

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
- * Nursing care
- * Hospice aid and homemaker services
- * Physical and occupational therapy
- * Dietary counseling
- * 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 Do all funeral homes have a crematory?

A. No. Most Funeral homes do not have a crematory. But all funeral homes do offer cremation services. There are 97 licensed funeral homes and only 11 licensed crematories in the state of South Dakota. Crematory locations include: Sioux Falls (2), Tyndall, Yankton, Aberdeen (3), Rapid City, Harrisburg and Sturgis (2).

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 A lot of chiropractors recommend supplements. What is the recommendation for supplements for weight loss?

A. Just as a good foundation for spinal health is the adjustment, a good foundation for weight loss is a good diet. Good food may not be enough if digestion or other health issues prevent you from following healthy eating. We have utilized food sensitivity testing at First Chiropractic Center and supplemented with a combination of healthy medical foods and greens for great results in blood sugar management and improved gastrointestinal (GI) health. GI health is very important in digestion and the way the body absorbs the nutrition from the food we eat. When the GI health is restored, we feel better, have more energy, and can increase activity. Well-rounded programs for fitness are encouraged as well. A better body works and feels better! (Our products follow the MBP-Good Manufacturing Practices which is the quality standard from the FDA.)



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

Ear, Nose & Throat



Kendra Neugebauer,
Au.D. CCC-A

Q Dr. Neugebauer, I was recently diagnosed with Meniere's disease. What is Meniere's disease and what can I do about it?

A. Meniere's disease is characterized by a combination of four particular symptoms, including ear fullness, tinnitus (ringing in the ears), intense episodes of prolonged dizziness, and fluctuating hearing loss. These symptoms can occur due to abnormal fluid composition or buildup within the inner ear. Most physicians believe the combination of salt restriction and use of diuretic medications provides the best therapy; however, there is not one specific cure for all symptoms. Fortunately, people generally are symptom free between episodes and Meniere's disease is not life threatening. The best advice I can offer is to keep your ear nose and throat physician's phone number close and limit your salt intake.

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Fitness/Health



Angie O'Connor
Clinical Exercise
Specialist

Q How is body fat measured? Will body fat turn into muscle with an exercise program?

A. Body fat or body composition is a measure of a person's lean versus fat tissue. Everyone requires some body fat for their systems to function properly, however having excess fat tissue increases your risk for various health conditions such as heart disease, certain forms of cancer, diabetes and more.

There are many methods for measuring body composition including bioelectrical impedance analysis (BIA), circumference measurements, skinfold measurements, near-infrared and underwater weighing. The most common measurement styles are BIA and skin fold. BIA is very noninvasive and only requires that the participant utilize a hand held machine, after entering biometric data, for a short test that lasts less than one minute. This measurement function is also available on some home digital scales as well. For skin fold testing the participant has 3-7 sites on their body measured and marked and then the tester carefully pinches each fold of skin and measures it with a skin fold caliper.

It is important to remember that it's not about "skinny" or "fat." Even a person that looks to be at an appropriate weight they can still be "over fat." That's why someone serious about keeping healthy should focus more on body composition rather than weight. Body fat doesn't turn into muscle nor does muscle turn into fat. Effective exercise will help burn off body fat and increase muscle mass.



501 Summit, Yankton • 665-9006

Podiatry



Terence Pedersen, D.P.M.

Q I've read several articles about people running barefoot. Do you think this is a good idea?

A. The latest research that I have read discussed a few simple basic points that may help you.

Running with a well-padded typical running shoe causes a person to do two basic things; One, run with a "heel-to-toe gait." That is, that person will strike on the heel, and the foot will naturally roll to the ball, and then onto the toes. Second, the typical running shoes causes a runner to lengthen the stride. Therefore, the shoe-runner will strike the ground less often running the same distance as the barefoot runner running the same distance. The shoe-runner will also put more pressure and strain on the heel.

Running barefoot, causes 2 basic changes in running; One, running stride will be shorter, and the runner will strike the ground with the ball of the foot and not the heel. Therefore, the barefoot runner will avoid pressure on the heel, while at the same time take more steps when running the same distance as would the runner with the typical running shoe.

Runners who use a "minimalist" running shoe may run with a stride somewhere in between the barefoot runner, and typical "running shoe." This is a very generalized statement, because there are many different types of minimalist running shoes, with different amounts of shock absorbing material.

Therefore the answer to your question depends on what you believe according to statements above. My advice would be that if you decide to become a barefoot runner, start with a typical running shoe. Then, switch to a minimalist running shoe, and finally to barefoot running. Take it slow, and deliberate. I believe, if you do a combination of the three different running styles, and listen to your body, you can decide which type of running is best for you. Perhaps, running equal amounts of distance and speed with the three types of running, will work your muscle groups differently. This may avoid overuse injuries that people experience from using only once style of running.



Avera Sacred Heart Hospital Professional Office Pavilion
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Pharmacy/Nutrition



Leah Rempher
Pharm. D.

3 New Flu Vaccine Formulations For 2013-2014

Flu season is here. Have you thought about getting your flu shot yet? There are a few new flu vaccines to consider this year.

Flumist, the only non injectable option for healthy, non-pregnant, people ages 2 to 49, now protects against 4 flu virus strains instead of the usual 3 virus strains.

Fluzone, Fluaxin, and Flulaval, will come in both trivalent (3 strain) and the new quadrivalent (4 strain) versions. The quadrivalent version is especially beneficial for kids and teens as they tend to be hit harder by the "B" strains of the flu virus. The new quadrivalent vaccines of course cost more than the trivalent form.

Flucelvax is a cell culture approved only for adults. It may contain small amounts of egg protein, so if one is severely allergic to eggs, it is not a good choice. Flublok is a new egg free vaccine approved for ages 18 to 49. Flublok is made by replicating the viral protein that triggers immunity, not the virus.



Pharmacy • 665-8261

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