

LIFESTYLES

SHARE YOUR STORY

The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc.

Call the Journal at 285-7411

Getting relief from psoriasis symptoms

Q. Is there any cure for psoriasis?

A. There's no cure for psoriasis yet, but there are many ways to get relief from the symptoms of this troublesome disease.

Psoriasis is one of the most common skin ailments. More than 125 million people throughout the world have psoriasis. This chronic disorder affects people of all ages. Psoriasis seems to be inherited.

Psoriasis causes skin redness and irritation that can appear anywhere on the body. Most people with psoriasis have thick, red skin with flaky, silver-white patches. There is no known way to prevent psoriasis. It is not contagious.

Psoriasis is the most common autoimmune disease. Researchers think it probably occurs when the body's immune system attacks healthy cells mistaking them for dangerous substances. Up to one-third of people with psoriasis may also have arthritis, an autoimmune disease; this is called "psoriatic arthritis."

In many cases, psoriasis goes away and then flares up again. The triggers that bring on psoriasis include: stress, dry air, infections, skin injuries, some medicines, too much or too little sun, cold weather, drinking too much alcohol and smoking.



Fred
CICETTI
HEALTH CARE WRITER

If you have a weakened immune system, you can suffer more from psoriasis. A weakened immune system comes with rheumatoid arthritis, chemotherapy and AIDS.

There are a variety of psoriasis types. These include:

■ **Plaque.** This is the most common type of psoriasis. This produces thick, red patches of skin covered by flaky, silver-white scales.

■ **Erythrodermic.** This is the least common type of psoriasis. The skin redness is very intense and can cover your entire body with a red, peeling rash that can itch or burn intensely.

■ **Guttate.** This affects people younger than 30 and is usually triggered by a bacterial infection such as strep throat. It's marked by small sores on the trunk, arms, legs and scalp.

■ **Inverse.** The symptoms of inverse

psoriasis include skin redness and irritation in the armpits, groin, and in between overlapping skin. It's more common in overweight people and is worsened by friction and sweating.

■ **Pustular.** This is an uncommon type of psoriasis that can occur in large patches. It generally develops pus-filled blisters after your skin becomes red and tender.

■ **Nail.** The nails of fingers and toes become pitted. They can grow abnormally with discoloration. Psoriatic nails may become loose and fall off.

■ **Scalp.** Psoriasis on the scalp appears as red, itchy areas with silvery-white scales. If you scratch your scalp, flakes of dead skin fall to your shoulders.

There are three basic methods for treating psoriasis: topical medications, internal medications and photo therapy.

Most cases of psoriasis are treated with medications that are placed directly on the skin. These include: creams and ointments, dandruff shampoos, moisturizers, medicines containing vitamin D or vitamin A.

Severe psoriasis may be treated with medicines to suppress the body's immune response. These medicines

include methotrexate or cyclosporine. Also, new drugs called "biologics" are used to specifically target the body's immune response. This include: Adalimumab (Humira), Alefacept (Amevive), Etanercept (Enbrel), and Infliximab (Remicade).

Photo therapy is a medical treatment in which your skin is carefully exposed to ultraviolet light.

Home remedies include oatmeal baths that soothe and loosen scales, moderate sun exposure, and relaxation techniques such as meditation to relieve stress.

If you would like to read more columns, you can order a copy of "How to be a Healthy Geezer" at www.healthygeezers.com.

Cicetti is a health care writer with more than 40 years of journalistic experience.

SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.

Meals are for anyone, regardless of income. A \$3.50 donation is suggested. Meals are subject to change. Participants under age 60 are welcome at \$6.50 each.

For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.

