

# ASK THE EXPERTS

## Pharmacy/Nutrition

**Q.** I'm having trouble sleeping. What can I do?

**A.** Sleep can be disrupted by several factors including stress, irregular bedtime schedule, age, medications, illness and more. Adults need 7-9 hours of sleep nightly, less than this can affect us mentally and physically. Your sleep hygiene may be a great starting point to returning to restful sleep. Several things to avoid are caffeine after noon, alcohol near bedtime, naps longer than 30 minutes or late in the day and exercise less than 4-5 hours prior to bedtime. You should aim for 8 hours of sleep and a regular sleep/waking schedule. If seeking over the counter sleep aids, it is important to know the ingredients in them as they are not appropriate for everyone. There are many products that contain the same ingredients, so talk to your pharmacist if you have questions. If you are having persistent trouble sleeping talk to your health care provider.



## HVAC

**Q.** My furnace and AC are older and inefficient, so I am looking to have them replaced. How does this process work?



Brad Haas  
Comfort Advisor

**A.** That's a great question. We recognize that most people only replace their furnace and ac once in their lifetime whereas; we do it multiple times every day! First off, our Comfort Advisor (Brad!) will meet with you to determine what you need in your home to make you the most comfortable. You'll be presented with multiple options that will best fit your comfort and budget. Once you make a choice, our Installation Supervisor will measure your home so we can fabricate the custom ductwork. Next, we order the equipment and once received our Install Team Members will install your equipment and conduct a fine tuning to make sure everything is operating at peak performance! This make seem like a long process, but in reality, goes quite quickly. For more information contact Brad Haas at: 605-665-4348 or visit us at 2018 Broadway in Yankton.

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

## Ear, Nose & Throat

**Q.** Dr. Baily, I'm really struggling to hear my friends during our weekly bridge game! I'm embarrassed to ask them to repeat things all the time. What can I do?



Kendra Bailey,  
Au.D. CCC-A

**A.** This is a problem for many individuals. Most of the time, decreased hearing is to blame. Typically, trouble understanding conversation is the first sign of hearing loss, especially in group settings or when background noise is present. The sounds first impacted are the sounds we need to separate "sit" from "fit" or "time" from "dime." Unfortunately, this loss can really drive a wedge in our friendships with the struggle to carry on a conversation and, often times, people will begin to avoid or withdraw from social interactions. The solution is easy. See an audiologist to have your hearing tested.

He or she can help you identify your communication needs and strategize about possible solutions to help you hear better!



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

## Fitness/Health

**Q.** Do New Year's resolutions work?



Angie O'Connor  
Clinical Exercise  
Specialist

**A.** The flip of the calendar into a fresh new year is an opportunity to start with a clean slate. Jan. 1st is the first day of 365 (or, in the case of a leap year like 2024, 366) new opportunities to reach our goals. It's exciting to think what you can do in that amount of time. Depending on which report you read, about 34 percent of Americans set resolutions annually and about 9 percent of those stick with them throughout the year. Why don't more people succeed? They are likely setting goals without a plan to reach them. They may also be setting them a little too high. It's great to be ambitious, but we need to temper our excitement with realistic expectations. If we do that, we're bound to be more successful. What is actually realistic is in the eye of the beholder on this one. If you ask me, a quote by Wayne Gretzky comes to mind: "You miss 100 percent of the shots you don't take." You'll never succeed if you don't try. I think it's worth it! If you haven't set yours yet, do it. Thoughtfully create a plan, write it down, keep it in front of you and stick to it.



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

## Podiatry

**Q.** Can I get skin cancer under my toenail?



Terence Pederson,  
D.P.M.

**A.** Malignant melanoma is the deadliest form of skin cancer. It can form anywhere, including under a toenail. Melanoma under the nail is known as Subungual Melanoma. It occurs in the nail root, and usually starts as a black streak that grows from the base of the nail. It most commonly develops in the large toe, but can form in any toe. Melanoma can also be colorless, and may imitate an ingrown nail. If an ingrown toenail will not heal, a biopsy must be taken to help differentiate what the cause may be; which may be melanoma.

A black line in the nail may simply be a color variation from a bruise, nail fungus, health condition or even a medication. If the black streak is also forming on the skin, it definitely needs to be examined by a medical professional.

Subungual melanomas are rare. However, they can spread to other parts of the body quite rapidly. Any suspicion of a nail that just doesn't look right should be evaluated by your doctor. Early detection and diagnosis is critical in preventing a bad outcome.



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