

ASK THE EXPERTS

Pharmacy/Nutrition

Gastroesophageal reflux disease (GERD) occurs when stomach acid flows back up and into the esophagus. GERD typically presents after eating as chest pain, a cough, heartburn, a sensation of something in the throat, or trouble swallowing. These symptoms can worsen at night because lying down allows stomach acid to more easily flow back up the esophagus. Treatment of GERD involves making lifestyle changes such as avoiding beverages and food that trigger reflux, smoking cessation, and weight loss. Foods to limit to alleviate GERD are fatty foods such as fried foods, spicy foods, citrus fruits, garlic, onion, tomatoes, red sauces, and chocolate. Beverages to try to avoid with GERD include carbonated, alcoholic, and caffeinated drinks. Visit with your pharmacist or provider to discuss if OTC or prescription options are right for you if lifestyle changes do not resolve symptoms.

Dana List, Pharm.D.



Pharmacy • 665-8261

HVAC

Q. What are the benefits of an HVAC preventative maintenance agreement?



Kevin Schramm
Service Technician

A. At Kalins Indoor Comfort, your comfort, satisfaction, and peace of mind is our top priority. Our Comfort Club Maintenance Agreements provide you with reliable, worry-free maintenance for your HVAC equipment. We come out twice a year to perform a heating and a cooling preventative maintenance. We have three levels of plans to fit every budget and offer easy monthly pay. Benefits of becoming a member include; priority service, no overtime rates for after-hours coverage, scheduled system cleaning reminders, 12 month labor warranty on repairs, 15% discount on repairs and guaranteed appointments. You wouldn't forget your car oil change, so don't neglect the most expensive appliance in your home! Call 605-665-4348 today to sign-up!



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Funeral & Cremation

Q. Don't all funeral homes have to give out a general price list (GPL) if we ask for it at the funeral home?



Jim Goglin
Funeral Director,
CFSP

A. Funeral homes must give the general price list to anyone who asks, in person, about funeral goods, funeral services, or the prices of such goods or services. You must give the GPL to such individuals to keep. The request for information does not have to come from a consumer or someone who wants to make funeral arrangements now or in the future. You must give a GPL to all persons who inquire about funeral arrangements. This may include competitors, journalists, and representatives of businesses, religious societies, government agencies, or consumer groups.



Goglin Funeral Homes

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Ear, Nose & Throat

Q. Dr. Baily, I'm really struggling to hear lately. Conversations seem muffled and I'm constantly asking people to repeat themselves. Does this mean I have hearing loss? What should I do?



Kendra Bailey,
Au.D. CCC-A

A. Sir, you are not alone. Hearing loss typically first affects the sounds needed to distinguish one word from another; For example, the /s/ in sit from the /f/ in fit or the /t/ in time from /d/ in dime. This is normally a gradual occurrence and can be hard to notice. Family and friends are good first indicators. They will often notice our problems before we accept them. So don't take it personally if family and friends are encouraging you to do something about your hearing. It would be a good idea to follow their advice. The best thing to do is schedule an appointment with a local audiologist. At Avera Medical Group, we always offer a free consultation so you can get informed about your specific situation with no obligation or without incurring any cost.



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

Fitness/Health

Q. Why is strengthening your core so important?



Angie O'Connor
Clinical Exercise
Specialist

A. Your core is comprised of a variety of muscles that surround your trunk and work together to stabilize your spine. A strong core helps you stand upright, maintain posture, prevent injury and reduce back pain. Having weak core muscles can be the reason many experience daily pain. The pain is generally caused by other muscles overworking to compensate for the weaker ones. You can strengthen your core with workouts two to three times each week. Specific exercises can be prescribed for your current fitness level but planks, bridges and crunches are a great place to start!



501 Summit, Yankton • 668-8357 Sacred Heart Wellness Center

Podiatry

Q. Do I need new orthotics?



Terence Pederson,
D.P.M.

A. I was fitted with orthotics by a podiatrist in college. I'm now in my mid 30's and still use them. I've been experiencing pain in my arch and I'm wondering if it's possible that the structure of my foot has changed, and perhaps my orthotics no longer fit? Do I need new orthotics?

The answer to your question depends on many factors, including what type of material your orthotics are made from. Many of the acrylics and hard plastic orthotic materials can stand the test of time. Some orthotics are made with materials consistent with dense foam. The "foam" orthotics will compress and deform rather quickly, sometimes lasting only a year.

Your feet can change their structure as you age. They can get longer and wider. If this is the case, then yes, you may need new orthotics. However, sometimes an orthotic just needs an adjustment, or new padding. Also, keep in mind that orthotics do not fix every problem, and your pain may be totally unrelated to the orthotic.



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