

SOUTH DAKOTA BUDGET

Lawmakers To Cut Spending, Pass Bill

PIERRE (AP) — South Dakota legislative leaders said Friday they plan to cut spending to balance next year's state budget because they cannot count on congressional approval of some extra federal aid for states.

When the main run of the legislative session ended two weeks ago, lawmakers delayed passage of next year's state budget amid uncertainty about whether Congress would pass a measure giving states additional money for Medicaid, the state-federal program that pays for medical care for poor people. The Senate has approved the aid, but it's uncertain when the House might follow suit.

Lawmakers return to the Capitol on Monday and Tuesday to consider vetoes issued by Gov. Mike Rounds, pass a budget and take care of any other last-minute business.

The session originally was scheduled to end Monday, but legislative leaders said they

decided to extend it to Tuesday to provide more time for writing the budget. The Joint Appropriations Committee plans to take testimony, vote on amendments and pass the budget Monday. The House and Senate will vote on the spending bill Tuesday.

Many states are facing budget problems because more people are qualifying for Medicaid after losing jobs during the recession. The federal government pays about two-thirds of the cost, with the state paying the other third.

Rounds said the measure pending in Congress would give South Dakota an extra \$28 million to \$34 million next year.

The Republican governor said Friday he believes the Legislature should follow his original recommendation, made in December, to balance next year's state budget by using reserve funds. If the extra federal aid is received later, it can be

put into the budget and the reserves can be saved, he said.

If the Legislature balances the budget by cutting spending, the state could not get the extra federal aid unless a special legislative session was held later to restore the cuts, Rounds said. That's because the federal money has to be used in the budget and cannot be used to increase the state's reserves, he said.

"I cannot bank the federal money. That is clear," the governor said.

Legislative leaders from both political parties said they intend to cut spending in the budget. They do not want to use reserves, partly because they are worried that they will face even bigger budget problems a year from now.

The governor said lawmakers are mistaken when they criticize him for increasing the size of state government during the seven years he's been in office. Nearly all the extra spending went to education or Medicaid, he said.

Neb. Plan For Pregnant Women Could Cost \$3M

LINCOLN, Neb. (AP) — A tentative plan to restore state-funded medical coverage to pregnant Nebraska women who are legal residents would cost between \$2.7 million and \$3 million annually.

State Sen. Jeremy Nordquist of Omaha released the figures on Friday.

He is one of a handful of senators trying to craft a legislative proposal to give state-and-federal funded medical

coverage to some women. They recently lost coverage after the federal government forced the state to stop allowing unborn children to qualify for Medicaid. That had allowed women who didn't qualify themselves for Medicaid — including illegal immigrants — to get Medicaid-covered care.

An earlier plan to restore state-funded prenatal care fell flat because it would have helped illegal immigrants.

MIDWEST DIGEST

Rounds Vetoes Tax Refund For Wind Energy

PIERRE (AP) — South Dakota Gov. Mike Rounds has vetoed a bill that would have given special tax refunds to construction projects involving the generation of electricity from wind.

In his veto message, Rounds says the bill is flawed because it gives wind projects a better deal than is given to other large construction projects. He notes that he has already signed into law another measure that changes the refund of sales and contractor's excise taxes to large industrial and agricultural processing projects.

The governor says any reform of the tax refund program should provide equal treatment to all industries.

The Legislature will consider whether to override the veto when lawmakers convene for the final days of this year's session on Monday.

Neb. Lawmakers Vote For Deep Budget Cuts

LINCOLN, Neb. (AP) — Many of Nebraska's state-government agencies will likely see their budgets cut even more, and the state's rainy-day fund could be \$3 million lighter.

Lawmakers on Friday gave final-round approval to budget-related bills, including trimming many agency budgets by 2 percent.

Now the bills will go to Gov. Dave Heineman. The agency cuts will be on top of a 5 percent, across-the-board paring of state-agency budgets next fiscal year that was approved by lawmakers in November.

Changes are needed because the state faces a roughly \$45 million budget hole. The hole is mainly created by lower-than-projected revenues.

Besides agency budget cuts, the plan to fill the budget gap includes taking \$3 million from the state's rainy-day fund.

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ASK THE EXPERTS?

