

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

Surgery to correct faulty vision

[This is the fourth and last column in a series about vision correction.]

There are three basic ways to correct faulty vision: eyeglasses, contact lenses or surgery. In this column, we'll cover surgery.

Surgery is used to correct a variety of eye disorders. Of special interest to seniors is surgery for cataracts, so we'll start there.

A cataract is a clouding of the lens, the clear part of the eye that helps focus images like the lens in a camera. Cataracts can blur images and discolor them.

The most common procedure used for removing cataracts is called *phacoemulsification*. A small incision is made in the side of the cornea (the front part of your eye), where your physician inserts a tiny instrument that uses high-frequency ultrasound to break up the center of the cloudy lens and carefully suction it out.

After the cloudy lens has been removed, the surgeon will replace it



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with an intraocular lens (IOL) implant made of plastic, silicone or acrylic.

Most cataracts are related to aging. By age 80, more than half of all Americans either have a cataract or have had cataract surgery. Cataract removal is one of the most common operations performed in the United States. About nine out of 10 people who have the surgery have improved vision.

The most common symptoms of a cataract are: blurred images, faded colors, glare, poor night vision, double vision, and frequent prescription changes in your eyeglasses or contact lenses. If you have any

of these symptoms, see your doctor, because they can be signs of other eye problems.

Another form of surgery to correct vision is called *LASIK*, which stands for Laser-Assisted In Situ Keratomileusis. LASIK improves vision by reshaping the cornea, the clear covering of the front of the eye.

Using a laser, an eye surgeon can free patients of eyeglasses and contact lenses. The results of LASIK have been improving because of technological advances and the experience of surgeons. More than 90 percent of people who've undergone refractive (vision-correction) surgery don't have to wear glasses or contacts most of the time.

LASIK is a relatively new technology. The first laser was approved for eye surgery in 1998. The long-term safety and effectiveness of LASIK is unknown.

LASIK is an option if you are nearsighted, farsighted or have astigmatism. Some people with presbyopia — a vision error that comes

with age — may benefit from LASIK eye surgery.

For patients with presbyopia, it's important to note that LASIK cannot correct vision so that one eye can see both far and near. However, LASIK can be done to allow one eye to see near and the other far, which is called *monovision*. If you can adjust to this correction, it may eliminate or reduce your need for reading glasses.

During the eye exam before LASIK, the surgeon charts your eye to determine which areas of your cornea need to be altered. The surgery is then done with a laser programmed to remove the right amount of tissue in each location on the cornea.

Refractive surgery is usually considered elective. Medicare and most insurance companies won't cover the costs. The average cost for LASIK is about \$2,000 per eye.

If you would like to ask a question, write to fred@healthygeezee.com.

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

ROTARY GUEST



CONTRIBUTED PHOTO

Phil Talmage, left, was the guest of Dan Ganter at the International Falls Rotary Club this week. Talmage is the president of the Baudette Rotary Club. The Baudette Rotary Club just completed a fundraising project for hydraulic cots for the local ambulance.

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 \$4 donation is suggested. Meals are subject to change. Participants under age 60 are welcome at \$7.50 each.

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

MONDAY
Closed

TUESDAY
Swiss steak

Mashed potatoes
Gravy
Peas and carrots
Fruit

WEDNESDAY
Roast beef
Beef gravy
Mashed potatoes
Beets
Fresh fruit

THURSDAY
Crispy Parmesan chicken breasts
Parsley potatoes
Carrots
Cake mix cookies

FRIDAY
Boiled dinner or alternate
Apple juice
Fruit

Motorists see lowest gas prices of the season

JOURNAL STAFF REPORT

Average retail gasoline prices in Minnesota have fallen 0.3 cents in the past week, averaging \$3.33 per gallon Sunday, according to GasBuddy's daily survey of 2,856 gas outlets in Minnesota. This compares with the national average that has decreased 1.3 cents in the last week to \$3.43 per gallon, according to gasoline price website MinnesotaGasPrices.com.

Regular gas prices in International Falls ranged from \$3.26 to \$3.39 per gallon, according to the site. Diesel fuel was listed at \$3.99. No prices were reported for midgrade and premium fuel prices.

Including the change in gas prices in Minnesota during the past week, prices Sunday were 15.2 cents per gallon lower compared to the same day one year ago and are 6.6 cents per gallon lower than a month ago. The national average has decreased 10.3 cents per gallon during the last month and stands 10.5 cents per gallon lower than this day one year ago.

