

ASK THE EXPERTS

Orthopedics



Q Should I vaccinate my children?

Dr. Dan Johnson, M.D.
Board Certified
Orthopedic Surgeon

A. There are only a few remote places on earth where cases of polio still strike, yet sixty years ago millions everywhere were paralyzed and killed by this virus. What changed?-- the widespread distribution of the polio vaccine. Nearly every family in the first half of the twentieth century was touched by the tragedy of children dying of diphtheria. What changed?-- a vaccine was. Ever see a case of lockjaw? Probably not in the U.S. because most people are protected by tetanus vaccine. Vaccination is the greatest advance in human and animal health ever developed. (Proper drinking water and waste management are right up there, too.) Some parents have concerns that vaccination is linked to autism. This association has been thoroughly investigated, completely debunked and is false. But it is true that the U.S. has had more cases of whooping cough (pertussis) this year than any year since 1959 because pertussis vaccination rates have been falling. It is in your children's best interest to have all the recommended vaccinations. To do otherwise is to depend on herd immunity (which has been decreasing) and is placing your kids at serious and avoidable risk.



1101 Broadway Ave., Morgen Square Suite 106, Yankton • 605-665-0077

Urological



Q Did you know?

Dr. Joseph Boudreau
MD, F.R.C.S.

A. Men may have a higher risk of prostate cancer if they eat a lot of red meat and "processed" meats. They may also have a more advanced stage of their cancer when it is first detected. Does this mean one should not eat red meat? No, just avoid "processed" meats and cut the fat off your steak. Eat more fish such as salmon which is high in Omega 3 fatty acids. Diets high in sodium (salt) and if you drink a lot of diet sodas are associated with a higher risk of kidney damage by reducing the kidneys ability to filter the blood. Even 2 or more cans per day have been shown to reduce the kidney's ability to filter the blood. Sodas sweetened with regular sugar, juices, and iced tea were not associated with any decrease in kidney function.

Yankton Urological Surgery, Prof., L.L.C. 2009 Locust, Yankton • 689-1100
www.yanktonurology.com

Chiropractic



Q What is chiropractic about?

Sheila Fitzgerald,
DC

A. Chiropractic care is a great choice for many different types of problems and especially wellness. It is a personalized service of professionals who take time to understand the patient's history and problem. It continues to rank high in patient satisfaction rates. Historically, it has great benefits in a multitude of conditions. Chiropractic has withstood the controversy in health care and wellness. And, over the past several years, research has proven the effectiveness of chiropractic care in various conditions of pain and pain management. With increased demand by their patients, it has been made more accessible to the public. If you are considering chiropractic, please visit us and use our resources available on our website at firstchiropracticcenter.com.
Have a safe and healthy Christmas season!



2507 Fox Run Parkway,
Yankton, SD, 665-8073

Fitness/Health



Q I seem to get too busy over the holidays to work out and plan healthy meals. How can I make sure I don't gain weight this year?

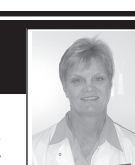
Angie O'Connor
Clinical Exercise
Specialist

A. This is a popular question and one that just takes a little bit of planning and will power. Here are just a few tips to help your holidays be a little bit more healthy. At many homes the holidays are centered around food. This year try centering your get together around an activity, go for a walk, play a game outdoors etc. Shorten your goal for workouts. Take your usual 30-45 workout down to 15-minutes during your busy weeks. That way you will certainly have time to do it and you won't skip it all together when you feel like you don't have enough time. Don't graze at the buffet table. Put your food on a plate and sit down to eat it. Indulge in a single portion of the food you're craving. Research shows if you avoid your cravings all together you're more likely to binge on other foods later. I hope these help you have a healthy holiday season!



501 Summit • 665-9006

Pharmacy/Nutrition



Heptitis C testing for ALL baby boomers. What's up? If you were born between 1945 and 1965, 3% of you have hepatitis C. Doesn't sound like very many, but that is 5 times higher among adults born in any other era. The baby boomers have been exposed before universal precautions and blood screening of hepatitis C were standards of care. Exposure to infected blood is the most common route of exposure. What is hepatitis C? This is an infection of the liver caused by the hepatitis C virus, leads to damages to the liver and can cause liver failure. It is very difficult for the body to rid itself of the virus and usually is symptom free in the beginning. Hepatitis C infection is the leading cause of liver transplantation in the U.S. and is a risk factor for liver cancer. What population do you see this infection in most often? The most common is among people who share needles among users of illicit drugs, accidental needlestick in health care workers, and prior to 1992, from transfusions of blood or blood products. This is an infection that can be transmitted from mother to new born child, also. What are the symptoms? When first infected, 75% have no symptoms and the other 25% may complain of fatigue, loss of appetite, muscle aches or fever. Over time these same symptoms can show up along with yellowing of skin or eyes. As this infection progresses, the infection becomes life threatening. This is the right time for testing and treating. New drugs are available with up to 75% cure rates for some patients. CDC now recommends this testing for all baby boomers plus any other persons with known risk factors, such as IV drug abuse, HIV or dialysis. Ask your physician with your next annual visit, or sooner if you have concerns. Now is the time to take charge of your future health!



Pharmacy • 665-8261

Comfort Care



Q Graduate from Hospice Care?

