



JAMES D. CIMBUREK/P&D
Mount Marty senior setter Tina Rowbotham serves the ball during the Lancers' victory over Presentation.

Lancers

From Page 9

next game,” she said. “They should be hungry, they should be ready to go.”
“They really don’t know how Midland is going to play against them, because the first time we

played against them we just handed them the game. After tonight, I hope it gets them going so we play well tomorrow. We have nothing to lose. Middleton is up there in ranking, so we have nothing to do but go out and fight for it.”

You can follow Emily Niebrugge on Twitter at [twitter.com/ENiebrugge](#)

Coyotes

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straight away from Vermillion, following last week’s loss to NDSU in Sioux Falls.
“That game was an anomaly, those things can happen; the roof can cave in on anybody,” Glenn said. “We’ve got to get back in

and get better, and we’ve got the ability to do that.”
Another streak the Coyotes are looking to avoid: The program has not lost six straight games since 1998.
“We just let it go; that’s all we can do,” Sanders said. “We want to end out the season for our seniors really well. They deserve it.”

You can follow Jeremy Hoeck on Twitter at [twitter.com/jhoeck](#)

GOT SPORTS?

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ASK THE EXPERTS

Comfort Care

Q Do you have a volunteer training program?



Colette Broekemeier, RN
Autumn Winds Comfort Care Administrator

A. My name is Amy Brock, Volunteer Coordinator for Autumn Winds Comfort Care. In my position, I coordinate and supervise volunteer orientation and training, provide on-going support and continuing education opportunities to volunteers, assign volunteers to patients, and inform volunteers of changes of the patients' status. The volunteer training program includes being familiar with the hospice's goals, maintaining confidentiality of the patient and family members, being familiar with the philosophy of hospice and awareness of grief, loss, and the stages of death and dying. The training also consists of ongoing in-services and attending community programs that fit within the hospice philosophy. Through this training volunteers will learn to communicate with patients and their family members in a helpful way. Some of the responsibilities of a hospice volunteer are companionship, running errands, talking with family members, reading to the patient, and participating in several other activities that the hospice program provides. The volunteer may help to coordinate grief support groups and be involved in helping with the bereavement program in accordance to the hospice's policy.



605-689-0382

Yankton, SD

Family Medicine

Q What are head lice?



Jeffrey Johnson, M.D.

A. The head louse, or *Pediculus humanus capitis*, is a parasitic insect that can be found on the head, eyebrows, and eyelashes of people. Head lice feed on human blood several time a day and live close to the human scalp. Head lice are not known to spread disease. Head lice have three forms: the egg (also called a nit), the nymph, and the adult. Infestation with head lice is most common among elementary schoolchildren and the household members of infested people. Head lice is also seen in daycares and preschools. Head lice move by crawling; they cannot hop or fly. Head lice are spread by direct contact with the hair of an infested person. Head lice can also be spread by contact with clothing (such as hats and coats) or other personal items (such as combs, brushes, or towels). Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice. Symptoms of head lice may include the following:
•Tickling feeling of something moving on the scalp. •Itching of the scalp. •Irritability and difficulty sleeping.
•Sores on the head caused by scratching.
The diagnosis of a head lice infestation is best made by finding a live louse on the scalp or hair of a person. If you are not sure if a person has head lice, the diagnosis should be made by their health care provider. Both over the counter and prescription forms of treatment are available for head lice. After each treatment, checking the hair and combing with a nit comb to remove nits and lice every 2-3 days may decrease the chance of self-reinfestation. Continue to check for 2-3 weeks to be sure all lice and nits are gone.
(INFORMATION FROM CDC.)
605-260-2100, 2525 Fox Run Parkway, Lewis & Clark Medical Plaza, Yankton



Brandi Pravacek, CNP
L&C Specialty Hospital



Ear, Nose & Throat

Q Dr. Rumsey, I am worried about my daughter's hearing. I think she listens to her music too loud. How loud is too loud and what can I do if it is?



Matthew Rumsey, Au.D. CCC-A

A. Your situation sounds very familiar. Research has shown that nearly 5 million young people between the ages of 6-19 have reported some degree of hearing loss due to noise exposure. Noise-induced hearing loss is 100% preventable! In your case, if you cannot carry on a normal conversation when your daughter's music is on, then it is probably too loud. There are 3 ways you can help your daughter prevent damage from noise: turn down the volume, walk away from the noise, or use hearing protection. Hearing protection comes in a variety of types and size. The American Academy of Audiology has launched a campaign called Turn it to the Left, which was designed to increase public awareness of noise-induced hearing loss. If you would like more information, you can check out their website at [www.turnittotheleft.com](#) or call me at (605) 665-6820.

David Wagner, M.D.
Matthew Rumsey, Au.D., CCC-A
Professional Office Pavilion,
Suite 2800, 409 Summit, Yankton
665-6820 • 888-515-6820 • [www.yanktonent.com](#)



Podiatry

Q My second toe is now crossing over my big toe. The bottom of my foot hurts. It is making my daily walks impossible. How can I make my pain go away?



