

Healthy at all Ages.

YOUR COMPLETE MEDICAL GUIDE

So much care, so close to home.

YANKTON MEDICAL CLINIC, P.C.

VERMILLION MEDICAL CLINIC

CONVENIENTCARE

PHARMACY



Inside this Issue:

A Woman's Guide for Healthy Living

A Man's Guide for Healthy Living

A Parent's Guide for Healthy Kids

Screening Test Checklists





how to?

>> use this guide

And yet, this guide is not truly complete. It is very much an introduction to the type of health services and screenings that should be just as important as the other events you place on your calendar. But it is only complete when you take the time to truly invest in your health and participate actively in managing your care by seeing your physician and keeping on track with suggested screenings. To do that, you need the following:

- A guide that gives you a roadmap for knowing the important appointments to schedule and

conversations to have with your primary care physician.

This Complete Medical Guide is intended to be a helpful roadmap for that journey. You can clip information and save it in your own health file, or keep the whole issue in one handy location. You are free to make copies of the parenting guide checklists to fill out and keep for each of your children. Of course, our clinic keeps records for you as well, but partnering in your care and taking an active role in anticipating and scheduling

appointments is an important step to more healthy living.

- A schedule that suggests when to plan for these health appointments.

Keep in mind that the most critical appointment is an annual exam where you can provide your health history and that of your family. This information may indicate to your primary care physician that you need to adjust the age of your first screening, or adjust the type or level of screening test. This issue provides a helpful guide with

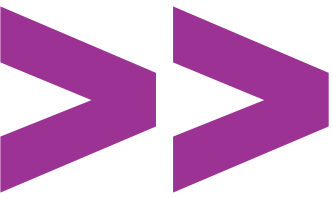
Continued to page 3

A Man's Screening Tests & Dates to Remember

Take this checklist with you to your doctor's office and fill it out when you have had any of the tests listed. Talk to your doctor about when you should have these tests next, and note the month and year in the right-hand column.

Also, talk to your doctor about which of the other tests listed you should have in the future, and when you need them.

	<i>Date of last screening:</i>	<i>I should schedule my next test for:</i>
CHOLESTEROL	___ / ___	___ / ___
BLOOD PRESSURE	___ / ___	___ / ___
COLORECTAL CANCER	___ / ___	___ / ___
PROSTATE CANCER	___ / ___	___ / ___
SEXUALLY TRANSMITTED DISEASES	___ / ___	___ / ___



Here it is! Your complete medical guide to hold onto and use as a guide and reference for navigating the important types of care at all ages and stages of life.

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separate checklists for men, women, and parents of children.

- A directory with phone numbers and photos of the primary care physicians that are your starting point for care.

It is important to know that when you need care your first step is an appointment with a primary care physician. They are the ones who manage the big picture of your health, setting up lab tests and screenings like the ones mentioned in this guide. They often summon the team of specialists who will perform tests or read your screening

results, and primary care physicians help refer you to specialists in the event that any health issues need further treatment or care. Your doctor is an advocate as well as your physician, and the more he or she knows about your family health history and lifestyle habits, the better job they can do managing the care you need. If you do not have a primary care physician, please refer to the pictorial guide on page 4 of this publication. For more information about our physicians, please click on the physicians link on our web site. Then click on

any department for more photos, education and credentialing information. In addition, we hope you'll notice the expertise we offer with our team of specialists listed in the boxed directory.

Let's work together to make the Yankton and Vermillion regional area one of the healthiest around through the prevention, early detection, and treatment of health issues. This guide is our effort to partner with you in better living. Here's to your health and your children's health!

A Woman's Screening Tests & Dates to Remember

Take this checklist with you to your doctor's office and fill it out when you have had any of the tests listed. Talk to your doctor about when you should have these tests next, and note the month and year in the right-hand column.

Also, talk to your doctor about which of the other tests listed you should have in the future, and when you need them.

	<i>Date of last screening:</i>	<i>I should schedule my next test for:</i>
MAMMOGRAM	___ / ___	___ / ___
PAP SMEAR	___ / ___	___ / ___
CHOLESTEROL	___ / ___	___ / ___
BLOOD PRESSURE	___ / ___	___ / ___
COLORECTAL CANCER	___ / ___	___ / ___
OSTEOPOROSIS	___ / ___	___ / ___
CHLAMYDIA	___ / ___	___ / ___

physiciandirectory >> primary care

For more information about our physicians, please click on the physicians link on our website, www.yanktonmedicalclinic.com. Then click on any department for more photos, education and credentialing information.

