

# ASK THE EXPERTS

## Funeral & Cremation



Jim Goglin  
Funeral Director,  
CFSP

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

**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*

Yankton · Tyndall · Scotland · Tripp

807 W. 31st St., Yankton · www.goglinfh.com  
665-4414 · 605-464-1795

## HVAC



Jeff Sage  
Service Technician

**Q.** Do you service fireplaces?

**A.** Yes, we service gas and electric fireplaces. Enjoying a warm, cozy fire requires a clean, safe fireplace. Kalins services all makes and models of gas and electric fireplaces and can make that dirty fireplace transform into a focal point! Kalins Service Technicians are trained to properly clean and inspect your fireplace. Cleaning includes Burners, Pilot Assembly, Inside/Under the Firebox, Glass, Blower and Logs. Check includes Gas Pressures, Remote Operations, Glowing Embers (if needed), Safety Controls and Overall Operations of the Fireplace. Don't wait until the holidays are here!

Call 605-665-4348.



Yankton · Vermillion · Sioux City  
2018 Broadway, Yankton  
www.kalinsindoor.com  
605-665-4348

## Pharmacy/Nutrition

**Q.** Is it influenza or COVID-19 – how do I know the difference?

**A.** As we start to see more and more people sick in our area, it is important to recognize the differences between influenza and COVID-19. With both, symptoms can present within 1-4 days after exposure and are transmitted by respiratory droplets.

**Flu symptoms:** fever/chills, cough, sore throat, runny/stuffy nose, body aches, headaches, fatigue.

**COVID symptoms:** Fever, dry cough, fatigue, shortness of breath, body aches, loss of taste/smell.

As always, take precautions regardless of symptoms to prevent further transmission—wash hands often! If you are symptomatic, call your provider first instead of going to the clinic to see if they can help answer questions and schedule you in person or via telehealth. In both cases, a test would be needed to confirm the diagnosis and narrow down possible treatment options. If you have not received your annual flu shot or COVID vaccines, please visit [hy-vee.com/covid](http://hy-vee.com/covid) to get scheduled today!



Dana List, Pharm.D.

Pharmacy · 665-8261

## Chiropractic

### Leverage That Backpack



Sheila Fitzgerald, DC

Let the shopping begin! Soon we will be sending our kids back to school with everything on the supply lists to get them started for a successful school year. Some backpacks may be as big as the child attached to it. Remember to lighten the loads on those growing spines and wear the backpack over both shoulders. If your child complains of neck or back pain, address it early. Talk to us about how to avoid problems with these new stressors. Also, balance the time at school with good activity and allow your child time to decompress. We wish you and your families a great new school year!



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

## Ear, Nose & Throat

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



Kendra Bailey,  
Au.D. CCC-A

**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.



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

## Fitness/Health

**Q.** I have arthritis pain in my joints, but my doctor said to exercise. How will that help?



Angie O'Connor  
Clinical Exercise  
Specialist

**A.** It seems counterintuitive, but sometimes moving the painful joint more will help reduce your overall pain. When we hurt, we tend to move less to avoid pain. That only makes us weaker and stiffer. Moving more doesn't mean going out for a run if you have arthritis in your knees. It means finding something that keeps you moving but with less pain. Generally, an exercise that doesn't have a lot of impact on your joints works great. Swimming, riding a bike or using an elliptical or Nustep machine are wonderful options. Exercise will help keep the joint warm and strengthen the muscles around painful joints, creating better joint stability. It can also replenish joint lubrication and reduce the stiffness and pain you're feeling. Mild to moderate exercise is best. Start out slow to see what you tolerate the best.



501 Summit, Yankton · 668-8357

## Podiatry

**Q.** I have pain in my ankle, but have not sprained it. It feels unstable and painful if I walk on any surface that is not level or even.



Terence Pederson,  
D.P.M.

**A.** Your ankle pain may not be from your ankle joint. This sounds more like inflammation of the joint below the ankle, known as the subtalar joint. This joint is where your ankle meets the foot, and changes the weight-bearing forces of your leg from pointing "down," to pointing "forward" into your foot.

This joint primarily rotates, and when the supporting ligament gets inflamed, it feels like it's your whole ankle that hurts. Symptoms are worse on uneven ground when joint rotates more, thus causing inflammation and pain.

X-rays, and sometimes MRI, are necessary to evaluate for faulty biomechanics, fractures, cartilage defects and arthritis. Once the diagnosis is made, then the proper treatment can be applied.

Treatment includes first and foremost, the correct diagnosis. Nonsurgical care includes rigid ankle braces, arch supports with a lateral wedge, foot and ankle strappings, anti-inflammatories or Tylenol, ice, and rest. Other treatment options that work very well include injections consisting of either cortisone, or platelet rich plasma (PRP).



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