine why one individual gets diabetes and another does not, it is known that family history and poor diet increase a person's risk factor. However, no evidence exists to suggest too much sugar causes the disease. Rather, diabetes can begin when the body is disrupted and its ability to turn food that's consumed into energy is put in jeopardy.

The causes of diabetes, however, are different depending on the type, and none are the result of too much sugar. For example, type 1 diabetes occurs when the pancreas cannot produce insulin, leading to sugar piling up in the blood vessels. Research has indicated that type 1 diabetes could be related to difficulties with the immune system.

Type 2 diabetes can also occur when the body cannot produce sufficient insulin, or result from insulin that simply does not function as it should. Overweight people have proven especially susceptible to type 2 diabetes.

Hormone changes can also be at the root of diabetes, particularly in pregnant women who experience such changes that prevent insulin from working properly. This is known as gestational diabetes and could possibly resolve itself after childbirth.

• **Myth: People with diabetes are more susceptible to colds and other ailments.** People with diabetes are not, in fact, more susceptible to the common cold or other ailments. However, the American Diabetes Association advises all people with diabetes to get flu shots annually. That's because any infection can interfere with blood glucose management, and increase the risk for ketoacidosis for people with type 1 diabetes.

Ketoacidosis is a condition that can cause the body to switch to starvation mode because the body isn't able to use sugar for energy thanks to insufficient insulin levels. This can set off a string of dangerous consequences, including blood in the urine, dehydration and possibly even death.

• **Myth: People with diabetes can't have sweets or dessert.** This isn't true. In fact, a person who doesn't have diabetes needs to follow the same rules with respect to sweets or dessert that a person with diabetes must follow. Simply put, sweets, chocolate and dessert can be enjoyed in moderation when combined with a healthy diet and an exercise regimen.

This does not, however, mean diabetics should not be especially careful when it comes to eating sweets or dessert. Moderation, for instance, should equate to one scoop of ice cream instead of two. Also, prepare desserts with artificial sweeteners when possible, and make desserts using whole grains, fresh fruit and vegetable oil. Oftentimes, such adjustments do not lead to less taste.

• **Myth: Diabetes is contagious.** Even though questions arise as to why one person gets diabetes and another does not, diabetes is not contagious. This myth is likely rooted in the suspected genetic and ethnic link to diabetes, most notably type 2 diabetes. Diabetes researchers have long believed there is a genetic link to type 2 diabetes, as it appears to run in families (though it doesn't always, and a parent with type 2 diabetes will not necessarily see all or any of his or her children develop the disease). Research into the genetic link is ongoing, but doctors remain certain diabetes is not contagious.

The American Diabetes Association also notes the connection between type 2 diabetes and race. Type 2 diabetes is more common among African Americans, Latinos, Native Americans, and Asian Americans/ Pacific Islanders. Again, however, nothing exists to indicate the disease is contagious. To learn more about diabetes, visit the American Diabetes Association Web site at www.diabetes.org.

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WELLNESS EVENTS November 2009

What is Pre-Diabetes? - FREE
Wednesday, November 4th - 9:00 a.m.-12:00 noon. & 1:00 p.m.-4:00 p.m. (HealthMarket)
Have you been told you have pre-diabetes? Join Brenda in the HealthMarket as she provides information regarding pre-diabetes. Learn what you need to do to prevent or delay the onset of Type 2 diabetes by moving more and making healthy food choices.

Discover Winter Squash - FREE
Tuesday, November 10th - 2:00 p.m.-5:00 p.m. (Produce)
It's time for winter squash at HyVee! Winter squash are high in Vitamin A, C, B-vitamins, fiber and potassium. Join Brenda in the Produce Department as she highlights the different varieties of winter squash and provides new recipes for you to try at home!

Hy-Vee Pharmacy Diabetes Screening - FREE
Saturday, November 14th - 1:00 p.m.-4:00 p.m. (Hy-Vee Pharmacy)
November is American Diabetes Month. Stop by Hy-Vee Pharmacy for this free screening provided by your Hy-Vee Pharmacists! Also stop and see Brenda in the HealthMarket for a healthy snack. Brenda will be available to answer any questions you may have regarding nutrition and diabetes.

Wellness Wednesday - Preventing Holiday Weight Gain - FREE
Wednesday, November 18th - 1:00 p.m.-5:00 p.m. (HealthMarket)
The holidays are a time when many of us struggle to prevent weight gain. Join Brenda in the HealthMarket as she provides hints for healthy holiday eating. Brenda will provide suggestions for maintaining your own health goals while also offering healthy options to your guests.

Thanksgiving Superfoods - FREE
Thursday, November 19th - 1:00 p.m.-5:00 p.m. (HealthMarket)
Pumpkin, sweet potatoes, cranberries and pecans will soon appear on many Thanksgiving tables. These and many other traditional foods actually provide many health benefits. Join Brenda in the HealthMarket and discover which foods top the list for disease-fighting antioxidants and pick up recipes using these Thanksgiving superfoods!

Rx Our Pharmacists Have the Answers!

L to R: Angela Potts, tech; Nancy Peitz, tech; Shona Jussel, pharmacist; Kim Kortje, pharmacist; Galen Goeden, pharmacist; Leah Rempfer, pharmacist; Pearl Potts, tech. Not pictured: Laura Gulick, tech, and Luette Obr, 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 Hy-Vee, and see what a difference caring service can make!

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2100 Broadway
665-8261

LEWIS & CLARK FAMILY MEDICINE, PC

Jeffrey Johnson, M.D.

Dr. Johnson and Brandi Pravecek will begin seeing patients in the new clinic on **Wednesday, Nov. 4th**

Brandi Pravecek, CNP

Call (605) 260-2100 for your appointment
1101 Broadway, Suite 103 A in Morgen Square · Yankton, SD

YOUR WILD CHILD: OUR SPECIALTY

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"I bit it on my board."
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