Terence Pedersen, D.P.M.

A. Crossover toe is a common foot problem that can inhibit physical activity for older Americans, but outpatient surgery can correct the deformity and keep senior citizens active and on their feet. Individuals with hammertoes, bunions or a second toe that extends beyond the big toe are most susceptible to developing crossover toe as they age. It's a common problem among older people in which the second toe gradually moves across the big toe. It can be painful and, therefore, difficult to walk comfortably or pursue an active lifestyle. The first symptom of crossover toe is pain in the ball of the foot. A tear in the joint makes the second toe unstable. It falls out of alignment and eventually drifts. If the pain persists and the toe starts to drift, surgery is recommended to suture the plantar plate or replace it through a tendon-transfer. Surgery to correct crossover toe is an outpatient procedure performed with a local anesthesia. Patients with bunions or hammertoes are advised to have those deformities corrected during the surgery. Recovery time is about six weeks. Non-surgical care includes taping the toe in place, while at the same time, using an orthotic device to pad the ball of the foot just in front of the painful joint. Ice, rest, and over-the-counter pain medications may be beneficial.

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



Orthopedics

Q What does BMI mean?



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

A. Body mass index (BMI) is a number that can be calculated from a person's height and weight. The index is a fairly accurate measure of body fat in most people. Using an online calculator or a graph at your doctor's office, you can determine if your BMI is underweight (below 18.5), normal (18.5-24.9), overweight (25- 29.9) or obese (30.0 and above) See this website: [nhlbisupport.com/bmi/](#) <[http://nhlbisupport.com/bmi/](#)>
A BMI of 25.0 or greater may have health consequences including: hypertension, dyslipidemia, type II diabetes, coronary artery disease, stroke, osteoarthritis, gallbladder disease, sleep apnea, and some cancers (endometrial, breast, and colon).
Healthy weight is not just a diet but a lifestyle. Starting to eat wisely will pay off big rewards as a body weight decrease of just 5-10% diminishes the health risks of an elevated BMI. Know your BMI.



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

Urological

Q Did you know?



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

A. 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 need 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.

Yankton Urological Surgery, Prof., L.L.C. 2009 Locust, Yankton • 689-1100

Chiropractic

Q Do I have to have pain, or can I get treatment when I feel stressed?



Sheila Fitzgerald, DC

A. I don't have enough room here to answer this one! Stress is a normal part of our day, but 'feeling' stressed is not a good thing. Stress has many causes. When the stress going into our system is more than we process or remove, we feel it. Stress can produce many things including pain, distraction, and fatigue. It challenges our coping skills. We look for ways to overcome it or remove it. Chiropractic actively turns on our body's systems to manage the effects of stress. Thousands of neurons fire with just one adjustment. Our body takes this internal information and starts to create changes, system by system. Combined with rest, nutrition and lifestyle modification chiropractic is a wonderful tool to keep healthy. From all of us at First Chiropractic Center, enjoy the upcoming holiday season!



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

Fitness/Health

Q I usually work out 2 or 3 times a week. Should I stop working out if I have a cold until it is gone or should I work out anyway?



Angie O'Connor
Clinical Exercise Specialist

A. The question of whether to exercise or not when you're sick really depends on what kind of sick you are. A general rule is that it is ok to exercise if you only have symptoms above the neck. This includes a sore throat, nasal congestion, sneezing etc. In fact, sometimes exercise can help clear out some of the "stuffiness" you might be feeling and make you feel better. If your symptoms are below the neck like coughing, aches, nausea, diarrhea, fatigue or a fever you should really avoid exercise and rest your body. Generally exercise will raise your core temperature and if you already have a fever for example it may make you may feel even worse. Be sure to keep yourself hydrated whether you're exercising or not. If you're exercising in a gym be sure to take precautions for keeping other patrons from catching what you have. Wipe down your equipment after use, wash your hands and use antiseptic hand gel.



501 Summit • 665-9006

Pharmacy/Nutrition

October is an exciting month for many in South Dakota – there is break in the heat, the opening weekend for pheasant hunting, trick-or-treating for the little ones. But did you know that it is also American Pharmacists Month? Nationwide, October is designated as the time to recognize and appreciate all the great things that pharmacists can do. You may be surprised to know that pharmacists do much more than simply dispense medications.
- Over 150,000 pharmacists are trained to give immunizations for influenza, pneumonia, shingles and more.
- Pharmacists can conduct blood pressure, blood glucose, cholesterol, and osteoporosis screenings.
- Pharmacists can perform medication reviews to ensure the best possible outcomes and the fewest possible side effects and interactions.
- Pharmacists answer many questions concerning over-the-counter (OTC) products.
- Pharmacists are responsible for compounding medications that are not available commercially.
Pharmacists are medication experts. They are an integrated part of the health care team and work directly with physicians to make the proper medication selections, dosages, interactions, and side effects. Pharmacists are easily accessible, and therefore, maintain a significant role in medication management between the physicians and patients.



Ashley Dendinger
Pharm. D.

