

HEART HELP

Cardiac Procedures Offered at Avera St. Luke's



Dr. Navin Gupta (right) has recently joined Dr. Lou Kumar (left) to provide specialized cardiac services at Avera St. Luke's Hospital. Both are interventional cardiologists.

With two interventional cardiologists on staff, Avera St. Luke's Hospital offers around-the-clock care and expanded cardiac services.

Lou Kumar, M.D., and **Navin Gupta, M.D.**, practice together at Avera Cardiology Specialists, located in Suite 202 on the east side of the hospital. Cardiologist **Larry Sidaway, D.O.**, continues to serve the region through the North Central Heart Institute clinic, located in Avera St. Luke's Hospital's new southeast addition.

ANGIOPLASTY AND STENTING

Dr. Kumar and Dr. Gupta offer specialized cardiac procedures in Aberdeen, including:

- **Balloon angioplasty**—A balloon catheter is placed across or through a blockage in the coronary artery, then inflated to open the artery and improve blood flow.
- **Stent placement**—A mesh tube called a stent is placed within the narrowed area in the coronary artery. The device acts like a scaffold to keep the blockage open.

FINEST LOCAL CARE

Avera St. Luke's provides excellent local heart care. Services include:

- Cardiac Catheterization Lab and Peripheral Vascular Lab
- Coronary angioplasty and stenting
- Cardiac CT calcium scoring
- Nuclear medicine, stress testing, EKG, echocardiography, Holter monitoring
- New Intensive Care Unit with Avera eICU[®] CARE for additional 24-hour monitoring by specialists
- 24-hour emergency care and CareFlight emergency air transport
- Cardiology and critical care specialists
- Cardiac Rehabilitation program ■



New HeartSmart Screening Costs \$50

Are you worried about heart disease? You can find out your risk for just \$50 with a HeartSmart comprehensive heart screening. This service is being offered to the Aberdeen region to help with the early detection and prevention of heart disease.

This special offer is a joint effort of Avera St. Luke's Hospital and Avera Cardiology Specialists. Interventional cardiologists **Lou Kumar, M.D.**, and **Navin Gupta, M.D.**, oversee the program and review screening results.

The screening includes:

- Calcium score CT exam
- Blood pressure check
- Body mass index (BMI) check
- Lipid panel measuring your total cholesterol, HDL, LDL, and triglyceride levels
- Glucose screening
- Education and risk assessment
- Information about wellness services

To schedule a HeartSmart appointment, call **(605) 622-5556**. (Due to the extreme popularity of this program, you may have to wait a few months for an appointment.) Screening is performed at Avera Cardiology Specialists, on the second floor of the southeast wing of Avera St. Luke's Hospital. Patients receive the results by mail, as well as a follow-up phone call.

