

Sanford Vermillion provides sleep disorder testing

Do you wake up in the morning as tired as you were when you went to bed? Are you teased about your loud and disruptive snoring? Do you struggle to stay awake throughout the day? If this sounds familiar, you may have sleep apnea syndrome. Fortunately, help may be just minutes – and a few hours of monitored sleep – away at Sanford Medical Center Vermillion.

The addition of these services is in response to the increasing national awareness of the toll sleep disorders and sleep deprivation exact on Americans. If you awaken feeling exhausted, then you may need to consult your physician. Many people believe sleepiness is a way of life; however, most sleep disorders are easily diagnosed and treated. Ask your doctor to order a sleep study that could help diagnose a possible sleep disorder and begin treatment.

There are currently 88 classifications of sleep disorders defined by the American Academy of Sleep Medicine. The most common sleep disorder evaluated in a sleep center, such as the one at Sanford Vermillion, is sleep apnea. Approximately 80 million Americans suffer from sort of sleep disorder and approximately 30 percent of those suffer from sleep apnea. Apnea is a Greek word meaning "absence of breath." It literally means a person stops breathing during sleep.

A person falls asleep and the airway collapses. The only way to re-open the airway is to gasp for air. This gasping, or loud snoring or snorting, interrupts the sleep cycle. Each time the sleep cycle is disrupted a person must return to the first stage of sleep and start the cycle over. This can repeat itself hundreds of times in one night. The repetitive fluctuations prevent a person from achieving the deeper stages of sleep; thus, a person never gets the sleep needed to awaken rested and refreshed.

Each apnea event can cause a decrease in heart rate, a change in blood pressure, loss of blood oxygen level, a brief awakening, and twitching and jerking of the arms or legs. Apnea greatly increases the risk of high blood pressure, stroke, and heart attack. Snoring, witnessed apnea events, and excessive daytime sleepiness are the main reasons a person may be referred for a sleep study.

Sanford Medical Center Vermillion, in conjunction with somniTech, Inc, provides sleep disorders testing services. A sleep study, also known as a polysomnogram, is the only way a person can be diagnosed and treated for sleep apnea. This requires an overnight stay in a sleep disorders lab such as the one at Sanford Vermillion. The procedure is fairly simple and completely painless.

The patient arrives approximately one hour

before his or her normal bedtime. A highly trained technologist will attach a series of electrodes that will monitor: brain activity (EEG) to record the various stages of sleep and sleep interruption; eye movement, to determine REM sleep; chin electrodes, to monitor muscle relaxation/tension; chest electrodes (EKG) to evaluate heart rate; arm and leg leads for the evaluation of limb movements; a small microphone on the throat will record snoring; belts around the chest and abdomen to monitor respiratory effort; and last, a red light over the index finger will calculate the amount of oxygen carried in the blood.

All this is accomplished pain-free, with the use of patches or small electrodes. The patient is then asked to complete a series of tests to determine if all equipment is working correctly. Once the calibrations are complete, the patient can get comfortable in any sleeping position. Apnea may be worse in the supine position (on the back); therefore, the technician may ask the patient to sleep on their back at some point during the test. Six hours of recording time are required to complete most insurance requirements for coverage of the test.

Treating sleep apnea syndrome

Once sleep apnea is diagnosed, it is easily treated with Continuous Positive Airway Pressure (CPAP). CPAP is a simple device that acts like an air splint to keep open the collapsed airway. The patient is fitted for an interface prior to going to sleep. If apnea is seen, and is severe enough to warrant intervention, then the mask is fit over the patient's nose. The pressure is initiated at a very low setting to give the patient ample time in which to acclimate. Once the patient is asleep, the CPAP is gradually increased until all apnea and snoring is eliminated.

This titration process allows the interpreting sleep physician to select a pressure setting that will become the prescribed setting for that patient. Just as every case of apnea differs in severity, CPAP settings must be determined on a case-by-case basis. This is why a formal sleep study must be performed in selecting a CPAP pressure.

If you have any of these signs or symptoms, please seek medical advice. Sleep apnea is easy to treat, and a better quality of life is a simple study away. If you are not convinced that you have apnea, but do not feel rested on a regular basis, please seek to your physician. Addressing symptoms and possible sleeping disorders can improve your daytime functioning.

For more information about sleep and sleeping disorders, call Sanford Vermillion at 605-624-2611.

Volante honored with 2012 Pacemaker Award

The University of South Dakota's student newspaper, The Volante, has been honored once again as one of the nation's best weekly college newspapers.