Lars Aanning, MD
Medical Director

A. "You would never guess but my 102-year old mother just graduated from hospice and we're still celebrating!" a friend excitedly told me as she wheeled her mother to a table for lunch at a local café. Earlier this year her mother had part of her colon removed and she had such a tough time recovering she chose hospice care because she and her caregivers felt she had less than 6 months to live. The daily home visits from the hospice staff were re-assuring for both pain relief and her colostomy care. Miraculously, her mother perked up and began to become more independent as she regained her strength and began to feed herself again. Her daughter confidently assumed care of the colostomy. The hospice staff agreed with the patient and family that she could "graduate" from hospice and resume her previous home health care. This example illustrates that hospice is not always a last stop and that recovery from hospice care is indeed possible!!



605-689-0382 Yankton, SD

Family Medicine



Q What is a PA? (Physician's Assistant)

Jeffrey Johnson, M.D.

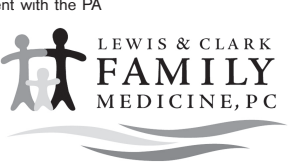
A. A physician's assistant (PA) is a medical professional who works as part of a team with a physician. A PA is a graduate of an accredited PA educational program who is nationally certified and state-licensed to practice medicine with the supervision of a physician. PAs perform physical examinations, diagnose and treat illnesses, order and interpret lab tests, perform procedures, assist in surgery, provide patient education and counseling and make rounds in hospitals and nursing homes. All 50 states and the District of Columbia allow PAs to practice and prescribe medications. PAs are found in all areas of medicine, including the areas of primary care medicine, surgery and surgical subspecialties. The PA educational program is modeled on the medical school curriculum, a combination of classroom and clinical instruction. The PA course of study is rigorous and intense. Physician Assistant's receive a broad education in medicine. Their education is ongoing after graduation through continuing medical education requirements and periodic board recertification exams. By design, physicians and PAs work together as a team, and all PAs practice medicine with physician supervision. Supervision does not mean, though, that a supervising physician must always be present with the PA or direct every aspect of PA provided care. PAs are trained and educated similarly to physicians, and therefore share similar diagnostic and therapeutic reasoning. Physician-PA practice can be described as delegated autonomy. Physicians delegate duties to PAs, and within those range of duties, PAs use autonomous decision-making for patient care. This team model is an efficient way to provide high-quality medical care.



Brandi Pravacek, CNP
L&C Specialty Hospital

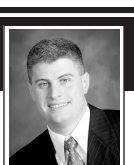


Brad Adams, PA-C



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Ear, Nose & Throat



Q Dr. Rumsey for the past few weeks I have been having dizzy spells lasting for about 30 seconds when I get up or whenever I look up at something. What can I do?

Matthew Rumsey,
Au.D. CCC-A

A. What you are describing sounds like Benign Paroxysmal Positional Vertigo or BPPV. BPPV is one of the most common causes of dizziness. It causes short episodes of severe spinning. People often notice it in the morning when getting out of bed or if they tilt their head back to look at something above them. Currently there are no known precautions to prevent BPPV. Studies suggest half of the population will suffer from it sometime in life. Fortunately, diagnosis is easy and treatment is very effective. Always see a physician when suffering from any type of dizziness, imbalance, or lightheadedness as it is never anything to be taken lightly. Avera Medical Group ENT- Yankton is providing specialized testing for this and many other balance disorders. If you have questions regarding BPPV or are suffering from dizziness and imbalance contact us at 665 - 6820.

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Podiatry



Q What can I do for arthritis in my ankles and feet?

Terence Pedersen,
D.P.M.

A. There are more than 100 different types of arthritis, including gout and rheumatoid arthritis. The most common forms to affect the foot & ankle is post-traumatic and osteoarthritis, especially in the big toe, ankle and midfoot joints. Seeking treatment early can improve the odds of preventing irreversible joint damage. For many patients with early-stage foot or ankle arthritis, changes in shoes or advanced custom orthotics can make a huge difference. While there is no fountain of youth for arthritis, there are more medical options available than ever before. **Big Toes** Baby Boomers are most likely to develop osteoarthritis in their big toe joint. During walking, the big toe absorbs forces equal to nearly twice a person's body weight. It plays an important role in stepping and standing. Some boomers start to develop big toe stiffness, a condition called hallux limitus, in their forties. Better surgical procedures now offer improved pain relief and joint movement to Boomers with early stage arthritis at the big toe. Patients with advanced and severe arthritis may need to have the joint fused or replaced. But stronger screws and hardware are helping fusions last longer while slashing recovery times. A new generation of big toe joint replacements shows promise. **Ankles** Ankles are another prime spot for arthritis. Ankles are more likely to develop post-traumatic arthritis than osteoarthritis. For many Baby Boomers, the trauma was an ankle fracture or a bad sprain that may have happened in their teens or twenties. Innovative new surgical techniques allow foot and ankle surgeons to transplant small plugs of cartilage from one part of the ankle to another in some patients, slowing joint deterioration. Ankle replacements are becoming more popular, and better ankle replacement implants are now available. Sometimes the ankle becomes too arthritic to resolve the pain without surgery. The only option used to be a fusion. Now, with advancements in implant technology, the ankle can be replaced just like they do for a shoulder, knee, or hip.



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