* Board Certified † Board Eligible

>> specialty care

Family Medicine



David J. Barnes, M.D.
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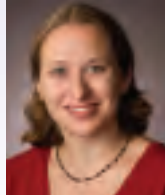


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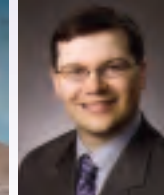
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Daniel J. Megard, M.D.
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Internal Medicine

Internal Medicine



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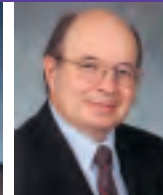


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Michelle A. Chaussee, PA-C
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Chelsea M. Schuster, PA-C
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Will C. Hurley, M.D., FACC*
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DERMATOLOGY

James W. Young, D.O., FAOCD*
605-665-1722

EAR, NOSE & THROAT

Patrick J. Collison, M.D.*
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GASTROENTEROLOGY

Steve H. Gutnik, M.D., FACP, Assoc.*
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GENERAL SURGERY

James E. Appelwick, M.D., FACS*

Jesse L. Kampshoff, M.D.*

Mary J. Milroy, M.D., FACS*

Specializing in Breast Surgery

Luke C. Serck, M.D.*

Specializing in General & Vascular Surgery
605-664-2742

ONCOLOGY/HEMATOLOGY

Max L. Farver, M.D.*

Mary Lee Villanueva, M.D.*
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NEUROLOGY

Jugal T. Raval, M.D.†

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ORTHOPEDIC SURGERY

Jeremy S. Kudera, M.D.†

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PULMONOLOGY

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RADIOLOGY

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SPORTS MEDICINE

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A Woman's Guide to Healthy Living

What can you do to stay healthy and prevent disease? You can get certain screening tests, take preventive medicine if you need it, and practice healthy behaviors.

Should You Take Medicines to Prevent Disease?

- Hormones:** According to recent studies, the risks of taking the combined hormones estrogen and progestin after menopause to prevent long-term illnesses outweigh the benefits. Talk to your doctor about whether starting or continuing to take hormones is right for you.
- Breast Cancer Drugs:** If your mother, sister, or daughter has had breast cancer, talk to your doctor about the risks and benefits of taking medicines to prevent breast cancer.
- Aspirin:** Talk to your doctor about taking aspirin to prevent heart disease if you are older than 45 and have high blood pressure, high cholesterol, diabetes, or if you smoke.
- Immunizations:** Stay up-to-date with your immunizations:
 - Have a flu shot every year.
 - Have a shingles vaccine once for those 60 years and older.
 - Have a tetanus-diphtheria shot every 10 years.
 - Have a pneumonia shot once at age 65.
 - Talk to your doctor to see whether you need hepatitis B shots.
 - Have a discussion with your healthcare provider about having a pertussis vaccination/booster.

What Else Can You Do To Stay Healthy?

Don't Smoke. But if you do smoke, talk to your doctor about quitting. You can take medicine and get counseling to help you quit. Make a plan and set a quit date. Tell your family, friends, and co-workers you are quitting. Ask for their support. If you are pregnant and smoke, quitting now will help you and your baby.

Eat a Healthy Diet. Eat a variety of foods, including fruit, vegetables, animal or vegetable protein such as meat, fish, chicken, and eggs, or beans, lentils, tofu, tempeh and grains, such as rice. Limit the amount of saturated fat you eat.

Be Physically Active. Walk, dance, ride a bike, rake leaves, or do any other physical activity you enjoy. Start small and work up to a total of 20-30 minutes most days of the week.

Stay at a Healthy Weight. Balance the number of calories you eat with the number you burn off by your activities. Remember to watch portion sizes. Talk to your doctor if you have questions about what or how much to eat.

Drink Alcohol Only in Moderation. If you drink alcohol, one drink a day is safe for women, unless you are pregnant. If you are pregnant, you should avoid alcohol. Since researchers don't know how much alcohol will harm a fetus, it's best not to drink any alcohol while you are pregnant.

A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.

Take Care of Your Skin. Always wear sunscreen and stay out of the sun during peak hours. If you find a mole or any questionable areas on your skin, have them checked by your physician.

