

ASK THE EXPERTS

Comfort Care

Hi, my name is Steve Vande Kop, owner of Autumn Winds Comfort Care. Since developing our service about two years ago we have had the pleasure of working with a number of individuals and families when the need for hospice arrived. Our philosophy is to provide care wherever you call home in Yankton and surrounding communities.

Hospice providers are no different than any other service providers, Whether it be plumbers, contractors, or any other service provider, everyone has their unique way of doing things. Should you need hospice services, you owe it to yourself to check into what each service has to offer and compare. Take the time to talk with Colette Broekemeier and ask what Autumn Winds Comfort Care has to offer. You will be glad you did.



Steve Vande Kop,
Owner,
Autumn Winds
Comfort Care



605-689-0382
Yankton, SD

Family Medicine

Q What is Meningitis?

A. Meningitis is a disease caused by the inflammation of the membranes covering the brain and spinal cord known as the meninges. The inflammation is usually caused by an infection of the fluid surrounding the brain and spinal cord. The swelling associated with meningitis often triggers the "hallmark" signs and symptoms of this condition, including headache, fever and stiff neck.

Meningitis may develop in response to a number of causes, usually bacteria or viruses. Most cases of viral meningitis occur in children younger than age 5. Bacterial meningitis commonly affects people under age 20, especially those in community settings such as dormitories, military bases, and child daycare facilities. This increased risk likely occurs because the bacterium is spread by the respiratory route and tends to spread quickly wherever large groups congregate.

Vaccination is an important step in the prevention of bacterial meningitis. All 11-12 year olds should be vaccinated with meningococcal conjugate vaccine. A booster dose should be given at age 16 years. For adolescents who receive the first dose at age 13 to 15 years, a one-time booster dose should be administered, preferably at age 16 through 18 years, before the peak in increased risk. Adolescents who receive their first dose of vaccine at or after age 16 years do not need a booster dose.

As the school year comes to an end, this is the perfect time to review your child's immunization status, especially if he or she will be entering either middle school or college next fall.



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



Brandi Pravacek, CNP
L&C Specialty Hospital

Ear, Nose & Throat

Q Dr. Rumsey, I used to get a lot of earaches when I was little. Can this affect my hearing when I'm older? I seem to hear better out of my right ear, but if I remember correctly, my earaches always seemed to be in my left ear.

A. This is a good question that we get quite a lot. Although there are scenarios where earaches as a child can lead to permanent hearing impairment as an adult, usually it does not. It is interesting that you notice the ear that was most affected is also the ear with the greatest hearing difficulty. A comprehensive hearing evaluation would be the best way to determine the type, degree and potential cause of your hearing difficulties. There are three types of hearing impairments: conductive, sensorineural and a mixture of both conductive and sensorineural. A conductive hearing loss would be linked to earaches and ear infections and is best treated with medication or surgery. A sensorineural hearing loss is less likely to be linked to middle ear difficulties and is best managed with hearing aids. I hope that this has answered your question. If you need more information or would like to schedule a hearing evaluation, do not hesitate to call the office at (605)655-1220.

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Matthew Rumsey,
Au.D. CCC-A

Podiatry

Q Is there a permanent remedy for ingrown toenails? I'm tired of suffering!

A. Ingrown toenails have several causes, including tight shoes, trauma, weight gain, pregnancy, increased exercise activities, or poor trimming. Identifying the problem many times will resolve the pathology.

When an ingrown toenail becomes a chronic condition, then office-based surgical procedures are quite effective. The technique involves a small amount of anesthesia that is usually well-tolerated by the patient. Then, the incurvated nail borders, or in some situations the entire nail is removed without pain. The nail root known as the matrix, is then gently scraped to remove it. An application of phenol (an acid solution) is then applied to the surgical area to kill any remaining nail root. The surgical areas are then cleansed with saline, followed by antibiotic ointment and a simple dressing. The procedure is performed so the pathological portion of the toenail does not regrow.