Family Medicine

Q Vaginal Infections

A. Most women experience minor vaginal problems at one time or another during their life. Vaginal problems can be related to menstrual cycles, sex, infection, birth control methods, aging and menopause, medicines, or changes after pregnancy. A change in your excessive growth of yeast, bacteria, or viruses can cause a vaginal infection. A vaginal infection can also occur when there is a change in the normal balance of organisms in your vagina, such as developing a yeast infection after taking antibiotics. The three most common types of vaginal infections are: Candida vulvovaginitis (yeast infections), bacterial infections (bacterial vaginosis), and parasitic infections (trichomoniasis). Common symptoms of vaginal infection include: An increase or change in vaginal discharge, including gray, green, or yellow discharge, vaginal redness, swelling, itching, or pain, vaginal odor, burning with urination, or pain or bleeding with intercourse.

Although each vaginal infection can have different symptoms, it is not always easy for a woman to figure out which type of vaginal infection she has. Vaginal infections can be diagnosed in a clinic setting through examination and microscopic evaluation of the vaginal discharge. Most vaginal infections can be treated easily either with oral medicine or topical preparations.

Seeking care for a vaginal infection can be embarrassing and uncomfortable for women. Having a provider with whom you are comfortable discussing your symptoms and asking questions is important.

Brandi Pravecek is a Certified Nurse Practitioner at Lewis & Clark Family Medicine in Yankton. A primary focus of her practice is health care for women of all ages, ranging from a woman's first pap/pelvic examination to menopausal symptom management.

Brandi Pravecek, CNP

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Pharmacy/Nutrition

Q Heartburn 101

A. A burning discomfort in the throat or chest due to stomach acid coming in contact with and irritating the lining of the esophagus.

What causes heartburn? Stomach acid exists normally in the stomach to aid in the digestion of food. A natural one way valve, the lower esophageal sphincter (LES), separates the esophagus from the stomach. It allows food to enter the stomach and blocks movement of food and stomach acid back into the esophagus. The LES can relax and allow stomach acid to enter the esophagus and cause heartburn symptoms. Various medical condition and lifestyle and dietary factors can contribute to heartburn symptoms by causing LES relaxation, increasing the amount of stomach acid, or increasing stomach pressures.

Common contributors of heartburn: Foods: Citrus fruits, chocolate, peppermint/ spearmint, tomatoes, raw onions, garlic, black pepper, fatty/spicy foods. Beverage: Caffeinated, carbonated, or alcoholic beverages and citrus juices. **Lifestyle habits:** Obesity, smoking, eating large portions, or eating before bedtime. **Medical causes:** Gastroesophageal reflux disease (GERD), pregnancy, certain medications.

Treatment Options: 1) Antacids (Tums, Rolaids, Mialox): Good for occasional heartburn because they provide rapid but short term relief for up to 2 hours by partially neutralizing stomach acid. 2) H2 Antagonists/Acid Reducers (Pepcid, Zantac): Last about 6 to 12 hours and act by turning off one of three signals that cause stomach acid release. 3) Proton Pump Inhibitors (Prilosec, Nexium, Prevacid): Provide 24 hour treatment by working directly on acid pumps to significantly reduce acid production. Work best when taken 30 minutes before a meal and may take up to 4 days for maximal effect.

If symptoms persist for longer than 14 days consult your doctor

Shona Jussel, R.Ph.

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2100 Broadway, Yankton

Chiropractor

Q Does chiropractic help with sinus headaches?

A. During this cool and wet time of year, sinus congestion can affect many of us. This congestion can build to the point of creating a headache. Chiropractors often treat congestion headaches naturally and effectively. Through the use of the chiropractic adjustment, soft tissue and sinus stimulation and/or nutritional/herbal support, chiropractic helps many people achieve relief from congestion headaches. The causes for headaches are many and quite varied.

Dr. Tom Stotz

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

Surgery

Q COLORECTAL CANCER IS PREVENTABLE! 50 OR OLDER? GET SCREENED!

A. More than 92% of colorectal cancer cases in South Dakota occur in residents that are age 50 and older. * The risk of getting colorectal cancer increases with age and is greater in men than women. * The recommendation for colorectal cancer screening is a blood stool test every year and a colonoscopy every 10 years for persons aged 50 and older.* Call our office at 668-9670 today to arrange a consultation or your colonoscopy.