>> screening tests:

What You Need & When

Screening tests, such as mammograms and Pap smears, can find diseases early when they are easier to treat. Some women need certain screening tests earlier, or more often, than others. Talk to your doctor about which of the tests listed below are right for you, when you should have them, and how often.

- Mammograms:** Have a mammogram every year starting at age 40. Pap Smears: Have a Pap smear every 1 to 3 years if you have been sexually active or are older than 21.
- Cholesterol Checks:** Have your cholesterol checked regularly starting at age 45. If you smoke, have diabetes, or if heart disease runs in your family, start having your cholesterol checked at age 20.
- Blood Pressure:** Have your blood pressure checked at least every 2 years.
- Colorectal Cancer Tests:** Have a test for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you.
- Diabetes Tests:** Have a test to screen for diabetes if you have high blood pressure or high cholesterol.
- Depression:** If you've felt "down," sad, or hopeless, and have felt little interest or pleasure in doing things for 2 weeks straight, talk to your doctor about whether he or she can screen you for depression.
- Osteoporosis Tests:** Have a bone density test at age 65 to screen for osteoporosis (thinning of the bones). If you are younger than 65 years, check with your healthcare provider to see if you carry risk factors that indicate an earlier screening.
- Chlamydia Tests and Tests for Other Sexually Transmitted Diseases:** Have a test for Chlamydia if you are 25 or younger and sexually active. If you are older, talk to your doctor to see whether you should be tested. Also, talk to your doctor to see whether you should be tested for other sexually transmitted diseases.



A Man's Guide to Healthy Living

What can you do to stay healthy and prevent disease? You can get certain screening tests, take preventive medicine if you need it, and practice healthy behaviors.

When you go for your next checkup, talk to your doctor or nurse about how you can stay healthy no matter what your age.

Should You Take Medicines to Prevent Disease?

- Aspirin:** Talk to your doctor about taking aspirin to prevent heart disease if you are older than 40, or if you are younger than 40 and have high blood pressure, high cholesterol, diabetes, or if you smoke.
- Immunizations:** Stay up-to-date with your immunizations:
 - Have a flu shot every year.
 - Have a shingles vaccine once for those 60 years and older.
 - Have a tetanus-diphtheria shot every 10 years.
 - Have a pneumonia shot once at age 65 (you may need it earlier if you have certain health problems, such as lung disease).
 - Talk to your doctor to see whether you need hepatitis B shots.
 - Have a discussion with your healthcare provider about having a pertussis vaccination/booster.

What Else Can You Do To Stay Healthy?

Don't Smoke. But if you do smoke, talk to your doctor about quitting. You can take medicine and get counseling to help you quit. Make a plan and set a quit date. Tell your family, friends, and co-workers you are quitting. Ask for their support.

Eat a Healthy Diet. Eat a variety of foods, including fruit, vegetables, animal or vegetable protein such as meat, fish, chicken, and eggs, or beans, lentils, tofu, tempeh and grains, such as rice. Limit the amount of saturated fat you eat.

Be Physically Active. Walk, ride a bike, rake leaves, or do any other physical activity you enjoy. Start small and work up to a total of 20-30 minutes most days of the week.

Stay at a Healthy Weight. Balance the number of calories you eat with the number you burn off by your activities. Remember to watch portion sizes. Talk to your doctor if you have questions about what or how much to eat.

Drink Alcohol Only in Moderation. If you drink alcohol, have no more than 2 drinks a day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.

Take Care of Your Skin. Always wear sunscreen and stay out of the sun during peak hours. If you find a mole or any questionable areas on your skin, have them checked by your physician.

>> screening tests:

What You Need & When

Screening tests, such as colorectal cancer tests, can find diseases early when they are easier to treat. Some men need certain screening tests earlier, or more often, than others. Talk to your doctor about which of the tests listed below are right for you, when you should have them, and how often.

- Cholesterol Checks:** Have your cholesterol checked at least every 5 years, starting at age 35. If you smoke, have diabetes, or if heart disease runs in your family, start having your cholesterol checked at age 20.
- Blood Pressure:** Have your blood pressure checked at least every 2 years.
- Colorectal Cancer Tests:** Begin regular screening for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you. How often you need to be tested will depend on which test you have.
- Diabetes Tests:** Have a test to screen for diabetes if you have high blood pressure or high cholesterol.
- Depression:** If you've felt "down," sad, or hopeless, or felt little interest or pleasure in doing things for 2 weeks straight, talk to your doctor about whether he or she can screen you for depression.
- Sexually Transmitted Diseases:** Talk to your doctor to see whether you should be screened for sexually transmitted diseases, such as HIV.
- Prostate Cancer Screening:** Talk to your doctor about the possible benefits of prostate cancer screening if you are considering having a prostate-specific antigen (PSA) test or digital rectal examination (DRE).



