

ASK THE EXPERTS

Comfort Care



Colette Broekemeier, RN
Autumn Winds Comfort
Care Administrator

At Autumn Winds Comfort Care, we strive to provide our patients, families, and caregivers with the best possible care. This covers not only physical pain and discomfort, but mental and spiritual as well.

Our care does not end when a loved one has passed. Quite often it begins before then, with patients, families, caregivers, and our spiritual care and bereavement coordinators working to provide comfort and support through the difficult process of grief. It is absolutely vital that the family members have a healthy mourning experience, so the Autumn Winds Comfort Care team remains available to insure that experience for those family members and caregivers.

Our Bereavement Team assists families by telephone visits, personal visits, grief counseling, or connecting them to a support group that is available in the area. Cards, letters, and reading material are also provided to give comfort and encouragement along this journey. Our team members and resources are available to the community as well.

Here are a few resources we recommend to provide understanding and encouragement on your journey.

• **Internet**
• www.centerforloss.com The Web site for the services of Dr. Alan Wolfelt and the Center For Loss in Fort Collins, Colorado. On this site, articles on grief can be read, materials can be ordered, and they can be contacted for further assistance.

• www.griefshare.org A national grief recovery support group program.

• **Books**
• *Understanding Your Grief* Ten Essential Touchstones for Finding Hope and Healing Your Heart by Alan Wolfelt, Ph.D. Companion Press. ISBN 1-879651

• *A Grief Observed* C. S. Lewis Harper Collins Publishers ISBN 0-06-065273-X



Yankton, SD 605-689-0382

Urological



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

Q. Can diet play a role on preventing prostate cancer?

A. The following is a short list that summarizes dietary aspects of risk factors for prostate cancer:

- Keep your Vitamin D levels normal. Low Vitamin D is a risk factor for prostate cancer growth in bone.
- Diet high in fruit and vegetables and low in carbs can lower risk of prostate cancer.
- Low fat diet
- High dietary intake of Calcium has been identified as a possible risk factor
- Soy milk or protein can lower ones PSA level and possibly lower risk of prostate cancer
- Lycopene rich foods are good (tomatoes, tomato paste, watermelon, papaya, mango, oranges)
- Moderate exercise and weight control
- Any use of grape seed supplements in one study reduced the risk of prostate cancer by 41%. Other supplements including chondroitin, coenzyme Q, fish oil, garlic, ginkgo biloba ginseng, glucosamine or raw palmetto did NOT reduce the risk of prostate cancer.

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

Family Medicine



Jeffrey Johnson, M.D.

Q. Should I really be concerned about my cholesterol?

A. We have all heard of the importance of getting our cholesterol checked and if it is high determine what levels of HDL and LDL. If the LDL is high we usually recommend that you start a class of medication named "statins".

However, it is not as simple as HDL and LDL levels. There are good and bad LDLs. Type A if high is nothing to worry about.

Type B however, is small and more likely to cause atherosclerosis and really should be addressed whether through diet, exercise, or even "Statins". Statins are powerful and do have the possibility of severe side effects. They should not be prescribed without a thorough understanding of how they impact you and your health.

Cholesterol is a very important component found in our blood and serves many important purposes. If you have questions about cholesterol and how it impacts your health or about statins, feel free to schedule an appointment at Lewis & Clark Family Medicine.



605-260-2100, 2525 Fox Run Parkway, Lewis & Clark Medical Plaza, Yankton



Brandi Pravacek, CNP
L&C Specialty Hospital



Brad Adams, PA-C

Chiropractic



Sheila Fitzgerald,
DC

Q. How do you define health?

A. We are trained to live in a blood culture. What are my blood chemistries and what do I need to do to make them 'normal'. The blood is the transport medium which delivers the medicine to make my blood chemistry better. Am I healthy when my numbers are right? Or, is there another way to attain health. Chiropractic teaches that the nervous system is the master system that controls all aspects of our health. Adjustments of the spine improve the way the nervous system operates. When the nervous system works better, the body can work better. Most of us have control over what we can do that makes us healthier or not. Have the conversation with your health professional. Visit us for more details about your health options.



