

ASK THE EXPERTS

Pharmacy/Nutrition

Q. What should I do with unwanted medication?

A. Cleaning out your medicine cabinet should be done regularly. Medications that are outdated or unwanted should be disposed of promptly to reduce negative/toxic effects on our environment. Safely disposing drugs can also prevent them from getting into the hands of people who shouldn't have them. What should you do with the medications you no longer need or want? Medication should not be flushed down the toilet because it then becomes part of our community water supply. It is also not recommended to dispose of medications into sewer systems or regular trash. Instead, unwanted medication should be disposed of in a medication drop box. Medications put in a drop box are safely and properly disposed by a licensed company. Yankton has drop-boxes located at the Hy-Vee pharmacy as well as the police station and other pharmacies. Stop by today to get rid of medications you no longer need and help keep the community safe.

Dana List,
Hy-Vee pharmacy manager



Pharmacy • 665-8261

HVAC

Q. Why should I have my air conditioner serviced by Kalins Indoor Comfort?



Kevin Schramm
Service Technician

A. Regular AC maintenance by professionals like Kalins Indoor Comfort ensures your system runs efficiently, reduces the risk of unexpected breakdowns, extends the unit's lifespan, and maintains healthy indoor air quality. This proactive approach can save you money on energy bills and costly repairs, providing peace of mind and consistent comfort throughout the year.

Call today to schedule
an appointment
605-624-5618



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Funeral & Cremation

Q. How can I tell if my preneed plan still covers today's costs?



Jim Goglin
Funeral Director,
CFSP

A. Many people assume their preneed plan is set in stone—but if it's not guaranteed, inflation may have outpaced the interest it earned. That means your family could face unexpected costs later.

Even if you made arrangements at another funeral home, we're happy to review your plan with you. It's still your money until the service is performed, so let's make sure it's keeping up with today's prices.

Stop by or call for a free review. Don't wait and be surprised later.



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Ear, Nose & Throat

Q. Dr. Baily, I began noticing a ringing in my ears over the past month. Is there anything I can do to stop this?



Kendra Bailey,
Au.D. CCC-A

A. Sir, you are definitely not alone! Research has shown at least 50 million adults suffer from some form of tinnitus (ringing in the ears). Tinnitus is a highly complicated issue rooted deeply in our neural pathways, and it is often a symptom of hearing loss or some degree of damage to the inner ear. Sometimes, properly fit hearing aids equipped with tinnitus management technology ease the awareness of tinnitus. I recommend starting with a comprehensive hearing evaluation to obtain baseline information and learn more about how to manage your tinnitus. Additionally, I encourage you to visit the American Tinnitus Association's website: www.ata.org. If you would like more information, you can contact our office at (605) 655-1232.



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

Fitness/Health

Q. How does exercise help me live longer?



Angie O'Connor
Clinical Exercise
Specialist

A. If you want to live longer and have more "life" in your years, science indicates that exercise is one of the most important pieces of the puzzle. Several factors impact this effect. One way is by reducing your risk for developing chronic diseases. We know that heart disease, stroke, type 2 diabetes and cancer may all shorten your lifespan. You can protect your body by warding them off with regular movement. Maintaining a healthy weight will not only protect your bones and joints but help lower blood pressure and risk for heart disease, among other things. Staying fit as you age will reduce your risk of falling and the consequences thereof. Exercise also helps improve sleep and reduce stress. Both are contributing factors of increased or decreased longevity. Research suggests that 150 minutes of brisk walking or 75 minutes of running a week can increase life expectancy by seven years or more. Keep moving!



501 Summit, Yankton • 668-8357

Podiatry

Q. What are stress fractures?



Christine Wiarda,
D.P.M.

A. Stress fractures are one of the most common causes of pain to the top of the foot when accompanied by swelling. Some people may even notice areas of redness, as well. Stress fractures are a small crack in the bone caused by overuse such as increased activity; although, no significant increase in activity or exercise is necessary for a stress fracture to occur. A simple change, such as a different pair of shoes, can lead to increased stress to the foot and create a small crack in the bone. Pain initially occurs with activity but is relieved with rest. Gradually, the pain occurs more frequently and swelling occurs. Bruising is not typically seen with stress fractures and is a sign of a possible complete fracture.

Stress fractures are usually diagnosed with X-rays of the foot. Some stress fractures are not seen on X-ray immediately after injury. It may take approximately 10 days after the injury to appear. Occasionally, a CT scan is used to diagnose a stress fracture if the X-ray is negative.



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