"With Labor Day right around the corner, most Americans will be seeing the lowest prices of the summer," said GasBuddy.com Senior Petroleum Analyst Patrick DeHaan. "And the good news doesn't end there, the national average is at its lowest levels for this time of year since 2010, when prices averaged \$2.65 per gallon nationally during Labor Day weekend. While most Americans won't have access to sub-\$3 prices, a few hundred gas stations, mainly in the southern U.S., are offering gasoline under \$3 per gallon today. And for those motorists in areas where gas prices tend to be high, just 1.5 percent of gas stations in the U.S. are selling for more than \$4 per gallon, so even California is in on the party at the pump," DeHaan said.

LOOKINGBACK

25 YEARS AGO

Army Spec. Cyrus W. Napier, son of Kallie M. Napier, of 617 Seventh St., has arrived for duty in South Korea.

International Falls graduates Valerie Fulton and Rand Lee have been selected to receive scholarships to attend the University of North Dakota in Grand Forks for the 1989-90 academic year.

40 YEARS AGO

The management of the MD&W Railway Company would like to announce the promotion of Elmer L. Braaten to the position of roadmaster, effective Aug. 1.

Six long-time employees will finish working for Boise Cascade this week and begin retirement. Retiring normally at 65, from paper division, are Elwin Holt, millwright, and Colin Chisholm, hydro operator. Lawrence Sandstrom, stores trucker, is leaving early and Vernon Nelson, plant oiler, and Elmer Mi-

chalek, kraft mill spareman, are retiring due to disabilities.

Frederick Charles Walter, infant son of Dr. and Mrs. Frederick H. Walter, was christened Sunday, Aug. 25, in a ceremony performed by the Rev. Vergil Anderson, pastor of First Lutheran Church.

50 YEARS AGO

A bridal shower was held Aug. 27 at the Louis Ogorek home, South International, for Mrs. Gary McDougal (nee Caroline Edberg) who was married in July.

Recent guests of Gary Davison, Brown's Corner, were two of his Macalester College classmates, Dean Verdoes of Edgerton, and Bob Dowma of Marshall. They enjoyed a three-day Canadian camping trip.

Fourteen lettermen will lead the Falls High School football team into its season opener Friday at Aurora-Hoyt Lakes. They are Marshall Sether, Ralph Johnson, Ron Weum, Tom Johnson, Bob Kyrlyuk,

Ron McClanahan, Charles Zahn, Rich Peterson, Wayne Cronkhite, John Thompson, Ray LePage and Rog Oettinger.

Mrs. Norma Maki will teach junior high home economics for the 1974-75 school year.

60 YEARS AGO

Falls Creamery will have a new home at the corner of Fourth Street and Fifth Avenue early in 1955, Baxter Boe reported today as work started on a dairy plant which is expected to be the most modern in northern Minnesota. The owners have operated in their present quarters, 504 Third St., since April 15, 1937.

Mr. and Mrs. John Von Druska of International Falls will celebrate their 25th wedding anniversary Sunday afternoon with open house at Ash Trail Lodge, Ash River Road.

William (Tim) Holt, son of Mr. and Mrs. Walter Holt, 121 12th St., is stationed at the Marine depot

in San Diego, Calif.

Pfc. Donald D. Schmidt, son of Mr. and Mrs. H.H. Schmidt, Island View Route, is helping in the filming of Universal-International's "The Looters," near Camp Carson, Colo.

70 YEARS AGO

A daughter, Mary Pamela, was born today at Municipal Hospital in Virginia to Mr. and Mrs. Lester Ketola. Mrs. Ketola was formerly Margaret Lloyd.

Members of the Falls Co-Op guild combined their social meeting with a surprise shower on Mrs. Warner Grandaw Monday evening at the Grandaw home, 1017 Eighth St.

New help on the Insulite fifth floor — Mary Coby, Ellen Breneman, John Gall, Elaine Banfeld, Leona Servis, Clair Brodeen and Jean Zenda.

Pfc. Frank Lucachick, member of an air service command unit based in England, has recently been awarded the Good Conduct medal.

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Purple Day Carnival

Saturday, September 6

10 am—2 pm Backus Parking Lot

*Bounce House

*Games / Prizes

*Face Painting

*Lunch / Popcorn

*Purple / Gold Costume Contest

Special Guests:
Frank Youso
Bronco Football Team

BACKUS Community Center

(218) 285-7225 | 900 5th Street | Int'l Falls
www.backusab.org | Facebook: Backus AB

All proceeds go for new playground equipment at Green Acres Park

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• Having access to programs and services that have been specifically designed with you, the member owner, in mind.

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