

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

Info on medical family trees, genetic testing, nails

Q. What exactly is a medical family tree and is it worth doing?
A. A medical family tree is like the ones genealogists prepare, but it also includes all the maladies suffered by members of the family. A medical tree can reveal patterns and help everyone in a family choose medical tests.
Many of the causes of our illnesses are inherited from our ancestors. Almost a third of known diseases have family links. These include colon cancer, heart disease, alcoholism and high blood pressure. The following is important information about each family member — living and



dead — that should be included in a health history.
1. Birth and death dates.
2. Cause of death.
3. All medical conditions with dates and outcomes. Include anything outside the norm, not just serious diseases. Don't forget problems such as allergies,

vision and hearing difficulties.
4. Birth defects.
5. Mental health problems.
6. Lifestyle description. This would include information about smoking, drinking, diet, obesity and exercise.
7. Racial and ethnic background. Some medical conditions are more common in certain groups of people.
Q. Is genetic testing dangerous?
A. I don't know if I would call it dangerous, but it can be upsetting if you find a medical problem in your DNA. DNA, or deoxyribonucleic acid, is in the genes you get from your parents. DNA guides the cells in

your body. If your DNA contains a mutation, you could develop a medical condition.
A test can reveal mutations that raise the risk of developing a disease. Positive results for certain diseases can induce people to take preventive action, such as surgical removal of endangered organs.
Genetic testing should be viewed as a fallible tool. A positive result for a mutation doesn't mean you'll get a disease. And a negative result doesn't mean you are immune.
Multiple mutations can cause a disease. Multiple genes can be responsible for a single disease. There are gene changes that develop without any link

to your ancestors; they happen because you smoke or get too much sun or sometimes for no known reason.
Q. Can you diagnose disease by looking at someone's nails?
A. The condition of your nails can tell medical professionals a lot about your health. Most doctors include a nail examination during a physical checkup. Common problems that produce symptoms in the nails are the following:
■ White nails — liver diseases
■ Thick, pitted nails — psoriasis
■ Nails that are half pink/half white — kidney diseases
■ Red nail beds — heart conditions

■ Thick, yellow nails — lung diseases
■ Pale or concave nail beds — anemia
■ Light yellow nails, with a slight blush at the base — diabetes
Nail growth is affected by disease, hormone imbalance, and the aging process, itself. Many seniors suffer from nail problems because nails thicken as we age. Seniors also have greater circulation difficulties, and we use more medications; both of these impact nails.
If you would like to ask a question, write to fred@healthygeez.com.
Cicetti is a health care writer with more than 40 years of journalistic experience.

MnDOT reminds the public it's against the law to push snow on to public roads

MNDOT STAFF REPORT
The Minnesota Department of Transportation reminds the public that it is unlawful to deposit snow on or next to a public highway or street.
"Improperly placing snow on or near a public road creates hazards including drainage problems, drifting, sight obstruction and unsafe access," said Reid Baumann, MnDOT District 2 spokesperson. "Keep crosswalks, intersections, entrances and exits clean and unobstructed."
Minnesota law and many local ordinances prohibit the plowing, blowing, shoveling or

otherwise placing of snow on to public roads. This includes the ditch and right of way area along the roads.
Violations are considered misdemeanors, but civil penalties also apply if the placement of snow creates a hazard, such as a slippery area, frozen rut or bump, that contrib-

utes to a motor vehicle or pedestrian crash. The civil liability can extend to both the property owner and the person who placed the snow.
MnDOT maintenance crews plow and maintain about 12,000 miles of state highways and interstates in Minnesota.

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
Swiss steak
Mashed potatoes
Gravy
Green beans
Fruit
TUESDAY
Boiled dinner or alternative
Apple juice
Fresh fruit
WEDNESDAY
Roast beef
Beef gravy
Mashed potatoes
Mixed vegetables
Christmas cake
THURSDAY
Parmesan chicken
Parsley potatoes
Carrots
Fruit
FRIDAY
Cabbage rolls
Mashed potatoes
Wax beans
Fresh fruit

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- Poster board
- Boxes
- Newspaper end rolls

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1602 Highway 71 Int'l Falls 218-285-7411 Hours: Monday - Friday 8 am - 5 pm

DECEMBER SAVINGS

at the JUG LIQUORS

Saturday, Dec. 6th – Saturday, Dec. 13th

Coors Light

16 oz
24 pk cans

\$18.99

Miller High Life & Miller High Life Light

24 pk cans

\$14.99

Absolut Vodka

1.75 L

\$24.99

Gallo Family Wines

1.5 L
All Flavors

2 for \$16!!

Black Box Wine

3 Liter Box All Flavors

\$15.99

Paul Masson Brandy

1.75 L

\$16.99

Miller Lite and Michelob Golden Light

12 Pack Bottles

\$9.99

CHECK OUT OTHER IN STORE SPECIALS!!

Tasting Friday, Dec. 12th 3-6 PM

Hosted by Dusty with Southern Wine and Spirits

The Jug 283-2883

The Jug Liquors

Borderland's Local Liquor Store

Hwy 53 & 11th St.

ML-Sat. 8am-10pm

12 Days Of Christmas Sale

Enjoy these Holiday Savings Dec. 2nd – Dec. 13th at RONNING'S

December 2

Socks BOGO 1/2 off*

December 3

Rainy Lake Shirts & Sweatshirts 20% off*

December 4

Winter Hats, Mitts, Scarves, etc. 20% off*

December 5

Carhartt Lined Jackets & Bibs 20% off*

December 6

Footwear 20% off*
Excludes mucks, bogs, & FXR

December 7

Jeans BOGO 1/2 off*

December 8

Camo & Blaze Orange 30% off*

December 9

Fleece & Sportswear 20% off*
Excludes under armour, & Northface

December 10

Gifts & Souvenirs 20% off*

December 11

Long Underwear 20% off*
Excludes under armour

December 12

Winter Jackets, Bibs & Snowpants 20% off*
Excludes Northface

December 13

Secret Savings Day 1-4 pm Only

*2nd pair of equal or lesser value. Some exclusions may apply. Sale on regular priced merchandise ONLY. Excludes Under Armour, Bogs & Mucks. Sale only valid for one day, as listed above. NO early or late sales will be given.

Int'l Falls Monday-Saturday 8-7 • Sunday 9-4 • 283-8877