

ASK THE EXPERTS

Comfort Care



Colette Broekemeier, RN
Autumn Winds
Comfort Care Administrator

Q Does Medicare pay for hospice even if I choose to stay at home?

A. Yes. If you or your loved one has decided to remain at home and have no further medical treatment for a terminal illness, Medicare will cover all of the costs related to:

- * Physician care
- * Medical equipment and supplies
- * Physical and occupational therapy
- * Dietary counseling
- * Nursing care
- * Hospice aid and homemaker services
- * Social work services
- * Grief and loss counseling for you and your family

Sometimes a small copayment may be billed for:

- * Medications for symptom control or pain relief
- * Short-term inpatient care (for pain or symptom management)
- * Short term respite care (to provide some free time for your caregivers)

Medicare has very generous financial benefits for patients who have decided not to undergo further treatment for their terminal condition and want to live in their home. All other medical needs requiring physician, nursing, and ancillary care are covered by Medicare Part A. Small copayments may be required in special circumstances.



Yankton, SD • 605-689-0382

Funeral & Cremation



Jim Goglin

Q What are funeral and cremation packages?

A. Most people are familiar with what a traditional funeral service consists of: basic services, embalming, preparation, visitation, funeral ceremony, transfer to the funeral home and funeral coach.

Merchandise purchases include thank you cards, memorial folders, books, casket, outside container, etc. Other costs include cash advances for Minister, organist, soloist and expenses for lunch, etc.

With a package, services and merchandise are all included. (Usually minimum services and moderately priced merchandise). Upgrades are usually allowed, for an additional cost. Packages are perfect for cost conscious families that want a beautiful dignified service, but don't feel the need for the very best or most expensive. Our direct cremations start at \$1995.00 and include crematory fee. Funeral packages start at \$5980.00 includes a steel casket, grave liner and a casket spray. We encourage families to check prices in your area, and stop in for a general price list and a package price list.

Legacy Affordable Burial & Cremation Solutions

1014 W. 8th St., Yankton
665-4414 • 866-615-2906
Open Mon.-Sat. 10am-4pm



24 hours by appointment • www.goglinfh.com

Family Medicine



Brad Adams, PA-C

Q What is Pertussis? How do I get protected?

A. Pertussis, also known as whooping cough, is a highly contagious bacterial infection that causes violent coughing. The coughing makes it hard to breathe and produces a deep "whooping" sound.

Pertussis can occur at any age. The number of pertussis cases in the United States has increased in recent years.

On average, symptoms begin about 7 to 10 days after the pertussis bacteria enter your body. Initial symptoms usually resemble the common cold.

Infants under 6 months of age, adolescents and adults may have a cough that lasts many weeks without the characteristic whooping sound. If you have a cough that lasts more than a week without improvement, contact your medical provider. A swab from your nose or throat can confirm the diagnosis.

A vaccine is available for both children and adults.

Doctors recommend 5 total doses of the DTaP vaccine for all infants and children, unless there is a medical reason to withhold vaccination.

Children are usually immunized at ages 2 months, 4 months, 6 months, 15 to 18 months and 4 to 6 years.

Vaccines are also available for older children and adults. These age groups receive a pertussis vaccine called Tdap. This should be given at age 11 or 12 and every 10 years thereafter.

If you have whooping cough, avoid contact with infants, young children and pregnant women.

If you have whooping cough, your doctor will prescribe antibiotics. You will no longer be contagious after about five days of antibiotics.

However, your cough may continue for weeks even if you're taking antibiotics.

If you or someone you know has a persistent cough, contact Lewis and Clark Family Medicine for further information regarding pertussis. 605-260-2100



2525 Fox Run Pkwy., Lewis & Clark Medical Plaza, Yankton • 260-2100

Chiropractic



Sheila Fitzgerald, DC

Q What is chiropractic about?

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

Ear, Nose & Throat



Kendra Neugebauer,
Au.D. CCC-A

Q Dr. Neugebauer, I always have trouble hearing at family gatherings. I am so tired of asking people to repeat themselves. What can I do?

