

# Medicare

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\$419,000.

Gov. Dennis Daugaard is against the expansion of Medicaid to more than 48,000 additional South Dakotans.

Meanwhile, Democrats in the Legislature have said it is one of their top budget priorities.

The expansion would cover non-elderly, low-income adults living in households with adjusted gross incomes up to 138 percent of the federal poverty level. For a family of four, that would be \$31,809.

During the first three years, the federal government would cover all of the expenses associated with the expansion. After that, the federal government's share would taper off to 90 percent, and South Dakota would be responsible for the rest.

According to the non-partisan South Dakota Budget and Policy Project (SDBPP), the expansion would increase the amount the state would otherwise pay for Medicaid during the first 10 years by 2.9 percent. Under that scenario, South Dakota would face \$157 million in additional Medicaid costs from 2013-2022. The federal government would contribute \$2.1 billion during that time.

The SDBPP says the expansion would save the state money in areas where general fund dollars are used to pay for services to the uninsured.

"Health care providers will also have lower uncompensated care costs to pass on to other South Dakota health care consumers,"

the organization states in a fact sheet. "These savings in state and local non-Medicaid expenditures would offset 40 percent of the state's 10-year cost of expansion (reducing \$157 million to \$95 million)."

Commissioner Allen Sinclair said emergency rooms end up as the default choice for individuals who don't have the insurance or money to go to clinics.

"There is no preventive care involved," he stated. "(The emergency room is) a very expensive option. It's wrong the way the system is forcing a lot of people to get attention. That is the wrong answer. If the right answer is Medicaid expansion, then I think we should hope the powers-that-be will decide to pick it up."

"Otherwise, it ends up with the county and the hospitals trying to figure out who is going to pay for what," Sinclair continued. "We fight that battle every month with indigent care requests. It's not a pretty sight. The fact is, you're not getting the right medical care. It's very frustrating."

It's important to take the politics out of the debate, Sinclair stated.

"Too many people think this is a political issue and part of national politics," he said. "That's not the right way to look at it. You can't just throw out the plan because it's got someone else's name tag attached to it. It's a local issue. If the state is not going to pick up Medicaid, they better give us a darn good reason why they are not."

You can follow Nathan Johnson on Twitter at [Twitter.com/AnInlandVoyage](#)

# Pork

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"Without his support, we would not have seen as much growth in the South Dakota swine industry as we have had in the past 10 years," said SDSU Swine Extension Specialist Robert Thaler in a news release. Thaler presented the award at the Pork Producer Council's annual conference in Sioux Falls earlier this month.

Van Maanen said the honor came as a complete surprise.

"I did not expect to win an award, but I'm very happy to get it," he said. "It's nice to be recognized by your clients and friends that you work with in the industry."

Van Maanen said much of his work involves helping individuals get permits for concentrated animal feeding operations. These can be difficult to obtain, especially conditional-use permits from counties, he said.

"Swine projects and livestock projects seem to be somewhat of a hot button," he said. "It takes quite an effort by everyone on the team to put together a proposal and present it to a county planning board and get it approved."

Thaler said Van Maanen's expertise has been valuable at county commission and zoning board meetings.

"Todd has a calm demeanor under pressure," Thaler said. "He presents science-based data and explains current state and federal regulations, sometimes in a hostile environment. His work has led to the approval of many operations."

Van Maanen said he also has designed portions of numerous livestock facilities, and has overseen their construction to ensure state standards were met. The firm's success in this area has led to an increased demand for its

work, not only across the country but also globally, he said.

"Livestock production is booming across the world, so that's where we take our expertise," he said. "We've been in the Ukraine doing cattle feedlot design. Most recently, we're doing a number of projects through one of our clients in China for swine production."

In addition to his work at Eisenbraun & Associates, Van Maanen has looked for other opportunities to promote agriculture and rural development.

He is a graduate of Class III of South Dakota Agricultural and Rural Leadership, Inc., a private, nonprofit organization dedicated to identifying and developing leadership for agriculture and rural communities to enhance the quality of life in South Dakota.