MONDAY

Pork
Hamburger buns
Fresh potato wedges
Baked beans
Cookies

TUESDAY

Egg bake
Seasoned fresh fruit
Apple juice
Cinnamon rolls

WEDNESDAY

Turkey
Mashed potatoes
Gravy
Dressing
Carrots
Pumpkin bars with cream cheese frosting

THURSDAY

Riblettes
Potato wedges
Cream style corn
Pudding

FRIDAY

Cabbage rolls
Mashed potatoes
Wax beans
Jell-O with topping

LOOKINGBACK

25 YEARS AGO

Michael Taschuk, son of Joseph and the late Lilly Taschuk, is now teaching in Manchester, England, under the Fulbright Teacher Exchange Program.

George Josephs, official-in-charge at the National Weather Service in International Falls, reported that as of 9 a.m. Borderland had received approximately eight inches of snow.

40 YEARS AGO

Lydia McBride and Archie Berryman were united in marriage Wednesday during a 5 o'clock ceremony in the Evangelical Covenant Church, South International Falls.

Mr. and Mrs. Jerome Kaminski, 423 10th St., announce the engagement and forthcoming marriage of their daughter, Mary Elizabeth, to Christian David Lenz, son of Mr. and Mrs. Leroy Lenz of Glenwood.

Mrs. Henning Solvin is ill at home with pneumonia but is much improved at this writing.

50 YEARS AGO

A boy was born today at Falls Memorial Hospital to Mr. and Mrs. James De-muth, 6 pounds, 13 ounces, John Joseph.

Mrs. Russell Hall and Mrs. Vernon Holmestad, Island View Route, left on the train to go see their father, Leo Bzdok, who is a patient at the Veterans' Hospital in Minneapolis.

Champions of the fourth grade league city recreation football program are Charles Cason, Edward Boe, Jim Jorgenson, Robert Gilbertson, Jim Knapp, Marvin Fearing, Mike Bolin, John Murray, Joe Matson, David Brown, John Lucachick, Lewis Krueger, Allan Karsnia, Mike VanderBie and Gary Loop.

Mrs. Warren Bilben, hunting with Warren, their two sons and friends from Cambridge, bagged three of the deer shot by members of the group.

60 YEARS AGO

A daughter was born today at Littlefork Hospital to Mr. and Mrs. Raymond Timmer, Littlefork, weight, 5 pound, 12 ounces; name chosen, Rebecca Ramonda.

Mrs. Clarence Nielson, Loman Route, entertained ladies of the neighborhood at her home Thursday afternoon.

Sixteen-year-old Barbara Hubbell, Point O'Pines, felled a 10-point, 169-pound buck with a .25-caliber rifle as the animal stepped out

of the brush into a meadow. Her father, J.E. Hubbell, came home empty-handed.

A 25x26-foot addition has been erected on the Rauscher Brothers building, 444 Third St. The one-story addition was built of concrete blocks and the work was in charge of contractor John Dunham.

70 YEARS AGO

Wayne Haglund received his call this week from the Marine Corps. Wayne will receive his boot training at Parris Island.

Members discussed plans for a Christmas party at the regular meeting of the Women's Benefit Association last evening at the home of Mrs. John Noll. They also voted to send cigarettes to members in service.

Jack Roche, M.D.&W. Railroad engineer, has been confined to his home for about a week because of illness.

Mrs. Agnes Gilchrist, who was employed in the county welfare office until a few weeks ago, will take Mrs. Mary Jane Harris' place in county Superintendent of Schools Kohlhasse's office.

Compiled by the Falls Public Library. Visit them online at www.internationalfallslibrary.us.

MEMORIAMS

In loving memory of **Harlen Swenson**, who was taken from us 23 years ago, Nov. 16.

*At the edge of town, on a breezy hill,
We laid our dear loved father, grandfather and great-grandfather, down.*

*We know not why, we only know it was God's will.
With weeping eyes and empty heart,
We had to let our dearest one depart.
So young so sweet, so loved,
Now at home with God so high above.
Somehow we live each lonely day,
So still, so sad, since he went away.*

**Love you and miss you,
Children, grandchildren
and great-grandchildren**

In loving memory of our mother, **Glenda Lundquist**, who passed away seven years ago, Nov. 15, 2006.