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

Ear, Nose & Throat



Matthew Rumsey,
Au.D. CCC-A

Q. Dr. Rumsey, I found out recently that I have a permanent hearing loss in both my ears. Is it really necessary to have a hearing aid in both ears, even if my hearing improves with only one hearing aid?

A. The simple answer is two hearing aids are better than one. We use timing, volume, and spatial cues from both ears to process auditory information. Two hearing aids collect more and better information, which typically results in improved performance. Secondly, speech understanding abilities deteriorate over time in the ear left unamplified ear due to the lack of stimulation. Research confirms this opinion. Multiple studies have found only 5% of people with bilateral hearing loss perform better with one hearing aid. At Avera Medical Group ENT-Yankton, we encourage our patients to use our 90 day adjustment period find out for themselves what fits their needs best. If you have any further questions, please contact our office at (605) 665-6820.

David Wagner, M.D.
Matthew Rumsey, AuD., CCC-A
Professional Office Pavilion,
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665-6820 • 888-515-6820 • www.yanktonent.com



Fitness/Health



Angie O'Connor
Clinical Exercise
Specialist

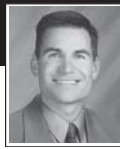
Q. I have heard that exercise can improve your immunity to illnesses. Is that true?

A. Yes, exercise in moderate doses has been found to improve immunity. The challenge with this is making sure you are working hard enough to impact immunity but not so hard that it weakens your system. People who may see the most benefit are those that are going from no exercise to beginning routine of a 20-30 minute walk each day for example and older athletes. Those that exercise vigorously for 90 or more minutes can see a window of increased risk where viruses and bacteria have a better chance of sticking between 3-72 hours after that workout. It's best not to wear your body down too much. Each person can be affected differently, so know your limits.



501 Summit • 665-9006 Sacred Heart Wellness Center

Podiatry



Terence Pedersen,
D.P.M.

Q. Is surgery required to remove corns, or is there a less invasive way?

A. When you're asking about corns, I will assume you are referring to the callus that develops on the top or sides of the toes. Therefore, this callus is most commonly referred to as a "corn" and is formed secondary to pressure. Basically, people develop pressure from their shoes or boots against a prominent joint of the digit. The bone pushes up, and the shoe pushes down, thereby pinching the skin in between forming a callus or corn.

Conservatively, removing the corn involves shaving or smoothing the thickened skin with a pumice stone, or a scalpel. Then, you must reduce or eliminate the pressure on the skin either by eliminating or changing the type of shoe. Next, you must eliminate, if present, the abnormality of the toe. If you have a flexible hammertoe, strapping can straighten it out, or some type of gel pad can be worn over the toe.

I do not recommend acid corn pad removers, because they can burn the surrounding skin causing infection and even ulceration. The problem is not the callus or skin itself, but the underlying bone and the overlying shoe. So why burn the skin when the problem is a "bone and shoe" problem?

If corns or calluses are not relieved with conservative care as described above, then surgical options may be necessary to remove or correct prominent bone deformities that lead to painful corn formation.



Avera Sacred Heart Hospital Professional Office Pavilion
409 Summit St., Ste. 2600, Yankton • 668-8601

Pharmacy/Nutrition



Shona Jussel
Hy-Vee
Pharmacist

Q. I will be flying for a vacation soon. What do I need to know about traveling with my medications?

A. All medications and supplies are allowed through airport security. However there are some tips to make things go smoothly. It is recommended, but not required to keep prescription medications in your original containers, labeled with your name. Putting a reasonable amount of pills in a pillbox is probably ok. Packing your medicines in a carry-on instead of checked baggage is a wise idea, as baggage is sometimes lost. It is also helpful to bring a current list of medications as well as the phone numbers of your doctor and pharmacy in case they would need to be contacted, should you become ill during your travels. Liquid medicines over 3.4 ounces and patients using medicines requiring a needle (ie -diabetics) may also carry on their medicines and supplies, but must tell the airport screener about these items. Liquid medicines should be placed in a clear plastic sealable bag to prevent spilling. It is safe to pass all medicines and supplies through the x-ray scanner, but you may request a visual screening. These rules apply to the US and Canada. If you are traveling elsewhere, it is recommended to check their rules regarding medications. Happy travels!



Pharmacy • 665-8261