Van Maanen also joined others this week in Pierre in a lobbying effort to get a new bill passed by the South Dakota Legislature to appropriate funds for the construction of roads that are associated with new agricultural projects.

"We just permitted a swine facility in Grant County that is a \$10 million project that'll have \$3 million worth of livestock come into it, adding 15 full-time jobs. You get a similar impact out of a modern-scale dairy," he said. "So we're really pushing hard here in the state to expand those opportunities."

While Van Maanen has been recognized individually for his efforts to expand livestock production and other agricultural interests, he stressed that many others have contributed to his success, especially those at Eisenbraun & Associates.

"It's not just me," he said. "It's the entire team here, and we're all reaching out."

You can follow Derek Bartos on Twitter at [twitter.com/d\\_bartos](#)

## OIF/OEF VETERANS AND SOLDIERS NEEDED FOR RESEARCH

### “Neural and Behavioral Correlates of PTSD and Alcohol Use”

If you have been deployed to Iraq or Afghanistan, are right-handed, and are between the ages of 18 and 45, and are not currently pregnant, you are being invited to participate in a research project about past experiences with stress and current behaviors. This study is being conducted by Drs. Gina Forster, Jeffrey Simons and Raluca Gaher at The University of South Dakota.

Participation in this study involves completing an interview and questionnaire with a research team member, which should take 3 hours or less. Your participation in this study is completely voluntary and your responses will be confidential.

You will be given \$100 for completing the initial interview and eligible participants will be invited to participate in a second study using magnetic resonance imaging (MRI) in which you will receive \$300. If you are active duty military, you will only be compensated for research participation if you are off duty.

If you are interested in this study, please contact Dawne Olson at **605-677-5170** or [neurostudies@usd.edu](mailto:neurostudies@usd.edu) for more information.

# ASK THE EXPERTS

## Comfort Care

### Q. What is Hospice?

The word “hospice” comes from the same root as “hospital,” “hospitality” and “hotel” all referring to caring for a person’s comfort and needs. The most common providers of hospice care are in-home hospice services, which support persons who wish to be cared for at home. Some hospices are specialized, inpatient facilities where terminally ill patients come to stay. Hospice services may also be provided in long term care facilities or hospitals. But hospice is more than a place or agency. Hospice is a philosophy of healthcare for people at the end of life, which seeks not to prolong life unnaturally, but to ensure that in the time left of the person’s life, that their life is as full and comfortable as possible. Hospice provides support to the person, their family, and other caregivers. Care and support are provided by an interdisciplinary team of care providers.

Colette Broekemeier, RN  
Autumn Winds Comfort Care Administrator

605-689-0382 Yankton, SD

## Family Medicine

### Q. How are Influenza A & B treated?

There are two types of influenza (flu) virus: Types A and B. Influenza A and B viruses that routinely spread in people (human influenza viruses) are responsible for seasonal flu epidemics each year. Influenza can cause mild to severe illness, and at times can lead to death. Influenza is different from a cold. Influenza usually comes on suddenly. People who have influenza often feel some or all of these symptoms:

- \* Fever\* or feeling feverish/chills
- \*Cough
- \*Sore throat
- \*Runny or stuffy nose
- \*Muscle or body aches
- \*Headaches
- \*Fatigue (tiredness)
- \*Some people have vomiting and diarrhea, though this is more common in children than adults.

A simple office test can tell you whether or not you have influenza within minutes of testing. If you have the above symptoms, schedule an appointment today at Lewis & Clark Family Medicine for further testing and evaluation.

Jeffrey Johnson, M.D.

Brandi Pravecsek, CNP  
L&C Specialty Hospital

Brad Adams, PA-C

LEWIS & CLARK FAMILY MEDICINE, PC

605-260-2100, 2525 Fox Run Parkway, Lewis & Clark Medical Plaza, Yankton

## Ear, Nose & Throat

### Q. Dr. Rumsey, I found out recently that I have a permanent hearing loss in both my ears. Is it really necessary to have a hearing aid in both ears, even if my hearing improves with only one hearing aid?