A Parent's Guide to Healthy Kids

Being healthy at all ages starts with teaching your children good health habits. Begin your child's life with ongoing care from a primary care physician, and help them build trust in caregivers. Most important, model good health habits at home!

As parents, what can you do to help your kids stay healthy and prevent disease? You can stay current on your immunizations, be sure to keep well-baby appointments, take your children in for flu shots & check ups to make sure they are growing appropriately and meeting development milestones. It is also important to provide an accurate and detailed family health history. Your family medicine physician or pediatrician can instruct you on healthy practices, nutritional guides, and necessary physical activity levels for your child.

What Can You Do to Keep Kids Healthy?

Medication Dosing: The doses on OTC labels are dosed by age for average-sized children. Always get a weight-based dose calculated by your pharmacist when your child is large or small for his/her age. Always use an appropriate measuring device. Keep a list of child's medications and dosages (both brand names and generic). Also, keep a list of adverse reactions and/or medication allergies.

Growth: A child's growth is more than just physical. Children grow, develop, and learn throughout their lives, starting at birth. A child's development can be followed by how they play, learn, speak, and behave.

Proper nutrition, exercise, and rest are very important for children's health and development. Providing a safe and loving home and spending time with your child—playing, singing, reading, and even just talking—can also make a big difference in his or her development.

Be physically active.

Make smart choices from every food group. Don't eliminate one area.

Eat a healthy diet. Eat a variety of foods, including fruit, vegetables, animal or vegetable protein such as meat, fish, chicken and eggs, or beans, lentils, tofu, tempeh and grains such as rice. Limit the amount of saturated fat eaten.

Monitor your food portions to be sure they are appropriate based on age and activity level. Excessive portions are one of the contributing factors of childhood obesity.

Engage in 60 minutes of moderate activity on most days, this includes jumping rope, riding a bike, and organized sports.

Have a flu shot annually after 6 months of age.

Take an active parenting role in school. Keep in contact with your child's teachers. Ask your child daily how daycare or school went and if they have anything to share.

Ensure that your newborn receives a hearing screening before going home.

Take care of your child's skin. Always apply sunscreen and keep them out of the sun during peak hours. Apply moisturizer to dry areas and have your physician check any areas of concern.

>> screening tests:

Suggested Well Visits & Immunization Schedule

- Birth:** Hep B
- 1-2 Weeks:** Newborn Check-up.
No immunizations
- 2 Months:** DTaP, IPV, Hib,
Hep B Pneumococcal, Rotavirus
- 4 Months:** DTaP, IPV, Hib,
Pneumococcal, Rotavirus
- 6 Months:** DTaP, IPV, Hib,
Pneumococcal, Rotavirus,
Hep B
- 9 Months:** Hep B
- 12 Months:** Pneumococcal,
MMR, Chicken Pox (varicella)
- 15 Months:** Hib, DTaP,
Hep A #1
- 2 Years:** Hep A #2
- 4-5 Years (Preschool/
Kindergarten):** MMR, Chicken
Pox (varicella), IPV, DTaP
- Junior High:** (sports physical)
7th and 10th grades, Tdap,
HPV, Meningitis
- 17-18 Years (Pre-College):**
Meningitis, HPV, Tdap

Visit us on the web...

Downloadable Screening Tests & Checklists



A screenshot of the Yankton Medical Clinic website. At the top, the clinic's name 'YANKTON MEDICAL CLINIC, P.C.' is displayed in white on a purple background, along with the address '1104 West 8th Street • Yankton, South Dakota 57078 • 605-665-7841'. Below this, the main heading reads 'Screening Tests: What You Need & When' in purple and black text, accompanied by a large blue checkmark icon. A sub-heading says 'Download Screening Checklists Here.' Below this, there is a short paragraph of text and three PDF icons labeled 'Women.pdf', 'Men.pdf', and 'Children.pdf'. At the bottom left of the page, the text 'SCREENING GUIDES' is visible. On the right side, there is a vertical navigation menu with various links such as 'Home', 'About Us', 'Publications', etc.

www.yanktonmedicalclinic.com