*Colorectal Cancer in South Dakota 2010, Project In Check, South Dakota Council on Colorectal Cancer

Lisa A. Miller, MD
Ryan C. Trail, MD, FACS

409 Summit, Yankton, 668-9670
Kynan C. Trail, MD, FACS
Lisa Ann Miller, MD

Ear, Nose & Throat

Q Dr. Rumsey, I used to get a lot of earaches when I was little. Can this affect my hearing when I'm older? I seem to hear better out of my right ear, but if I remember correctly, my earaches always seemed to be in my left ear.

A. This is a good question that we get quite a lot. Although there are scenarios where earaches as a child can lead to permanent hearing impairment as an adult, usually it does not. It is interesting that you notice the ear that was most affected is also the ear with the greatest hearing difficulty. A comprehensive hearing evaluation would be the best way to determine the type, degree and potential cause of your hearing difficulties. There are three types of hearing impairments: conductive, sensorineural and a mixture of both conductive and sensorineural. A conductive hearing loss would be linked to earaches and ear infections and is best treated and corrected through medication or surgery. A sensorineural hearing loss is less likely to be linked to middle ear difficulties and is best managed with hearing aids. I hope that this has answered your question. If you need more information or would like to schedule a hearing evaluation, do not hesitate to call me.

Matthew Rumsey, Au.D., CCC-A

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Fitness/Health

Q For the most part, I'm in good shape, but I have belly fat that I just can't seem to get rid of. Do you have any advice?

A. Belly fat, in addition to being something most of us don't want for cosmetic reasons, can also be hazardous to your health. Having extra belly fat can increase your risk for developing various health problems including heart disease, stroke, some types of cancer, type 2 diabetes and more. There is a magic pill for ridding yourself of it, however, proper nutrition and exercise. Spot reduction doesn't work to remove body fat so just becoming leaner overall will eventually work. If your current plan is not working to remove that fat you may just need to tweak it a little bit. Get your body composition measured at your local gym to get a baseline measurement then re-check once per month to check progress. Boost your cardio duration and intensity to burn extra calories, add days per week to your routine and put a little more into the strength training. Watch your nutrition intake as well, you might find some problem areas where you can cut extra calories. Good Luck!

Angie O'Connor
Clinical Exercise Specialist

501 Summit • 665-9006

Podiatry

Q Is skateboarding hard on my sons feet?

A. Skateboard tricks, while fun, can be physically demanding and cause serious foot and ankle injuries.

Serious lower-extremity skateboard injuries range from minor bruises to open wounds or cuts to more serious foot and ankle sprains and fractures, which may require surgical repair.

Skateboarders must use caution and wear protective gear, including properly supportive shoes, when skateboarding. Skateboarding can be particularly hard on your feet and ankles because of the impact caused when performing jumps and tricks. Skateboarders should be aware that the strain from repetitive, forceful motions can also cause painful foot and heel conditions such as plantar fasciitis, bone spurs and Achilles tendonitis, which may require more intensive, longer-term therapies.

Even minor cuts or abrasions on your feet can cause serious problems. Wounds not cleaned and covered properly on feet and ankles can lead to serious staph infections and may require extensive antibiotic therapy and surgery to heal.

Foot and ankle sprains and fractures are common skateboarding injuries. Until you can be seen by a doctor, it is best to take a break from activities and use R.I.C.E. therapy (Rest, Ice, Compression, and Elevation), which helps to reduce pain and control swelling around the injury.

A common misconception about foot and ankle fractures is that if you can walk on the foot, there isn't a fracture. That's not always the case, and only a proper diagnosis can rule out a serious injury requiring an advanced treatment plan.

Terence Pedersen, D.P.M.

2nd Floor Rehabilitation & Wellness Institute,
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Urological

Q Did you know?

Walnuts can reduce the size of prostate tumors and slow their growth. They may also help reduce the risk of breast cancer and heart disease. Add a dozen or so to your diet 3 to 4 times a week.

When a man reaches 40 years, if his initial PSA is greater than 1.5 ng/ml, then this is the group of men that needs annual screening as they are at a higher risk of getting prostate cancer.

Erectile dysfunction is a strong predictor of the likelihood that men will develop and die from heart disease. Therefore if you start having trouble getting an erection, get your doctor to check out your heart status.

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

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