

ASK THE EXPERTS

Pharmacy/Nutrition

Sunscreen Use

It's that time of year again - summer! As we are outside more and more, we need to use extra caution to prevent sunburn. With so many different products on the market, it's important to know the differences when choosing a sunscreen.

Chemical sunscreens with broad spectrum coverage take about 15-30 minutes to be absorbed into the skin and provide protection from harmful UVA & UVB rays. Physical or mineral sunscreens contain zinc or titanium oxide and are beneficial for sensitive skin as they are not absorbed into the skin but rather deflect harmful rays.

Remember: apply sunscreen to all exposed skin, rub in well and reapply often especially if swimming/sweating. If you opt for a spray sunscreen, use an adequate amount and be sure to rub in well after spraying. Do not spray it on or near the face; instead, spray your hands, then apply to the face and neck. Babies under six months should not be in direct sunlight or be exposed to sunscreen. Parents of children older than six months should apply SPF 30 or higher, while choosing a product specifically for children that contain fewer irritating ingredients for their sensitive skin.



Dana List
Hy-Vee Pharmacy Manager

Pharmacy • 665-8261

HVAC

Q. I'm experiencing high humidity in my home, what should I do?



Brad Haas
Comfort Advisor

A. Consider a dehumidifier. A dehumidifier draws out excess moisture out of the air and permanently removes it thus protecting and making your home more comfortable. Installed as part of your home's heating and cooling system, dehumidifiers pull air from every room in your home through the return ducts. It removes the moisture and then sends dry air back throughout your home. It works in conjunction with your air conditioner to efficiently balance the humidity levels in your home. It also helps to relieve dampness, odor, mold or mildew. By using a dedicated central dehumidifier along with air conditioning, you can reduce energy costs. Dehumidifiers can also operate un-ducted to address moisture problem areas. Give us a call at: 605-665-4348 to discuss further or stop by our store located at 2018 Broadway in Yankton.



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

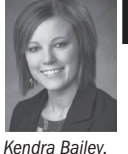
A. Funeral homes must give the general price list to anyone who asks, in person, about funeral goods, funeral services, or the prices of such goods or services. You must give the GPL to such individuals to keep. The request for information does not have to come from a consumer or someone who wants to 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
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807 W. 31st St., Yankton • www.goglinfh.com
665-4414 • 605-464-1795

Ear, Nose & Throat

Q. Dr. Baily, our family loves fireworks; however, they are always so loud. Are we hurting our hearing when we are around them?



Kendra Bailey,
Au.D. CCC-A

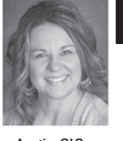
A. Great question! In short, yes, a firework going off near you can cause instant hearing loss. Explosive sounds like fireworks are more dangerous than many other loud noises you can be exposed to as they exceed 150 dB. In comparison, our thresholds of pain for sound is 130 dB. Noise-induced hearing loss like this can be permanent, but it is also the only hearing loss that is 100 percent preventable! The best way to avoid noise-related hearing loss is to stay at a safe distance away from the fireworks or to use hearing protection. There is a wide variety of hearing protector styles from which to choose. If you have any questions about what would work best for you, feel free to call us at (605) 655-1232.



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

Fitness/Health

Q. I'm not a swimmer, but I want to work out in the pool. What can I do?



Angie O'Connor
Clinical Exercise
Specialist

A. You're not alone! There are so many water workouts that don't require knowing lap swimming and the various strokes. In fact, the best way to learn is to join a class. A trained instructor can lead you through the whole thing. No training required. Just show up! The beauty of water workouts is that you take the stress off of your joints but still get great cardio and strengthening results. This is a perfect option for folks with joint pain. An instructor will likely lead you through various styles of water walking and range of motion exercises. They will incorporate water exercise gear that will create upper body resistance to elevate your heart rate and strengthen your muscles, as well. If you don't feel super comfortable in the water, just stay in the shallow end during class and avoid "deep water" classes.



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

Podiatry

Q. Can Golf Cause Foot Pain?



Terence Pederson,
D.P.M.

A. Although golf is not considered a rigorous sport, the physical act of repeatedly swinging a golf club in practice and on the links can lead to a condition known as hallux limitus, a jamming and deterioration of the big toe joint. The movement and weight transfer that occur during the swing's follow-through can cause this problem and other chronic foot ailments.

Golfers who have pain and swelling around the big toe joint, or have less mobility in this area than other parts of the foot, should visit a podiatric foot and ankle surgeon for an examination and appropriate treatment. A history of trauma to the big toe area and bone structure can also precipitate the condition.

If golfers experience pain in the big toe area when playing, they should consider it a warning sign that intervention is necessary before the joint becomes arthritic. In most situations, orthotics can be prescribed to provide relief, but others with advanced cases may require surgery.

Another foot problem that is common in golfers is a neuroma or pinched nerve at the bottom of the foot. The weight transfer to the front foot that occurs in the follow-through applies pressure that, over time, can cause a pinched nerve. Also, golfers are advised not to wear shoes that have a spike located directly beneath the ball of the foot. The pressure from that single spike, magnified by the several thousand steps taken during an average round, can cause intense pain and swelling in the ball of the foot. Any pair of golf shoes can be made more foot friendly without sacrificing traction by removing the poorly located spikes.



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