The simple answer is two hearing aids are better than one. We use timing, volume, and spatial cues from both ears to process auditory information. Two hearing aids collect more and better information, which typically results in improved performance. Secondly, speech understanding abilities deteriorate over time in the ear left unamplified ear due to the lack of stimulation. Research confirms this opinion. Multiple studies have found only 5% of people with bilateral hearing loss perform better with one hearing aid. At Avera Medical Group ENT-Yankton, we encourage our patients to use our 90 day adjustment period find out for themselves what fits their needs best. If you have any further questions, please contact our office at (605) 665-6820.

Matthew Rumsey, Au.D. CCC-A

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Avera Medical Group  
Ear, Nose & Throat  
Yankton

## Podiatry

### Q. Morton’s Neuroma

A common problem seen by the foot doctors include sensations of tingling or burning that extend between certain toes. The nerves of the foot pass between the metatarsals or long bones and can develop irritation or compression. The longer that this condition persists, the larger the nerve thickening becomes.

Morton’s neuromas are specific for this condition in the 3rd intermetatarsal space, but, these can occur in other locations in the foot. The progression starts with intermittent symptoms while wearing tight shoes. As the condition goes on, the symptoms become more and more frequent. These symptoms become worse as the nerve becomes more enlarged.

The symptoms are described as a “burning or tingling” sensation that shoots down through the toes during weight bearing activities. The patient may even state that they have a sensation of something being in the bottom of their shoe. In advanced cases, a “pop or click” can be felt during ambulation.

A diagnosis is made by attempting to replicate the symptoms during a complete lower extremity physical exam. X-rays can be helpful in diagnosis, but do not show the soft tissue mass. If necessary, an MRI or ultrasound can be helpful in diagnosis.

Treatments for neuroma include appropriate shoe gear, anti-inflammatories, orthotics with modifications may be necessary to reduce compression on the nerve. Physical therapy aids in treatment by addressing bio-mechanical imbalances, and in some cases may even utilize ultrasound therapy. Cortisone injections can be used to try reduce inflammation, and reduce the size of the mass. Alcohol injections may be used as well. The alcohol injections are given every week for 5-10 weeks and are minimally painful. The alcohol shuts the painful nerve down, and symptoms are relieved.

Surgical procedures are sometimes required if conservative treatments fail. Surgical procedures include cryo-therapy treatments, which is a freezing of the nerve through a small incision. Decompression surgery can be helpful, and removal of the neuroma may be necessary.

If you feel that you are suffering from pains in the foot that are similar to those described in this information, schedule an appointment with your local podiatrist to be evaluated!

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

Terence Pedersen, D.P.M.

Avera Medical Group  
Podiatry  
Yankton

## Orthopedics

### Q. Why do I need “preoperative clearance” before undergoing surgery?

The goals of a preoperative medical evaluation are to assess the risks of potential perioperative complications and determine whether a patient’s medical condition can be optimized before elective surgery. This is achieved by the history, review of systems and physical exam obtained by the surgeon and primary care provider. Discovery and treatment of undiagnosed or poorly managed conditions decrease morbidity and mortality.

Although blanket testing of preoperative patients is not cost effective, directed testing of patients determined to be at risk can be helpful. For example, if a patient is at risk for coronary artery disease (age over 50, smoking, family history, diabetes, hypertension) then an EKG is helpful and might lead one to give the patient perioperative beta-blocking drugs to decrease the chance of heart attack.

A surgeon wants to do everything possible to stack the odds in favor of his/her patient having a successful and complication free operation.

Dr. Dan Johnson, M.D.  
Board Certified  
Orthopedic Surgeon

ORTHOPEDIC INSTITUTE

1101 Broadway Ave., Morgen Square Suite 106, Yankton • 605-665-0077

## Urological

### Did You Know?

Here are 6 steps you can take to lower your risk of getting prostate cancer.

Dr. Joseph Boudreau MD, F.R.C.S.

