

ASK THE EXPERTS

Pharmacy/Nutrition

Q. What is Narcan (naloxone) and can I get it without a prescription?

A. Narcan (naloxone) is a rescue medicine, available by nasal or injectable route, which can temporarily reverse an opioid overdose. Anyone taking a prescription opioid, such as hydrocodone, oxycodone, fentanyl, morphine or methadone, or those using illegal substances should have naloxone on hand in case of an accidental overdose. A friend or family member should be educated on its use at the time of purchase. It can be given by anyone, with no medical training needed. Naloxone is now available in a nasal form without a prescription at many local pharmacies for about \$50. Free confidential support for an opioid addiction is available 24/7 for anyone concerned about themselves or a loved one. Call 1-800-920-4343 to start the path to recovery.

Dana List, Pharm.D.



EMPLOYEE OWNED
Pharmacy • 665-8261

HVAC

Q. What are some ways homeowners can alleviate allergy symptoms?



Kevin Schramm
Service Technician

A. Spring - or allergy season, as a lot of people call it - is a great time to schedule an HVAC preventative maintenance appointment. We know what it's like to suffer from allergies, the frustration of dry skin, watery eyes and scratchy throats. Not only does a regular preventative maintenance keep your system healthy, service by a Kalins professional will help reduce indoor allergens and ensure your system is dust and blockage free. In addition, products such as the Lennox® Healthy Climate® Media Air Cleaner will also assist in the battle against allergies. This helps make your home's air healthier by removing more than 85% of particles such as dust, dirt and mold spores. Humidifiers will help minimize problems with dry air, sore throats and respiratory problems. Dehumidifiers relieve symptoms of over-humidification in the home such as dampness, odor or mold/mildew. Air Purifiers deactivate airborne and surface contaminants like mold, bacteria and viruses and neutralize household odors. So, don't suffer, we can help! Stop by 2018 Broadway, or give us a call at: 605-665-4348.



KALINS
INDOOR COMFORT
HEATING & AIR CONDITIONING
100 YEARS
1921-2021

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

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

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
Medical Group
Ear, Nose & Throat
Yankton

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

Fitness/Health

Q. Can exercise really improve my sleep?



Angie O'Connor
Clinical Exercise
Specialist

A. Yes, research suggests that a natural way to help improve sleep quality is to exercise more. Consistent, moderate intensity exercise in the morning or afternoon, is the key. Performing exercise that raises your heart rate where you break a sweat would be considered moderate. You would need 30-minutes, three to six days per week on a consistent basis. You should be able to talk but not sing while you exercise. High-intensity exercise close to bedtime can actually have the opposite effect. Avoid exercises such as running, HIIT or stairclimbing in the evening or close to bedtime if you're struggling to get good sleep.



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

Podiatry

Q. What causes my toes to cramp? It seems to be getting worse.



Terence Pederson,
D.P.M.

A. Toe and foot cramps are one of the most common foot-related complaints. Foot cramps happen when the muscles contract involuntarily.

Sometimes foot cramps are a cause for concern. They can be a sign of dehydration, low potassium levels and/or poor nerve health. They can also occur from sudden increase in activity, or tight shoes. If the cramps start to last longer, or become more frequent in occurrence and intensity, then the underlying cause should be investigated. Treatment starts with shoe evaluation. Shoes should not be tight. Blood work may show an imbalance in the electrolytes, such as potassium. You should also have a neurological exam. Nerve problems such as neuropathy can be confused with foot cramps.



Avera
Medical Group
Podiatry
Yankton

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