

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

Combating chemotherapy side effects

[This is a second column about chemotherapy. The first column provided general information. This one is about combating side effects of chemotherapy.]

Chemotherapy is a systemic treatment that uses drugs to kill malignant cells, bacteria, viruses and fungi. Chemotherapy has many unpleasant side effects. These include:

Hair loss, nausea and vomiting, mouth sores, diarrhea, constipation, pain, fatigue, fever, bleeding, bruising, poor appetite, weight loss, and reduced immunity.

Each patient reacts differently to these drugs. Most side effects subside after treatment ends. Many side effects can be prevented or treated. Here are ways to counter three of the nastiest side effects.

Hair Loss

Hair loss is not certain with chemotherapy. Whether you lose hair depends upon the medication and dose your doctor prescribes. Patients usually regrow hair three to 10 months after treatment.

Several treatments have been investigated as possible ways to prevent



Fred
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HEALTH CARE WRITER

hair loss, but none has been absolutely effective.

Ice packs placed on your head slows blood flow to your scalp. This technique makes it less likely that the drugs will have an effect on your scalp.

Minoxidil (Rogaine) is a topical drug for stimulating hair growth and slowing balding. It hasn't been shown to prevent hair loss from chemotherapy, but there is research demonstrating that it may speed up your hair regrowth after treatment.

While there is no proven way to prevent hair loss, there are steps you can take to reduce the frustration.

■ Don't treat your hair with dyes or heat; this can help you hold onto

your hair longer during treatment.

■ It's easier to make the transition to less hair if you start out with it cut short.

■ Some people shave their heads; they feel this looks better than losing hair in clumps. And, a shaved head makes wearing a wig easier.

■ Before you start treatment, make decisions about possible head coverings.

■ Sleep on a satin pillowcase that won't catch hair.

■ Use a soft brush and gentle shampoo.

■ Nausea and Vomiting

■ There are anti-nausea drugs that are given to people receiving chemotherapy. Known as anti-emetics, the medications prevent both nausea and vomiting. These drugs are given intravenously or by pill.

■ Here are some tips to help with gastrointestinal distress:

■ Eat smaller meals more frequently. Rest after eating.

■ Eat a light meal a few hours before treatment.

■ Stay away from sweets and fatty foods.

■ Drink small quantities of liquids throughout the day.

■ Avoid strong odors.

■ Meditate often.

Mouth Sores

Chemotherapy can have the following oral side effects: pain, dryness, burning, peeling, swelling, infection and change in taste. These effects can make it hard to eat and talk.

About a month before beginning chemotherapy, you should visit your dentist because side effects are more likely in patients with unhealthy mouths. The dentist can clean your teeth, take x-rays, treat any mouth problems and teach you how to prevent oral side effects.

These tips can help prevent and treat a sore mouth:

■ Keep your mouth moist by drinking a lot of water and sucking on ice chips.

■ Chew sugarless gum.

■ Keep your mouth, tongue and gums clean with an extra-soft toothbrush.

■ Use a fluoride toothpaste.

■ Don't use mouthwashes containing

alcohol.

■ Floss gently.

■ Rinse your mouth several times a day with a solution of 1/4 teaspoon each of baking soda and salt in one quart of warm water. Rinse with clear water.

■ Always sip a drink with meals.

■ Eat soft foods that are easy to chew. Take small bites.

■ Don't use toothpicks.

■ Stay away from foods that are acidic, hot or spicy.

■ No alcoholic beverages or tobacco.

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.

1 Year
1 County
29 Stations
23,812 Hours
179 Volunteers



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AGENDA

City of International Falls - City Council Regular Meeting
4:30 P.M., Monday, April 7, 2014

Council Chamber, 600 Fourth Street

PLEDGE OF ALLEGIANCE TO THE FLAG

CALL TO ORDER

ROLL CALL

APPROVAL OF MINUTES

1. Minutes of the Monday, March 17, 2014 regular City Council meeting (Council action- motion)

PAYMENT OF CLAIMS AND APPROVAL FOR PAYMENT OF ACCOUNTS PAYABLE

1. CLAIMS
- a. Transfer Claims
- to: City of Intl Falls Fund #101 from: City of Intl Falls Fund #812 \$156.11 Lodging tax (Council action- motion)
- b. Regular Claims (Council action- motion)

AUDIENCE – OPEN FORUM

(The Open Forum is an opportunity for the audience to address the City Council on any matter not listed on the agenda. Please limit your comments to five minutes.)