At the National College Media Convention on Nov. 3 in Chicago, The Volante was awarded a 2012 Pacemaker Award. The Pacemaker Award, considered the "Pulitzer Prize of college journalism," ranks four-year dailies, four-year non-dailies and two-year newspapers. The Volante was one of 12 newspapers honored in the four-year non-dailies category.

"Since 1990, The Volante has been a Pacemaker finalist 17 times, but this is a first time that The Volante has won two

consecutive Pacemakers," said Chuck Baldwin, journalist in residence at the Al Neuharth Media Center and professional adviser to The Volante. "It is rewarding to see the students honored in this fashion, particularly the amount of time and work that they put into making The Volante a great newspaper."

This is the seventh time since 1993 that The Volante has received this honor from the Associated College Press (ACP) and the Newspaper Association of America Foundation. The Volante was also honored in 2011. Pacemaker recipients are judged for their coverage and content,

quality of writing and reporting, leadership on the opinion page, evidence of in-depth reporting, design, photography and arts and graphics.

Serving as the students' voice at the University of South Dakota since 1887, The Volante is located in the Al Neuharth Media Center on the USD campus and is available at newsstands on Wednesdays during the school year and updated daily online. An endowment established by the Freedom Forum more than two decades ago provides scholarships, training and a professional adviser for journalism students on The Volante staff.

CLAY COUNTY SHERIFF PRESS BRIEFING

11/04/12 10:23 — A caller requested a deputy settle a dispute over property after a divorce. The deputy worked to mediate an agreement but had no authority to decide on the property ownership.

11/05/12 09:53 — A deputy traveled to Sioux Falls to pick up a prisoner who was arrested there on Clay County charges. The inmate was transported back to the Clay County Jail.

11/05/12 10:19 — A report was received of assets embezzled from a business by an employee. The incident is under investigation.

11/05/12 17:36 — A rural resident reported stray peacocks in her yard. There have been no reports of anyone missing peacocks.

11/05/12 17:56 — Deputies served a protection order which granted custody of children to the petitioner. The deputies assisted with the custody transfer.

11/06/12 10:40 — The school resource officer received a report of Middle School boys apparently snorting a powdered drink mix. The matter was reported to the boys' parents who took the boys home from school.

11/06/12 12:49 — A report was received of horses on the road near the intersection of Bluff Road and 313th St. Deputies removed the horses from the road and notified the owner of the problem.

11/06/12 16:57 — A vehicle was

observed speeding on Highway 19. The vehicle was stopped and the driver cited for the offense.

11/07/12 03:07 — A report was received about smoke coming from a rural residence. A deputy investigated and found the smoke coming from a wood burning stove.

11/07/12 07:46 — A report was received of a suspicious vehicle parked in Burbank. The owner was contacted and asked to move the vehicle from where it was parked.

11/07/12 16:30 — A report was received of horses out at the intersection of Bluff Road and 313th St. These same horses had been out previously. The owner was contacted and responded to the area. The horses were moved to another pasture.

11/07/12 21:50 — A vehicle was stopped for speeding in the construction zone on Highway 50. The driver was cited for the violation.

11/07/12 22:11 — A vehicle was stopped on Highway 50 and the driver notified of a non-functioning headlight.

11/08/12 08:40 — The school resource officer received a report of a Middle School student offering to sell marijuana to other students on the bus. The student was contacted and no marijuana was found. Parents were notified.

11/08/12 10:16 — A deputy responded to check the welfare of a

rural resident who had pushed her medic alert button. It was determined she had accidentally pushed the wrong button and there was no problem.

11/08/12 15:48 — A report was received of a dog bite north of Vermillion. The dog and owner were identified.

11/08/12 15:58 — A report was received of sheep being killed by dogs in the Centerville area.

11/09/12 08:42 — A person was transported by a deputy to the Human Services Center for inpatient alcohol treatment.

11/09/12 10:02 — A deputy transported an inmate from the Minnehaha County jail to the Clay County Jail after an arrest there on Clay County charges.

11/07/12 13:43 — A caller reported grass fires burning in a ditch east of Vermillion. A deputy responded and located several fires in the area. Some were attended and some were unattended. The fire department put out the fires that were unattended.

11/09/12 18:08 — A deputy assisted the Highway Patrol with the investigation of a rollover accident on Burbank Road.

11/10/12 20:51 — A deputy assisted the GF&P with investigating a complaint of hunters using artificial light.