Our Loving Mother

*With joy we shared the journey,
As we traveled on life's road;
Our hearts touched by your loving ways,
And the kindness that you showed.
The days we shared were much too few,
As your path took a different turn;
And our hearts ache with sadness ...
For your presence, we still yearn.
In a while our paths will rejoin,
For Heaven waits at journey's end;
It comforts us to know you're there,
Our loving mother and our friend.*

**Sadly missed and lovingly remembered by
Julie Leinum and family
Sue Donnell and family
Frank Lundquist and family
Tammy Ojala and family**

CONGRATULATIONS!



Back Row (L to R) Blair Johnson, Breanna Shofner, Emily Sauri, Abby Kostiuk

Front Row (L to R) Alternates: Taylor Habner, Emma Mianer, Claire Herzig, Courtney Klow

Bronco Girls Swimming State Bound



**Good Luck at the State A Meet
Starting November 19, 2013 @12:00 pm
University of Minnesota Aquatic Center**

**THIS MESSAGE WISHING YOU GOOD LUCK IS FROM
YOUR LOCAL BUSINESSES! GO BRNCOS!**

Almost Lindy's 3003 Co Rd. 20, Int'l Falls, MN www.almostlindys.com 286-3364	Fletcher Heating and Air-HVAC 4110 Hwy. 11, Int'l Falls 283-2892	Rainy Lake Houseboats 2031 Town Rd. 488, Int'l Falls 286-5391	SuperOne Hwy. 71, Int'l Falls 283-8440
Dr. Benjamin Stone Optometrist 340 3rd Street, Int'l Falls, MN 283-4788	Good Samaritan Society Care Center, Home Care & River's Edge Villa - International Falls 1402 Hwy. 71, Int'l Falls 283-8313	Rainy Lake Medical Center Clinic Campus & Pharmacy Hospital Campus ServiceMaster International Falls 283-4775	TruStar Federal Credit Union 601 4th St., Int'l Falls 283-2000
Boise Paper International Falls	The Jug Highway 53 & 11th St., Int'l Falls 283-2883	Shannon's Plumbing & Heating 1919 Main Ave., Int'l Falls 283-9372	UnitedHealth Group International Falls 285-7550
Border State Bank 1414 Highway 71, Int'l Falls 283-5556	The Int'l Falls Journal 1602 Hwy 71 285-7411	Shorewood Dental Thomas Herzig, DDS 1570 Hwy. 71, Int'l Falls 285-7078	Voyageur Charter Coach County Road 97, Eriaburg 377-4343
Borderland Jewelry/ The Finery Gift House 324 Third Street, Int'l Falls 283-4701/285-9556	K&K Meyers Inc. dba & Meyers Glass 1201 3rd St., Int'l Falls 283-8446	The Sports Shop Main Street District, Int'l Falls • 283-6121	Waschke Family GM Center 2300 Hwy 53, Int'l Falls, MN www.waschkegm.com 283-3471
Bremer Bank, National Association 345 4th Ave., Int'l Falls 283-9411	Northern Lumber Yard Inc. Highway 53 & 7th St., Int'l Falls, 283-2595	State Farm Insurance - Charles Casanova 420 3rd St., Int'l Falls 283-2545	Wells Fargo Bank 419-421 3rd St., Int'l Falls 283-9871
City Drug Downtown, Int'l Falls 283-3061	The Outdoorsman Headquarters Highway 53 & 11th St., Int'l Falls • 283-9337	Streiff's Floral & Gifts 200 4th Ave., Int'l Falls 283-4095	Wenberg Transfer Hwy. 53, Int'l Falls 283-8011
Farmers Insurance Group Carol Schumacher 211 3rd St., Int'l Falls 283-3814			Wherley Motors 309 5th St., Int'l Falls 283-8486a