- 1.) Harvard research shows that men who drank 6 or more cups of coffee per day were 59% less likely to develop advanced prostate cancer. Therefore, coffee in any amount is good.
- 2.) Reduce your blood levels of trans fats by avoiding commercially baked doughnuts and cookies. Trans fatty acids increase inflammation and insulin resistance both of which increase your risk of prostate cancer.
- 3.) Eat more cooked tomatoe products at least twice a week. This increases your intake of lycopenes which decrease your risk of prostate cancer.
- 4.) Exercise at least 5 hours per week. This reduces your risk of fatal forms of prostate cancer by 41% and if you already have prostate cancer, exercise can reduce the risk of progressing.
- 5.) Eat fish especially salmon as this will increase your levels of omega 3 fatty acids which have been shown to inhibit tumors. Eating fish 3 times per week was shown in the Harvard study to reduce the risk of aggressive prostate cancer by 25%.
- 6.) Finally, here it is guys. Have lots of sex! One study in the Journal of the American Medical Association in 2004 showed that the more orgasms a man had, there was a 30% less chance of getting prostate cancer. Men can now honestly tell their wives that its doctor's orders! However it's still best if it's a mutual decision!

## Yankton Urological Surgery, Prof., L.L.C.

2009 Locust, Yankton • 689-1100  
[www.yanktonurology.com](http://www.yanktonurology.com)

## Chiropractic

### Q. Out with the old, in with the new, or do we keep both?

Traditionally, chiropractic care has been about wellness. Chiropractic uses adjustments to cause changes in the nervous system. Those changes stimulate a balance between too much and too little energy in the nervous system. These changes are typically noted by the patient and a relaxed yet, energized effect. Modern references to chiropractic care are about pain relief. Chiropractic adjustments for conditions of the musculoskeletal system relieve pain and help restore function. Studies show that chiropractic used for painful conditions has a great track record of helping the patient manage their condition better. Fortunately for the patient, the benefits of chiropractic care include both effects. As our own health care needs and goals evolve and change, chiropractic care has been and will be there to meet those changes. First Chiropractic Center looks forward to another 30 years of serving you!

Sheila Fitzgerald, DC

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

first chiropractic CENTER

## Fitness/Health

### Q. Is it safe to exercise in the cold weather?

Winter is a time when most begin to get a feeling being trapped indoors. We want to get out and experience some fresh air and nature. But how cold is too cold? In general there is little danger to people in proper clothing at 20 degrees Fahrenheit even with a 30 mph wind. A combined wind-chill factor of -20 degrees F and exposed skin will present danger, however. Any combination of temperatures below 20 degrees F with a wind of 40mph and temperatures below -20F with no wind.

Keep your skin covered and warm the air being inhaled by wearing a scarf of mask over your nose and mouth. Dress in layers avoiding cotton or other thick materials that do not allow moisture to be wicked away from your skin. When moisture is allowed to be next to your skin, it increases the amount of heat leaving your body, thus cooling you quicker. Be sure to also keep your head covered. At freezing, you lose about 50% of your heat through your head. Stay warm and don't be afraid to get out there and enjoy our Midwestern winters!

Angie O'Connor  
Clinical Exercise Specialist

Avera Medical Group  
Sacred Heart Wellness Center

501 Summit • 665-9006

## Pharmacy/Nutrition

### Q. My son has been drinking a lot of energy drinks lately. Is this safe?

You are right to be concerned. There has been a 10 fold increase in emergency room visits related to these drinks, including some deaths. These drinks contain varying amounts of caffeine (anywhere from 90mg to 500 mg per serving and sometimes containers have more than one serving). The amount of caffeine is not always on the label and some products also contain guarana, an herbal source of caffeine. The effects of too much caffeine can be insomnia, heart arrhythmias, anxiety and jitteriness, as well as impaired judgment and reaction time while driving. These drinks should not be combined with alcohol, as caffeine can mask the effect of alcohol, leading to drunk driving and binge drinking. Caffeine in moderation is recommended, no more than 400mg per day for adults or about 1.1mg/lb per day for teens. As an example, for a 150 pound teenager, the limit would be 170mg of caffeine per day.

Shona Jussel, R.Ph.

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