This permanent toenail procedure is straightforward, performed in the office, usually has minimal or no pain afterwards, and usually has great results. There is no incision, and there are no sutures. Most people do not take any time off from work, and most athletes can return to sporting activities the next day.



Terence Pedersen,
D.P.M.



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Urological

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:

- More aggressive vitamin D supplementation should be considered in obese cancer patients with a body mass (BMI) greater than 30kg/m
- High intake of protein from dairy products might increase the risk of prostate and breast cancer by increasing the body's production of insulin growth factor. Dairy is ok in moderation, however.
- Keep your cholesterol levels normal.
- Red meat cooked well done has been associated with increase risk of prostate cancer. Therefore less barbecuing and less processed meats is advised. Don't cook your occasional steak or burger to well done. White meat (chicken) was not associated with a higher risk of cancer.
- Green tea is good.
- Cruciferous vegetables (broccoli, etc.) are good.
- Omega 3 fatty acids are good.

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

Chiropractic

Q How quickly will I notice improvement in my symptoms while receiving chiropractic care?

A. All people recover from injuries or chronic conditions differently. Symptoms may diminish, become intermittent, or change in pattern, type or character. It is common to experience pain and other uncomfortable sensations during recovery. Since chiropractic care uses non-drug and non-surgical approaches, less effort is made to mask the symptoms and more attention is placed on understanding what the symptoms are trying to tell you about your condition. Careful attention to your symptoms and open communication with your chiropractor will help assure the best and fastest recovery. Call today to start your recovery.

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Sheila Fitzgerald,
DC

Fitness/Health

Q I just walk right now for my workout but I keep reading that strength training is important. Why?

A. Congrats on your walking routine but it sounds like this might be a good time to add to it some strength training to compliment it. Maintaining or improving your muscular strength is important at any age but it becomes even more so as we get older. Starting in your 30's, unless you are doing something to maintain your muscle mass, you are losing it. Resistance training will help prevent that and in turn provide you with a multitude of health benefits including the following; increasing/preserving your muscle mass, increasing bone density and metabolism, reducing your risk of falls, improving your control of blood sugar, relieving arthritis pain, help you to maintain Independence, improve your mood and much more. It might sound overwhelming but your program doesn't have to take long and it doesn't need to be complicated. The staff at Avera Sacred Heart Wellness Center would be happy to direct you in a safe and effective program. It's never too late to get started!

501 Summit • 665-9006



Angie O'Connor
Clinical Exercise
Specialist

Pharmacy/Nutrition

New Calcium Recommendations

Lately, people have been hearing mixed recommendations about calcium supplements. Low calcium intake has been associated with colon cancer, kidney stones, obesity, and hypertension, and women have been encouraged to take calcium supplements to make up for a lack of calcium in the diet. A typical recommended dose of calcium in postmenopausal women is 1000 mg to 1500 mg daily, but most women only get about 600 mg in their diet. The U.S. Preventive Services Task Force is now changing their recommendations on calcium and vitamin D supplementation. Calcium and vitamin D are beneficial for adults with osteoporosis or vitamin D deficiency, but they do not help prevent fractures in older women without osteoporosis. New data now suggests that calcium supplements may even increase cardiovascular risk in women taking 500 mg/day or more and men taking more than 1000mg/day.

Not to worry though, calcium from food is NOT associated with an increase in cardiovascular risk. Try to get as much calcium from food as possible such as, milk, yogurt, cheese, green leafy vegetables, beans, salmon, sardines, almonds, figs, and tofu. Most people typically get 300 mg per day of calcium from their diet, not including dairy products. If people include two servings of dairy a day, they can get a total of at least 900 mg per day. The new recommendations for total calcium intake is 1000mg/day for women up to age 50 and men up to 70, and 1200mg/day for older adults. A total daily dose for vitamin D is 800 to 2000 IU/day for adults. If you aren't getting enough calcium in your diet, ask your pharmacist if calcium carbonate or calcium citrate would be an appropriate choice for you.



Leah Rempher
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