



May 2011

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### Mark Your Calendar!

- May 1**
- FVH Auxiliary Christed Branch Tickets \$7 (adults) or \$3.50 (kids) LM KC Hall 8:30 a.m. – 12:30 p.m.
- May 2**
- Matter of Balance (\$40) May 2, 6, 9, 12, 16, 19, 23 & 26 Ask for Kara at 546-4793
- May 3**
- Prime Time Coffee at 10 a.m. "Hoarding and Sorting" Carol Schneider, Psy Co Extension Please register by calling 546-3410
- May 4**
- Mother's Day Luncheon (\$7) 12:00 – 1:00 p.m. Please call 546-3401 for tickets
- May 11**
- National Hospital Week (May 8-14) Chamber Coffee 9:30 – 10:30 a.m.
- May 14**
- Pregnant Childbirth Class 8:30 a.m. – 3:30 p.m.
- May 17**
- Mandatory Reporter Training (815410) 6:00 – 9:00 p.m.
- May 25**
- Hearing Screening (Free) 8:45 a.m. – 1:30 p.m. Please call 546-3401 to make an appointment
  - Rheumatology Community Program Dr. Fanciuilo, Avera Rheumatology 6:00 p.m. – Light Meal, 6:30 Program Please register by calling 546-3410
- \*\* For more information or to register for the above classes, please call 712-546-3401.

### Basic Screenings May Detect Hidden Health Concerns

Most people understand the importance of basic car maintenance, yet don't get routine checks of their own body. Breakdowns in health can be costly and time consuming. And unlike a car, it's impossible to buy a new body.

Both men and women are advised to take time once a year to pay attention to their health, and more frequently if they have specific diseases or are taking certain medications. Many insurance plans cover the costs of preventative health exams and screenings, and if not, the cost is much lower than treating a more severe health condition down the road.

"Health screenings and an annual exam can alert your care provider to things that you might not notice as you go about your daily life," says Dr. Sheila Holcomb of the Family Medicine Clinics.

A government study has shown that more than half of all Americans do not receive many of the important preventive services they need—such as immunizations, screening tests for early detection of disease such as cancer, diabetes, hypertension or high cholesterol.

Cholesterol testing can identify the risk of developing heart disease, the nation's #1 killer. "It gives you a guideline for taking steps toward prevention," Dr. Holcomb said. High blood pressure is known as the silent killer. It usually has no symptoms, but can lead to heart attacks, strokes or peripheral vascular disease.

"These screens are the easiest and most cost-effective ways to pick up on some of the most common health problems," Dr. Holcomb said.

Adults are routinely screened for high cholesterol, high blood pressure, and high blood sugar. Women are screened for breast and cervical cancer, men for prostate cancer. Both genders are screened for colorectal cancer after age 50.

In the event of an abnormal result, the first step is to discuss the test results with your primary care provider. "Sometimes, you can treat the problem with dietary changes or exercise.

Because obesity is a problem for both men and women, children and adults, it often contributes to the development of other health issues. Other times, medication can help treat a disease and keep it stable," explains Dr. Holcomb.

There are instances in which a health screening will find a truly life-threatening condition. One example of this is cancer. The earlier cancer is detected and treatment initiated, the better the outcome.

All health screenings are extremely important. Prevention and detection are your best defenses against ANY disease.

Contact Floyd Valley Hospital's Family Medicine Clinics for more information about the above health topics, or go online at familymedicineclinics.org. If you have questions or concerns, be sure to make an appointment with your primary care provider today!

Sources: Avera McKernan and the Center for Disease Control (cdc.gov)

### Did you know...

- According to the CDC, among US adults 20 years of age or older the instance of:
  - hypertension (high blood pressure) has grown from 25.5% of the population in 1988 to 59.4% in 2008.
  - high cholesterol has grown from 22.8% of the population in 1988 to 27.5% in 2008.
  - those that are overweight has grown from 44.8% of the population (1960-63) to 67.7% (2005-08).
- Childhood obesity has also been on the rise. Numbers reported by the CDC include the percentage of 2-5 year olds listed as overweight to be 10.7%, 6-11 year olds at 17.4% and 12-19 year olds at 17.9%. Early numbers were not available for the youngest group, but numbers from 1963 were reported at 4.2% and 4.6% respectively.