A. I hear this question quite often. Typically, trouble understanding conversation is the first sign of hearing loss; however, even people with normal hearing can struggle in noisy environments. Some quick tips for better listening include trying to limit noise sources such as TVs, radios, or even clanking dishes. Focus on one speaker at a time. Listen with both your eyes and ears. If you have hearing aids, wear them! Don't bluff. Be assertive and ask for clarification. Whether you have hearing loss or not, these strategies can be very helpful. If you have tried these tips and are still having difficulties, schedule an appointment with an audiologist to explore other options to point you in the right direction toward better communication.

David Wagner, M.D.
Matthew Rumsey, AuD., CCC-A
Professional Office Pavilion,
Suite 2800, 409 Summit, Yankton
665-6820 • 888-515-6820 • www.yanktonent.com



Fitness/Health



Angie O'Connor
Clinical Exercise
Specialist

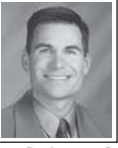
Q I usually work out 2 or 3 times a week. Should I stop working out if I have a cold until it is gone or should I work out anyway?

A. The question of whether to exercise or not when you're sick really depends on what kind of sick you are. A general rule is that it is ok to exercise if you only have symptoms above the neck. This includes a sore throat, nasal congestion, sneezing etc. In fact, sometimes exercise can help clear out some of the "stiffness" you might be feeling and make you feel better. If your symptoms are below the neck like coughing, aches, nausea, diarrhea, fatigue or a fever you should really avoid exercise and rest your body. Generally exercise will raise your core temperature and if you already have a fever for example it may make you feel even worse. Be sure to keep yourself hydrated whether you're exercising or not. If you're exercising in a gym be sure to take precautions for keeping other patrons from catching what you have. Wipe down your equipment after use, wash your hands and use antiseptic hand gel.



501 Summit, Yankton • 665-9006

Podiatry



Terence Pedersen, D.P.M.

Q I have numbness and pain in my ankle above my heel. I also have heel pain. Is one causing the other? Are they related?

A. Just like a pinched nerve in the wrist known as carpal tunnel, you can also get a "pinched" nerve in the medial side (inside) of the foot and ankle known as tarsal tunnel syndrome. Symptoms include numbness of the ankle and/or foot, heel pain, or arch pain. Symptoms may be intermittent, constant, or worsen with activities. Sometimes, tarsal tunnel syndrome is the cause of heel pain, but misdiagnosed as plantar fasciitis.

Tarsal tunnel is caused by pressure or stretching of the nerve in the foot and ankle. Irritation to the nerve includes trauma, tendonitis, flat feet, high arched feet, short achilles tendon, overuse, or any pathology that causes swelling of the tarsal tunnel area or thickening of the overlying muscle belly that covers the nerve.

Tarsal tunnel is mainly diagnosed clinically by symptoms and examination. Other modalities that may be helpful for diagnosis include Xrays, ultrasound, MRI, and nerve conduction testing.

Treatments center around reducing inflammation to the nerve and surrounding structures, as well as eliminating the biomechanical trauma to the nerve. Treatment starts with physical therapy, anti-inflammatory medications, ice, heat, ultrasound, walking boots, and activity modifications. Sometimes surgical release of the nerve is necessary, and usually provides excellent relief of the symptoms.



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

Pharmacy/Nutrition

It's that time again!

Time to get into your local Pharmacy or Physician office for your flu vaccine for the 2013-2014 season. Watch your newspapers and listen to the radio for your opportunity to get your vaccine at a scheduled flu vaccination clinic or just stop by. Most providers are willing to take care of you at your convenience.

The flu vaccine is recommended yearly for everyone 6 months of age or older. Get the flu vaccine as soon as it becomes available each year is the best protection and will last throughout the flu season. The timing of the flu season is unpredictable and can vary from year to year. January and February is usually when we see the peak activity, but it can be seen as early as October and as late as May.

Flu vaccine can be given by multiple routes. So if a "shot" is not what you are up for, check with your Physician or Pharmacist to check out your alternative. For those over 65 years of age, it is recommended to get the HD formulation. This has a higher concentration and should give the person a greater response to the vaccine for greater protection. Also, there are more options for people who have an allergy to egg protein this year.

Most individuals will receive the combination of 3 virus strains. New this year is a combination of 4 virus strains. Only about 20% of all the flu vaccine available will be in this form, and is being recommended for kids and teens. They have a greater risk of being exposed to the extra virus strain.

In addition, you can take everyday preventive steps like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with the flu, stay home from work or school to prevent the spread of the virus.



Pharmacy • 665-8261

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