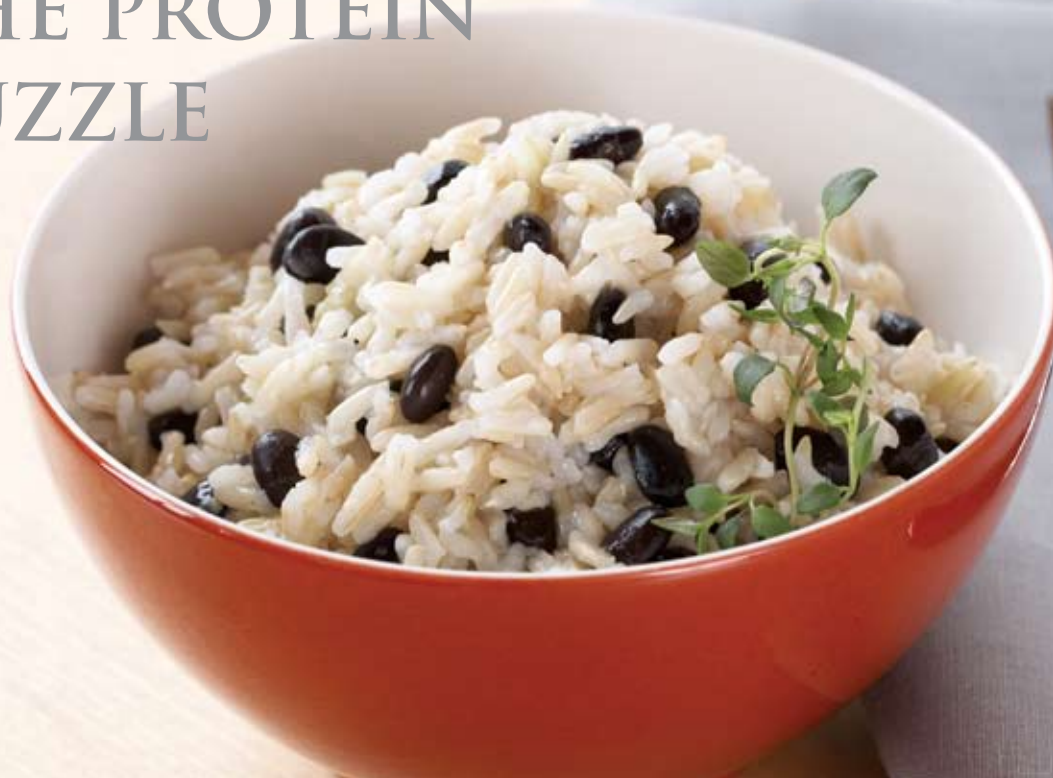
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piecing together

THE PROTEIN PUZZLE



QUICK TIP

How Much Is Enough?

Use this table to figure out how much protein you need every day.

Age (years)	Grams of protein needed daily
1-3	13
4-8	19
9-13	34
14-18 (girls)	46
14-18 (boys)	52
19 and older (women)	46
19 and older (men)	56

The popularity of high-protein diets and the promises in ads for protein powders and supplements may leave you wondering how much you really need. Protein is an important nutrient for your body, and not just for muscle. It plays critical roles in every cell, tissue, and organ. However, most of us already get plenty of protein in our daily diets.

PROTEIN NEEDS CHANGE WITH AGE

The amount of protein we require increases as we age. An adult needs more than twice as much as a small child. Proteins actually account for about 15 percent of our body weight.

Twenty different amino acids make up various types of protein. While the body makes many of these amino acids, some must come from diet. Complete protein

foods like meat, fish, eggs, poultry, and dairy products contain all these essential amino acids.

TRY A COMBO

Incomplete plant proteins such as beans, grains, nuts, and seeds are low in at least one essential amino acid. But eating different incomplete protein foods in the same day can provide all you need. Good daily pairings include rice and beans, or peanut butter on bread.

At least 10 to 35 percent of the calories in your daily diet should come from protein. Most Americans eat diets that contain 12 to 18 percent protein, which is more than enough to meet daily needs.

Consuming 2 cups of milk or yogurt, 3 ounces of meat, and 1½ cups of beans meets the daily protein requirement for both women and men. ■

DID YOU KNOW?

High-protein diets won't benefit most of us. Even athletes don't need lots of extra protein. Plus, loading up on high-protein foods will add extra calories that can add unwanted weight.

Do You Know the Right Dose FOR YOUR CHILD?

A new study provides a shocking statistic. More than 150,000 children visit the emergency room every year following a bad reaction to medicine. Almost half of the time, an overdose is to blame.

1. More medicine will help your child feel better faster.

True False

2. Always use the measuring tool that comes with liquid medicine.

True False

3. Head to the emergency room for any drug reaction in your little one, including a rash.

True False

Answers

1 False. Too much medicine can be harmful. Follow the instructions from your pediatrician for prescription drugs. Make sure you understand how much to give your child, how often, and what to do if he misses a dose. Over-the-counter medications will have dosage information on the package. The right amount depends on your child's age and weight, so be sure you know how heavy he is. Ask your doctor or pharmacist if you have any questions.

2 True. Syringes, cups, spoons, and droppers that are packaged with medicines make it easier to gauge the right amount. Other tools, such as kitchen spoons, may not be accurate.

Measure medicine in good light and reread the package instructions each time. Don't confuse tablespoons (tbsp.) for teaspoons (tsp.)—tablespoons hold three times as much medicine.