Total: 22

FOR THE RECORD

Cases Disposed 11/2-8/2012
Patricia K. Anderson, 46667 295th St., Centerville; Speeding other roadways, \$39.00 plus costs

Jerry A. Clark, 1031 W. Clark St. Apt. 22, Vermillion; Use or possession of drug paraphernalia, \$204.00 plus costs

Jerry A. Clark, 1031 W. Clark St. Apt. 22, Vermillion; Driving with suspended (not revoked) license, \$204.00 plus costs

James Mullinix, 45664 306th St., Vermillion; County speeding, \$39.00 plus costs

Reid Edwin Meierkort, 519 Adams, Vermillion; Disorderly conduct, \$104.00 plus costs

Jesse Noecker, 12206 Poppleton, Omaha, NE; Open container, \$54.00 plus costs

Waseem Mazher, 25 Sycamore #9, Vermillion; Speeding other roadways, \$39.00 plus costs

Cody Michael Snyder, 517 W. Clark Street, Vermillion; Following too closely, \$54.00 plus costs

Robert Issac Osterberg, 1532 Crestview Drive, Vermillion; Speeding other roadways, \$59.00 plus costs

Stacey Kay Orr, 833 E. Duke Street #33, Vermillion; Seat belt violation, \$25.00

Linda L. Jost, 89829 Highway 81, South Yankton; Seat belt violation, \$25.00

James Zimmerman, 45529 Cottonwood Street, Meckling; Artificial light/night vision, \$204.00 plus costs

Nancy Shih, 721 5th Street, Hull, IA; Speeding other roadways, \$39.00 plus costs

Paige McMains, 419 Adams St. #220, Vermillion; Seat belt violation, \$25.00

Joel Antonio Gonzalez, 833 E. Duke, Vermillion; Seat belt violation, \$25.00

Eddie Paul Gomez, 5807 W. 6th Street, Sioux Falls; Disorderly conduct, \$98.00 plus costs

Eddie Paul Gomez, 5807 W. 6th Street, Sioux Falls; Urinating in public, \$104.00 plus costs

Eddie Paul Gomez, 5807 W. 6th Street, Sioux Falls; Urinating in public, \$104.00 plus costs

Gregory David Anderson, 514 Bulow Street, Vermillion; Speeding other roadways, \$19.00 plus costs

Leonel Hector Herrera, 32175 Ponderosa Dr., Burbank; County-burning ban, \$60.00 plus costs

Randall Hahn, 2100 E. Tricia Ln., Sioux Falls; Drive vehicle with contents leaking or dripping, \$104.00 plus costs

Stephanie Iris Thielsen, 3821 E. Main Street, Vermillion; Speeding other roadways, \$39.00 plus costs

Kimberlena Garcia, 232 Main St., Irene; Driving with suspended (not revoked) license, \$204.00 plus costs

Aaron Richard Steele, 931 Ash St., Vermillion; Petty theft

2nd degree-\$400 or less, dismissed
Abby Sackett, 16732 Harney Street, Omaha, NE; Seat belt violation, \$25.00

Benjamin Howard, 3600 5th Ave., Sioux City, IA; Speeding other roadways, \$39.00 plus costs

Jenna Maria Christian Dottavio, 234 S. Pine, Vermillion; No drivers license, \$54.00 plus costs
Kerri Marie Fender, 400 N.

Plume #201, Vermillion; Driving with suspended (not revoked) license, \$204.00 plus costs
Jake P. Wurtz, 28781 402

Ave., Delmont, SD; Speeding other roadways, \$39.00 plus costs

Randy Joseph Walsh, 31352 465th Ave., Vermillion; County

speeding, \$39.00 plus costs
Kylee Ray Retzlaff, 46293 Robert Penn Lane, Vermillion; Speeding other roadways, \$39.00 plus costs

Cashier

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CLAY COUNTY POSITIONS AVAILABLE

FULL-TIME DEPUTY TREASURER POSITION - CLAY COUNTY

The Clay County Treasurer's Office is seeking a full-time deputy treasurer. Applicants must have excellent oral and written communications skills and be proficient in computer skills including Word, Excel, and internet-based applications.

Applications are available at the South Dakota Department of Labor, 1024 W. Cherry St., Vermillion, South Dakota. Application deadline is November 30, 2012.

DEPUTY STATE'S ATTORNEY POSITION - CLAY COUNTY

The Clay County State's Attorney's Office is seeking a 1/2 time Deputy State's Attorney. Applicants must have a Juris Doctorate degree and be admitted to practice in the State of South Dakota.

Primary responsibility will be to provide counsel and representation to all county officials in civil proceedings. Additional responsibilities will include but not limited to prosecution of state and county law violations and juvenile matters.

Submit letter of interest, resume and references to Teddi J. Gertsma, Clay County State's Attorney's Office, 211 W. Main, Suite 204, Vermillion, SD 57069, or to teddi.gertsma@claycountysd.org by November 30, 2012.

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