

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

Some treatments for dry eyes

[Our last column was about dry eyes. Today, we go over some treatments for the condition.]

Tears are necessary for overall eye health and clear vision. Dry eyes are common in people older than 50. A lack of tears is more common among women, especially after menopause.

The treatment for dry eyes depends upon the cause.

First, physicians have to determine if a disease is the underlying cause. Then the disease is treated.

If a medicine you're taking for another condition is causing dry eye, your doctor may recommend switching to a different drug.

If contact lenses are giving you dry eye, your eye care practitioner may recommend another type of lens, or reducing the number of hours you wear your lenses.

There are



Fred
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procedures by eyecare professionals to plug the drainage holes at the inner corners of the eyelids where tears drain from the eye into the nose. Lacrimal plugs, also called punctal plugs, can be inserted temporarily or permanently. In some cases, a simple surgery, called punctal cautery, is recommended to permanently close the drainage holes.

If other methods do not give you adequate dry eye relief, your ophthalmologist may suggest that you use a

prescription medication. One such medication, cyclosporine, works by stimulating tear production.

Steroid eyedrops may also be used, but are generally not recommended for long-term treatment. Other treatment options may include ointments, gels and inserts.

Omega fatty acids may help relieve dry eyes symptoms. Omega fatty acids are available in foods and in supplements. Always talk to your doctor before taking any food supplements.

A new study published in the peer-reviewed journal Cornea showed that HydroEye, a nutritional supplement containing omega fatty acids, improved dry-eye symptoms. The study, which evaluated 38 post-menopausal women with tear dysfunction in both eyes, was conducted by two

world-renowned dry-eye researchers: Stephen Pflugfelder, MD and John Sheppard, MD.

"Prior to this study," said Dr. Pflugfelder, "clinical evidence showing that nutritional supplements were beneficial in treating dry eye was scarce. However, within three months, the group treated with HydroEye showed statistically significant improvements in irritation symptoms of dry eye, and no progression of ocular surface inflammation or corneal irregularity. The placebo group's dry eye symptoms actually worsened over the six-month testing period."

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.

MEMORIAMs

In loving memory of **Riley and Tasha Burnell**, who passed away one year ago, Sept. 6.

*We thought of you today,
But that is nothing new;
We thought of you yesterday,
And will tomorrow, too.
We think of you in silence,
And make no outward show;
For what it meant to lose you,
Only those who love you know.
Remembering you is easy,
We do it every day;
It's the heartache of losing you,
That will never go away.*

Lovingly remembered by
**Linda and Jari
Gary and Amanda
Ryan and Niki**

In memory of **Donald J. Urban**, who would have celebrated his "50" birthday Sept. 8, 2013.

First Birthday in Heaven

*I wish that you were here today,
Even for just a little while;
So I could tell you "Happy Birthday,"
And see your beautiful smile.
The only gifts today will be,
The gifts you left behind;
The laughter, joy and happiness,
Precious memories ... the best kind.
Today I'll do my very best,
To find a happy place;
Struggling to hide my heavy heart,
And the tears upon my face.
I'll quietly hold your picture,
Thinking of you with love;
Hoping that you're doing fine,
In Heaven up above.
May the angels hold you close,
And sing you happy songs;
I'll be sending wishes to you,
Today and all year long.
Happy 50th Birthday, Donald!
We love and miss you so very much!*

Mom and Dad
**Josh, Marena, Nick and Aleigha,
Joe and Ginger,
Bonnie and Chris,
Pam, Chas, and your nieces and nephews**

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

Meatball dinner
Rosie applesauce

TUESDAY

Roast pork
Favorite cake

WEDNESDAY

Chicken and dumplings
Cake mix cookies

THURSDAY


Spaghetti

Whipped Jell-O

FRIDAY

Fish
Baked beans
Potato wedges
Corn bread
Fruit

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**PUBLIC HEARING
NOTICE**
CITY OF LITTLEFORK

Notice is hereby given that the Littlefork City Council will conduct a public hearing on Wednesday, September 11, 2013 at 7:00 p.m., Littlefork Community Building, 220 Main Street, Littlefork, MN.

The purpose of this hearing:

- 1) Inform the public on current plans for the Liquor store Remodeling Project and garner public input regarding the project.
- 2) Inform the public and discuss the future of Littlefork Medical Center.


**ANNUAL SENIOR
FISH FRY**
Sponsored by Rainy Lake Sport Fishing Club
& Good Samaritan Society


**Sun., Sept. 8, 2013
11:00 - 1:00**
Kerry Park Arena Free to All Seniors!


This Years Sr. Fish Fry dedicated to our Long time member Don Chowan (Honorary Head Fish Cooker)
Serving Starts at 11:00 a.m.
Please, No Early Arrivals

**The International Falls Economic Development Authority
PRESENTS**

Public Visioning Sessions
Have a say in the future of the 122 acre "Donahue Property" adjacent to the Rainy River & Falls Country Club, immediately west of International Falls, by attending a facilitated visioning session.
WORK WITH THE INTERNATIONAL FALLS EDA TO CREATE A VISION FOR THIS CITY OWNED PROPERTY ALONG THE RAINY RIVER
All citizens and stakeholders are welcome.
All ideas are welcome.
For More Information Contact Andy Hubley
ahubley@ardec.org



Sessions will be held on:
September 11
September 25
October 9
October 23

All Sessions begin at 6:30 PM
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1500 HWY 71
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