PUBLIC HEARINGS

OPENING BIDS (AND/OR QUOTES)

1. 2013 Multi-Modal Distribution Center Site Improvements – First Reading of Contract Ordinance No. 955 and approval of associated easements (Council action- motion)

OLD BUSINESS

1. Act on recommendation from the International Falls EDA on Donahue Property (Council action- motion)

CONSENT AGENDA

The Consent Agenda allows the City Council to take action on routine matters by one motion that shall not be debated and shall be adopted by unanimous vote of those present. Any individual council member may remove an item from the Consent Agenda for discussion on the regular agenda. (Council action – motion)

1. Approve revised council agenda format and meeting rules of conduct pamphlet
2. Approve/allow necessary expenses for Bill Tomczak to attend the 2014 Spring Solid Waste Landfill Operator Training on June 19, 2014 in Virginia, MN
3. Approve/allow necessary expenses for Kelly Meyers, Bldg Official to attend the Minnesota Safety & Health Conference on May 6-8, 2014 in Minneapolis, MN
4. Approve Sand Creek Group, Ltd – Employee Assistance Program Annual Agreement and invoice for \$2,846.25.

NEW BUSINESS

1. Application for on-sale liquor license for Backus Community Center (Council action- motion)
2. Hiring of two (2) Paramedics (Council action- motion)
3. Volunteer firefighter appointments (Council action- motion)
4. Hiring of two (2) part-time patrolmen (Council action- motion)
5. Review funding options for local share of proposed Airport Improvement Project – Terminal Building (Council action- motion)
6. Resolution authorizing execution of MnDOT Agreement No. 05610, State Project # A3601-97 for the International Falls-Koochiching County Airport (Council action- motion)
7. Resolution approving application and permit for a 1 to 4 day temporary on-sale liquor license for the International Falls Bass Championship – August 21-23, 2014 (Council action- motion)
8. Approve Mayor's appointment of Mr. David Farmer and Mr. Michael Rud to the vacant positions on the North Koochiching Sanitary Sewer District (Council action- motion)
9. Approve letter to State Representative David Dill and State Senator Tom Bakk on city support of legislation to fund state grants to local government units with ice arenas to convert the cooling plant from using Freon R-22 (Council action- motion)
10. Council authorization to extend invitations for Medical NAFTA meeting
11. Sexual Assault Awareness Month Mayoral Proclamation – April 2014 (Council action- motion)
12. Mental Health Month Mayoral Proclamation – May 2014 (Council action- motion)
13. Any other business

REPORTS OF ALL BOARDS, COMMITTEES AND DEPARTMENT HEADS

1. Reports of the Administrator, Attorney, and Department Heads
2. Reports of the Mayor, Council Committees, Boards and Commissions
- a. February 12, 2014 – Koochiching Economic Development Authority meeting minutes (Council information)
- b. February 19, 2014 – Convention & Visitors' Bureau meeting minutes (Council information)

REPORTS OF MAYOR, COUNCIL COMMITTEES, BOARDS AND COMMISSIONS

AUDIENCE – OPEN FORUM

CORRESPONDENCE

1. CVB/Chamber letter (Council information)
2. Chamber of Commerce Slate of Nominees for Chamber Board 2014-2015 (Council information)

REMINDERS

1. Next regular City Council meeting is Monday, April 21, 2014 at 4:30 PM

ADJOURNMENT

Note: Matters inappropriate for consideration at the meeting or not in the order specified shall not be considered except 1) with the unanimous consent of the members of the City Council, or 2) scheduled public hearings or bid lettings, but not before the time stated in the notice.

The City of International Falls complies with the Americans with Disability Act. Individuals with disabilities requiring special aids should contact the City Administrator, 600 Fourth Street, International Falls, MN, 56649, 218-283-9484, at least 48 hours prior to the scheduled meeting.

MEMORIAMS

In loving memory of my beautiful grandma, **Millie Underdahl**, on “our” birthday, April 7.

