

Dry Cleaning

What is dry cleaning?

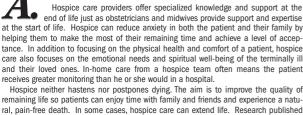
Dry cleaning is a process which uses solvents to clean your clothing instead of water. There are many types of dry cleaning solvents. The machine which is used looks like a large front loading washing machine. Dry cleaning is a total immersion process. You cannot clean just the top or just the bottom 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.



320 Douglas, Yankton · 665-2024 Mon.-Thurs. 7:30-5:30pm, Fri. 7:30-5:00pm

Comfort Care

What are the benefits of hospice and palliative care?



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 (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. Colette Broekemeier, RN



Colette Broekemeier, RN Autumn Winds

Comfort Care Administrator

Funeral & Cremation

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



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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amily Medicine

What is atherosclerosis?



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 form 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 you risk we are happy to see you at

Lewis and Clark Family Medicine. 2525 Fox Run Pkwy., Lewis & Clark Medical Plaza, Yankton \cdot 260-2100



Chiropractic Out with the old,

in with the new, or do we keep both? Traditionally, chiropractic care has been about wellness.



Sheila Fitzgerald, DC

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!

oractic (CHIIO) Yankton, SD, 665-8073

Ear, Nose & Throat Dr. Rumsey, my ears ring



constantly. Sometimes it's so bad I cannot fall asleep. Is there anything I can do? 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 Neuromonics 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. If you would like more information you can call me at (605) 655-1220. vera示 David Wagner, M.D. Matthew Rumsey, AuD., CCC-A Medical Group

Professional Office Pavilion, Suite 2800, 409 Summit, Yankton 665-6820 · 888-515-6820 · www.yanktonent.com Podiatry

Ear, Nose & Throat Yankton

Is it true there is nothing

that can be done for a broken toe?



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 reduc-

tion 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 Some concerns are What are the consequences of delaying treatment? 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 fus-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 **AVETA**

409 Summit St., Ste. 2600, Yankton · 668-8601

something that can be done for a broken toe **Medical Group** Avera Sacred Heart Hospital Professional Office Pavilion



am pregnant or nursing?

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-thecounter products are considered safe in pregnancy but have different safety

warming 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

If at any time you have questions

should be avoided during pregnancy and breastfeeding.

Pharmacy · 665-8261



about which product is best to use in pregnancy/breastfeeding, please feel free to ask you Hy-Vee pharmacist.



Fitness/Health What do you consider a rest

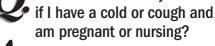
day? Is it a day without weights, cardio, or both? And why do I need a rest day? Rest Days are an essential part of a successful exercise regime. It is these rest periods that allow your body to recover



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 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

your routine, try different modalities and most of all listen to your body! If you are experiencing pain, stop. Sacred Heart 501 Summit, Yankton · 665-9006 Wellness Center

not allowing your body time to heal. To minimize overuse injuries, alternate



harmacy/Nutrition

What medicines may I take