3 False. For mild symptoms of overdose, such as rashes or tummy troubles, call your child's doctor or your local poison control center. Keep these numbers close to the phone. Call them if you suspect your child took too much medicine, even if he has no symptoms. Head to the emergency room if your child is unresponsive, has trouble breathing, or is unconscious. ■



Avera St. Luke's Poison Hotline number is (800) 222-1222.
Post this number by your phone.

When Is a Fever Too High?

Mild fevers usually don't need treatment. But get immediate medical help for:

- Anyone with a fever of 105 degrees or higher, or babies younger than 3 months who have a temperature higher than 100.4
- Older adults with a fever not related to an existing illness
- Kids whose fever lasts more than a few days or who are having seizures, refusing to eat, aren't responding, or are having trouble breathing during a fever



For Diabetes Care, Try Tai Chi

Tai chi may boost balance and strength. A small study also found that tai chi improved the immune function in people with diabetes. Following a 12-week class, participants had lower Hb A1c levels, indicating better diabetes control.

Avera St. Luke's holds tai chi classes regularly in conjunction with the Aberdeen Parks, Recreation and Forestry Department. The classes offer participants peace of mind, strength, relaxation, and balance. For more information, call **(605) 622-5979**.

Ai chi classes, offering fitness for mind and body through simple water exercise and relaxation—"a symphony for your body"—are held from 5:30 to 6:15 p.m. on Tuesdays and Thursdays at Avera St. Luke's Physical & Aquatic Therapy Center in Aberdeen. The cost is \$30 for a four-week session. Call **(605) 622-5878** to register.

Living Well

Ron L. Jacobson, President and CEO

Patty Kirkpatrick, Director, Marketing
and Public Relations

Living Well is published by Avera St. Luke's to provide reliable health information to those we serve. It is not intended to take the place of personal medical advice, which should be obtained directly from a physician.

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Printed in U.S.A.

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Visit our website at www.AveraStLukes.org.

Can't Stay Home with a Cold or Flu?

FEEL BETTER NOW



- Avoid drinking alcohol, smoking, or inhaling secondhand smoke.
- Drink plenty of water and eat soup—clear liquid can loosen mucus and prevent dehydration.
- Soothe a sore throat with sprays or lozenges. Or try gargling with salt water a few times a day.
- Take aspirin or acetaminophen to relieve pain and fever. However, don't give aspirin to children or teenagers. Tepid baths and cool sponges also can help lower your temperature.
- Over-the-counter medicines can help relieve symptoms such as watery eyes, a runny nose, congestion, and coughing.
- If you have the flu, ask your doctor about antiviral medications.

If you have a fever, chills, body aches, or a severe cough—or your symptoms came on suddenly—it's best to stay home or go home if possible. You may have a more serious viral infection. It's also a good idea to stay home if you feel you may be contagious or pose a danger to others. ■

You're under the weather—but you can't miss that big meeting or child's birthday party just because of a cold. Try the following methods to get rid of cold and flu symptoms and get on with your day:

- Saline nasal drops can help clear out your nose and moisten raw skin. Petroleum jelly also can relieve dry skin on your nose.

QUICK TIP

Though it's mom-approved, vitamin C may not help prevent colds. Research shows vitamin C is not effective in reducing the incidence of the common cold.

LETTER FROM THE CEO



Ron L. Jacobson, President and CEO

"A whole new experience." That's what our new surgery center at Avera St. Luke's Hospital is offering the region. The patient- and family-friendly center is located on the main floor of our south-east addition. An open house is planned for January 31 to share the amazing new design.

We've expanded our same-day surgery area from 15 to 22 beds. All the rooms are private and feature adjacent bathrooms. We are proud to have the expertise of local surgeons, who represent more than a dozen types of surgical specialties. Add to that our own experienced hospital surgery staff and we have everything necessary to keep area families right here in Aberdeen for their surgical needs. This facility gives local doctors and their patients a convenient choice and easy access for surgical care, backed by all the benefits only a full-service hospital can provide.