

COMMUNITYNEWS

OBITUARIES

The Journal publishes paid obituaries in Wednesday and Saturday editions and on its Web site at www.ifallsjournal.com.

Obituaries must be submitted by 10 a.m. Tuesdays to be published in the Wednesday edition, and by 10 a.m. Thursdays to be in the Saturday edition.

All obituaries must be prepaid before they are published.

Obituaries can be faxed to the Journal at 285-7206; e-mailed to tammiec@ifallsjournal.com; or mailed to The Journal at 1602 Highway 71, International Falls, MN 56649.

We encourage electronic delivery of obituaries and any accompanying photos.

If desired, The Journal will e-mail or fax a proof of the obituary to the funeral home handling the service.

For more information, call Tammie Calder at 285-7411.

Jaralyn Alexis-Mae Tverberg

Jaralyn Alexis-Mae Tverberg, born Tuesday Oct. 23, 2012, passed away Saturday, Dec. 28, 2013.

She was such a sweet little girl who brightened everyone's life when she was around, always smiling.

She loved playing with her big brother (her buddy) the most, and stealing his toys, especially his trucks and trains.

She is survived by her mother, Samara Tverberg of International Falls; father, Robert Riley of the Falls; brother, Jayden Riley of the Falls; grandparents, Rita Tverberg and Robert Pearson of the Falls and Robert and Johanna Riley of the Falls; great-grandparents, Harold and Kathleen Tverberg of Blackduck; and numerous aunts, uncles, cousins and close friends.

She was preceded in death by her great-grandmother, Donna Larson, her uncle, Cody Kuryla, and great-



grandmother, Jacqueline Larsen, all of the Falls.

Funeral services were conducted at 2 p.m. Friday, Jan. 3, 2014, at Green-Larsen Mortuary.

Interment is at St. Thomas Catholic Cemetery.

Condolences may be left at www.greenlarsen.com.

Arrangements were with Green-Larsen Mortuary Inc., International Falls.

Deanna Gordon, 50

Deanna Gordon, 50, of International Falls, Minn., passed away Tuesday, Dec. 31, 2013, at Rainy Lake Medical Center.

A memorial service will be conducted at 2 p.m. Sunday, Jan. 5, 2014, at the Elks

Club, International Falls.

A complete obituary will follow.

Condolences may be left at www.greenlarsen.com.

Green-Larsen Mortuary Inc., International Falls, is in charge of arrangements.

Lucille Hams, 91

Lucille Hams, 91, of International Falls, Minn., passed away Thursday, Jan. 2, 2014, at Miller-Dwan Medical Center, Duluth, Minn.

Arrangements are pending.

Condolences may be left at www.greenlarsen.com.

Green-Larsen Mortuary Inc., International Falls, is in charge of arrangements.

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Gene M. Friend, 73

Gene Marland Friend, 73, of International Falls, Minn., passed away Sunday, Dec. 22, 2013, at Good Samaritan Society-International Falls.

He was born in Crookston, Minn., on Aug. 1, 1940, the son of Benjamin and Ruby (Knafla) Friend.

He lived in the Falls most of his life.

He drove chip truck for five years for Jim Lund.

Gene owned and operated Friend's Garbage Service for 32 years, retiring in 2003.

Gene enjoyed the outdoors

and liked to fish and hunt.

He was preceded in death by his father, Ben; and a brother, Noel.

Gene is survived by his wife of 51 years, Phyllis; his children — Brian (Kristine) Friend, Wade (Michelle) Friend, Audrey (Mike) LaBlanc and Nettie (Gerald Grosjean) Friend, all of International Falls; 10 grandchildren — Nicole, Ben, Courtney, Joshua, Gina, Rocky, Breanne, Broc, Walker and Callahan; nine great-grandchildren — Zeke,

Muffy, Reign, Aiyanna, Ava, Bianca, Mia, Paul and Melia; his mother, Ruby Friend of International Falls; two sisters, Doris Porter of International Falls and Wanda Friend of Lakeland, Fla.; one brother, Jim (Carol) Friend of Pen-gilly; along with numerous nieces, nephews and many friends.

At Gene's request, no formal services will take place.

Arrangements were with Mlaker Funeral Home, Cook, Minn.



Brain-stimulation therapies

[This is the second of two columns on brain-stimulation therapies.]

Transcranial Magnetic Stimulation (TMS), which was explained in a previous column, is a relatively new procedure that is used to treat moderate depression when medication and psychotherapy aren't effective. During TMS, doctors place an electromagnet against your head

TMS was developed in 1985. More study is needed to establish its effectiveness. However, there are other therapies.

Electroconvulsive Therapy (ECT)

Electroconvulsive therapy has been around the longest. It was developed in 1938. It has been proven to be safe and effective for the treatment of depression. ECT is usually employed when antidepressants or psychotherapy aren't working.

The medical community is not certain how ECT works. However, it appears to produce many changes in the brain. One study found an 86 percent remission rate for those with severe major depression.

A popular image of ECT is one of a patient writhing in discomfort on a bed while seeming



Fred

CICETTI

HEALTH CARE WRITER

to be electrocuted. Today, ECT doesn't produce discomfort.

Patients are given general anesthesia and a muscle relaxant first. Electrodes are placed on the head. An electric current passes through the brain, causing a seizure that usually lasts less than a minute. The patient's body shows no signs of seizure. After about an hour, the patient usually is alert and can resume normal activities.

ECT is usually administered about three times a week until the patient's depression lifts. It normally takes six to 12 treatments for results. Sometimes, ECT is needed to keep symptoms from returning.

Vagus Nerve Stimulation (VNS)

There's one vagus nerve on each side of your body. Each nerve runs from your brain stem through your

neck and down to your chest and abdomen.

When VNS is used, a device is placed under the skin. The device sends electrical pulses through the left vagus nerve. The vagus nerves carry messages to parts of the brain that control mood. The pulses also appear to alter brain chemicals associated with mood such as serotonin.

VNS was originally developed as a treatment for epilepsy. VNS remains a controversial treatment for depression because studies testing its effectiveness in treating major depression have been mixed.

In 2005, the U.S. Food and Drug Administration (FDA) approved VNS for treating major depression if the illness lasted two years or more, was severe or recurrent, and if the depression had not eased after trying at least four other treatments.

Magnetic Seizure Therapy (MST)

Magnetic seizure therapy (MST) uses a magnetic pulse instead of electricity to stimulate a target in the brain. Unlike TMS, MST is designed to induce a seizure like ECT. So the pulse is given at a higher frequency than that used in TMS. Therefore, the patient must be anesthetized and given a muscle relaxant to prevent

movement.

MST is designed to be effective as ECT while reducing side effects from ECT. Studies have found that MST produces fewer memory side effects, shorter seizures, and allows for a shorter recovery time than ECT.

The effect of MST on treatment-resistant depression isn't proven. Studies are underway to determine its antidepressant effects.

Deep Brain Stimulation (DBS)

Deep brain stimulation (DBS) was developed to treat tremor, stiffness, walking problems and uncontrollable movements caused by Parkinson's disease. Electrodes are implanted in the brain and controlled by a generator implanted in the chest. Stimulation is continuous and its frequency and level is customized to the individual.

DBS has only recently been studied as a treatment for depression or obsessive compulsive disorder (OCD). It is available on an experimental basis only.

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.

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FRIDAY

Ham dinner or alternate
Carrot bars

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