

# ASK THE EXPERTS

## Comfort Care

**Q** What are the benefits of hospice and palliative care?

**A.** Hospice care providers offer specialized knowledge and support at the end of life just as obstetricians and midwives provide support and expertise at the start of life. Hospice can reduce anxiety in both the patient and their family by helping them to make the most of their remaining time and achieve a level of acceptance. In addition to focusing on the physical health and comfort of a patient, hospice care also focuses on the emotional needs and spiritual well-being of the terminally ill and their loved ones. In-home care from a hospice team often means the patient receives greater monitoring than he or she would in a hospital.

Hospice neither hastens nor postpones dying. The aim is to improve the quality of remaining life so patients can enjoy time with family and friends and experience a natural, pain-free death. In some cases, hospice care can extend life. Research published in the Journal of Pain and Symptom Management found that terminally-ill patients who received hospice care lived longer than those who did not opt for hospice near the end of life. (Source: National Hospice and Palliative Care Organization) A patient can go on and off hospice care as needed-or if they change their mind and decide to return to curative treatment. They may enter the hospital for certain types of treatment if it involves improving their quality of life.

We have re-located to a new office. We hope this helps clarify that our Comfort Care business is provided in the setting necessary for the patient, and is separate from our Assisted Living. Come see us at our new location: Autumn Winds Comfort Care, 327 Broadway, Suite 1. Phone: 605-689-0382 or visit our website at [www.autumnwindshospice.com](http://www.autumnwindshospice.com).  
Colette Broekemeier, RN



Colette Broekemeier, RN  
Autumn Winds  
Comfort Care Administrator

*Autumn Winds*  
Comfort Care  
Yankton, SD • 605-689-0382

## Dry Cleaning

**Q** What is dry cleaning?

**A.** Dry cleaning is a process which uses solvents to clean your clothing instead of water. There are many types of dry cleaning solvents. The machine which is used looks like a large front loading washing machine. Dry cleaning is a total immersion process. You cannot clean just the top or just the bottom of a garment. There are special detergents to aid with stain removal. Many types of spotting solutions are available to the dry cleaner to assist in stain removal. Sizing is also added to restore a crisp feel to the garments.

# VOGTS

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## Funeral & Cremation

**Q** I've never arranged a funeral before. What do I need to know?

**A.** At some time in our lives, most of us will make or assist in making funeral arrangements. This will not be an easy time, but we offer these tips for smart planning:

- Be an informed consumer and ask questions
- Choose an independent funeral home and a licensed funeral director
- Discuss all service and payment options during the funeral arrangements so there are no misunderstandings
- Be prepared and make decisions and organize details in advance of need
- Plan a personalized and meaningful ceremony to help you begin healing

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## Family Medicine

**Q** What is atherosclerosis?

**A.** Atherosclerosis is the most common disease process in the United States. It leads to the number one killer of Americans and that is Heart Disease. Heart Disease, stroke, etc are all related to a common process and that is atherosclerosis. Atherosclerosis is the process by which the build up of cholesterol plaque occurs within and on the artery. Arteries take oxygenated blood away from the heart to the organs. If there is inflammation present in the artery this will cause oxidation. Just like a car rusts in exposed weather over time it is a very similar process that occurs in the artery. This causes inflammatory cells to engulf cholesterol and thus starting the process of atherosclerosis. Left over time to continue eventually the artery becomes blocked and the process of atherosclerosis has done its job.

Now there can be end organ damage due to decreased blood flow or the artery plaque can rupture causing a blood clot. If this occurs a stroke or heart attack will occur. Keep in mind that this process can occur anywhere in the body. If you have had a heart attack you are at risk for stroke because if you have atherosclerosis in the heart arteries you will also have it in the brain and anywhere else there are arteries.

If you have any questions on how we can help you lower your risk we are happy to see you at Lewis and Clark Family Medicine.



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



Jeffrey Johnson, M.D.

## Chiropractic

**Q** Out with the old, in with the new, or do we keep both?

**A.** Traditionally, chiropractic care has been about wellness. Chiropractic uses adjustments to cause changes in the nervous system. Those changes stimulate a balance between too much and too little energy in the nervous system. These changes are typically noted by the patient and a relaxed yet, energized effect. Modern references to chiropractic care are about pain relief. Chiropractic adjustments for conditions of the musculoskeletal system relieve pain and help restore function. Studies show that chiropractic used for painful conditions has a great track record of helping the patient manage their condition better. Fortunately for the patient, the benefits of chiropractic care include both effects. As our own health care needs and goals evolve and change, chiropractic care has been and will be there to meet those changes. First Chiropractic Center looks forward to another 30 years of serving you!