Today is full of memories,
Happiness and tears;
Of birthday celebrations,
We've shared for 50 years.
And though I'll always miss you,
The endless joy you brought;
Warms my heart with gratitude,
And fills my every thought.
In Heaven you are resting,
I hope that you can see;
How precious and uplifting,
Your memory is to me.
I feel that you are with me,
In everything I do;
So I'll celebrate “our” birthday ...
But I'll spend it missing you.

Love and miss you so very much, Gram -
Your granddaughter and
“Birthday Buddy Forever,”
Wendy

In loving memory of our special and dearest loved one, **Millie Underdahl**, on her 90th birthday, April 7.

We love and miss you so much, precious loved one.

The moment you left us,
Our hearts were torn in two;
One side filled with heartache,
The other left with you.
We often lie awake at night,
When the world is fast asleep;
And take a walk down memory lane,
With tears upon our cheeks.
Remembering you is easy,
We do it every day;

But missing you is a heartache,
That never goes away.

We hold you tightly within our hearts and there you will forever stay.

Until we meet again -
Lovingly remembered and
sadly missed by
**Bonnie, Wendy, Jeff
Shirley and Gerry**
and all your dear family and friends

P.S. Love, hugs and kisses for Conrad, Gary and Wayne

In loving memory of our dear mother and grandma, **Ruth Malone**, who left this earth for her heavenly reward, April 6, 1990.

You only have one mother,
Patient, kind and true;
No other friend in all the world,
Will be the same to you.
When other friends forsake you,
To mother you will return;
For all her loving kindness,
She asks nothing in return.
As we look upon her picture,
Sweet memories we recall;
Of a face so full of sunshine,
And a smile for one and all.
Sweet Jesus, take this message,
To our deae mother and grandmother above;
Tell her we miss her,
And give her all our love.

Sadly missed and never forgotten -
We love you now and forever,
**Jim and Jill Malone
Stephanie and Jim Jr.**

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

Hamburgers
Buns
Cheese slices
Potato wedges
Baked beans
Fresh fruit

TUESDAY

Invite a Friend Party
Roast pork
Mashed potatoes
Gravy
Parsley carrots
Jell-O with fruit

WEDNESDAY

Hash brown egg bake
Apple juice
Fruit

Cinnamon strudel cake

THURSDAY

Honey glazed meatballs
Mashed potatoes
Steamed cabbage
Cookies

FRIDAY

Chicken broccoli bake
Rosie applesauce
Pudding

LOOKINGBACK

25 YEARS AGO

Carolyn Marie Jaksa was named to the dean's list at Winona State University for winter quarter.

40 YEARS AGO

Betty's Borderland Book Shop now open from 1 to 9, Monday thru Saturday. New and used books, religious items. Upstairs, Commercial Hotel — Apt. 12 — above Tony's Shoe Shop.

A girl was born today at Falls Memorial Hospital to Mr. and Mrs. Donald Schmidbauer.

50 YEARS AGO

Annie Shelland Williams, the first Koochich-

ing County superintendent of schools, died yesterday at the Minnesota Masonic Home, Minneapolis.

Bernard Woods and Jim Thompson were a part of the Bemidji State puckmen who closed their season with one of the best records ever posted in the college history — nine wins and three losses.

60 YEARS AGO

A daughter was born today at Falls Memorial Hospital to Mr. and Mrs. Merton Christenson, Ranier; weight, 8 pounds, 5 ounces.

A daughter was born today at Falls Memorial Hos-

pital to Mr. and Mrs. James Emlaw, Faye Apartments; weight, 8 pounds, 4 ounces.

Doubles champions of the City Association Bowling Tournament are Elmer Rostie and Al Stenberg, who combined for an 1,189 series. Alex Katrin turned in the best all-around performance by shooting 1,702 in all events.

70 YEARS AGO

Wanted: Applicants for position on police force. Candidates must be over 38 and physically qualified. Residents of International Falls preferred. Duration job only. Apply to Police

Commission — Martin Molstre, Frank McKibbage, Dr. E. A. Thompson.

Frank Keyes purchased the home of Pat Lynch at the corner of Fifth Avenue and Sixth Street and will turn the house around to face Sixth Street and otherwise improve his newly-acquired property.

Mrs. Olive Hagen, Shapira Apartments; entertained at a 5 o'clock dinner Saturday for her daughter, Miss Dorothy Weir, who with the Victor O'Briens left Saturday evening for Bremerton, Wash., to be employed in defense work.