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



Sheila Fitzgerald, DC

## Ear, Nose & Throat

**Q** Dr. Rumsey, my ears ring constantly. Sometimes it's so bad I cannot fall asleep. Is there anything I can do?

**A.** Unfortunately, this is a problem shared by many. Recent research has shown nearly 50 million adults suffer from some form of tinnitus or ringing in the ears. Tinnitus is often a symptom of hearing loss or some degree of damage to the inner ear. Frequently, properly fit hearing aids equipped with tinnitus management technology ease the awareness of tinnitus. For individuals who are not hearing aid candidates, the Neurotonics Tinnitus treatment program has proven helpful. I recommend starting with a comprehensive evaluation to obtain baseline information and learn more about how to manage your tinnitus. Additionally, I encourage you to visit the American Tinnitus Association at [www.ATA.org](http://www.ATA.org). If you would like more information you can call me at (605) 655-1220.

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Matthew Rumsey,  
Au.D. CCC-A

## Fitness/Health

**Q** What do you consider a rest day? Is it a day without weights, cardio, or both? And why do I need a rest day?

**A.** Rest Days are an essential part of a successful exercise regime. It is these rest periods that allow your body to recover and repair from the moderate/vigorous activity you've completed. It is recommended that each major muscle group be strength trained every other day. You can do weights every day, but just alternate each day between upper and lower body for example or just do both together every other day. The rest day in between allows for the micro tears you've made in the muscle time to heal and grow. If you don't rest you'll find that you are much more sore, your risk for injury will rise and your progress will slow or stop.

As far as cardio goes you should take at least one day of rest per week. That rest day doesn't have to mean complete rest. It could mean a leisurely walk or bike ride, but a break from your moderate/vigorous exercise routine. Again, failing to do so can increase injury risk significantly because you are not allowing your body time to heal. To minimize overuse injuries, alternate your routine, try different modalities and most of all listen to your body! If you are experiencing pain, stop.

501 Summit, Yankton • 665-9006



Angie O'Connor  
Clinical Exercise  
Specialist

## Podiatry

**Q** Is it true there is nothing that can be done for a broken toe?

**A.** Toe fractures are common injuries affecting all age groups. Most of them are treated conservatively without posing a problem; however, certain digital fractures require more extensive treatment, and if left untreated or treatment is delayed, it will lead to prolonged recovery time and make them more difficult to treat. The main concerns are loss of blood or nerve supply, displacement or separation of the fractured ends, dislocation, and a fracture within the joint.

So how do you treat a toe fracture? Xrays are usually taken within the office to assess the type and severity of the fracture. If there is some displacement or mal-alignment seen, the fracture is reduced in the office and splinted. If reduction is unsuccessful, then surgical intervention with screws or wires may be necessary to stabilize the fracture. This is especially important if this occurs in the big toe since it bears the most weight out of all the toes.

What are the consequences of delaying treatment? Some concerns are delayed or non-union of the fracture fragments, mal-alignment of the digit causing problems with shoe-gear or irritation against other digits, and arthritis if the fracture occurred within a joint. Early treatment is important in order to minimize these consequences as well as possible prevention of surgically removing or fusing the joint.

These brief answers to the above questions show it is important to have your toe evaluated if you believe it is broken. Also it is important to remember there is something that can be done for a broken toe.

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



Terence Pedersen, D.P.M.

## Pharmacy/Nutrition

**Q** What medicines may I take if I have a cold or cough and am pregnant or nursing?

**A.** The safest options for both mom and baby are non-drug options such as using a humidifier, drinking plenty of fluids to help thin mucus and using nasal saline for congestion. If these are not sufficient, some over-the-counter products are considered safe in pregnancy but have different safety warnings depending on the trimester.

**Antihistamines:** Chlorpheniramine has the best evidence for use in pregnancy, but loratadine (Claritin) and cetirizine (Zyrtec) are also safe in the 2nd or 3rd trimester. Breastfeeding mothers should take the antihistamine at night after the last feeding to minimize effects on baby. Antihistamines may reduce milk production.

**Decongestants:** Should be avoided in the first trimester, but offer a very low risk of causing problems during the remainder of the pregnancy. Some nasal decongestants, such as Afrin, may pose a risk to the fetus. Decongestants are likely safe in breast feeding, but they may cause irritability in the baby and also decrease milk production.

**Antitussives/Expectorants:** Guaifenesin and dextromethorphan are safe in pregnancy, but are not very effective. Products containing alcohol or codeine should be avoided during pregnancy and breastfeeding.

If at any time you have questions about which product is best to use in pregnancy/breastfeeding, please feel free to ask you Hy-Vee pharmacist.



Pharmacy • 665-8261



Shona Jussel  
Hy-Vee Pharmacist