

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 canes, colonoscopies, pacemakers

Q. What kind of cane should I get?

A. First, get a cane that fits. Let your arm hang at your side. The top of your cane should line up with your wrist. You can get an adjustable cane that can be expanded from about 31 inches 40 inches in 1-inch increments. With your cane in your hand, the bend in your elbow should be about a 30-degrees.

The old reliable “crook cane” is still very popular. Offset canes put your weight more directly over the shaft and are usually adjustable. There are also folding canes that are easy to store. Broad-base canes with three or four legs have greater stability and are good for people with balance problems. In addition, there are canes that come with folding seats.

Wood canes are light and resilient. Aluminum canes are durable, adjustable and foldable. Graphite and fiberglass are very light and exceptionally strong.

Choose a handle that feels good. If you experience any numbness or pain in your hand, choose a different grip.

Check the weight limit. Typical canes can hold about 250 lbs.

Q. Is a colonoscopy painful?



A. I was given anesthesia for a colonoscopy and all I recall is getting on the examining table, feeling like I had a cocktail, and waking up in recovery as rested as if I had a late-afternoon nap on the beach.

The colonoscopy is the gold-standard procedure for colon-cancer detection. The colonoscope is a slender, flexible, lighted tube with a video camera at its tip. The examining physician inserts the tube into the rectum. The scope inflates the colon to provide a better view. The camera sends pictures of the inside of the colon to a TV monitor. The exam takes 30 to 60 minutes.

During the procedure, a doctor can remove most abnormal growths such as polyps with tiny tools

passed through the scope. Most polyps are benign, but some can turn into cancer. By getting the polyps early, a colonoscopy can avoid a major operation.

Patients are given pain medication and a moderate sedative. Discuss sedation with your doctor in advance. People I know who’ve had the procedure have experienced different degrees of alertness, recall and discomfort.

Q. Are pacemakers safe?

A. Modern pacemakers are stable devices that have built-in protection from most types of interference produced by everyday electrical appliances.

But there are still some precautions you should take if you’ve had one of these miraculous gizmos implanted in your chest. The following could be problems:

Power machines are dangerous. Stand at least two feet away from arc-welding equipment, high-voltage transformers and motor-generator systems.

Magnetic resonance imaging (MRI) is a no-no if you have a pacemaker. In fact, any procedure that exposes you to electromagnetic energy is a problem.

These procedures include therapeutic radiation, shockwave lithotripsy that breaks up large kidney stones, and electrocautery to control bleeding during surgery.

Short-wave or microwave diathermy uses high-frequency, high-intensity signals. These may interfere with a pacemaker.

Metal detectors at airports don’t interfere with pacemakers when you pass through them briefly. However, you should not hang around them for a long time or lean against them. And, if security personnel want to use a hand-held metal detector, ask them to avoid your pacemaker.

Some sources say cell phones are harmless. However, others insist that you shouldn’t put your cell directly over your pacemaker because it’s possible that the pacemaker could misinterpret a phone signal, withhold pacing and make you feel tired. The old cliché is appropriate: better safe than sorry.

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

MONDAY

Honey glazed meatballs
Mashed potatoes
Steamed cabbage
Cookies

TUESDAY

Hashbrown egg bake

Eggs
Apple juice
Fruit
Cinnamon strudel cake

WEDNESDAY

Roast pork
Mashed potatoes
Gravy
Parsley carrots
Jell-O with fruit

THURSDAY

Hamburgers
Buns
Cheese slices
Potato wedges
Baked beans
Peaches

FRIDAY

Chicken breasts
Butter parsley potatoes
Cream corn
Fresh fruit

MEMORIAM

In loving memory of **Ervin Boyum**, who passed away one year ago, March 9, 2013.

Sadly missed by wife, Muriel and family

BIRTHS

Bradley and Jessica Kokesch, International Falls, announce the arrival of their son, Keller Cruz Kokesch, 7 pounds, 13 ounces, 19 ½ inches long, born Wednesday, Feb. 26, 2014, at Rainy Lake Medical Center hospital campus.

Welcoming Keller home was his sister, Neva Kokesch.

Grandparents are DuWayne and the late Jacqueline Olson, International

Falls, and Stephen and Diane Kokesch, Anoka.

Mac and Danae Schafer, International Falls, announce the birth of their daughter, Ada Veery Schafer, 8 pounds, 2 ounces, 20.5 inches long, born Wednesday, Feb. 26, 2014, at Rainy Lake Medical Center hospital campus.

Grandparents are Dennis Schafer, Nancy Lee and Dan and Annette Fritz.

ROTARY GUEST



Elena Favela was the guest of Rotarian Brad Krasaway at a recent meeting of the International Falls Rotary Club. Favela, interim dean at Rainy River Community College, spoke about the challenges and opportunities that she has experienced during her first year in International Falls.

Apply early for passports

JOURNAL STAFF REPORT

Passport Services is in the midst of their annual busy season for processing passport applications. According to Koochiching County Recorder Pam Rooney, those wishing to apply for a passport are encouraged to do so early when planning a trip.

Passport processing guidelines are as follows:

- Traveling in more than 6 weeks: can use routine service (routine processing takes 4-6 weeks).
- Traveling sooner than 6 weeks: should consider paying the expedite fee of \$60.
- Traveling sooner than 4 weeks: must use expedite service and pay the expedite fee of \$60 (expedite processing takes 2-3 weeks). The applicant is strongly encouraged to pay the express mail

fee for the package and the express mail return of the passport.

■ Traveling sooner than 3 weeks: should make an appointment and apply directly at the Minneapolis Passport Agency (they will be charged the \$60 expedite fee).

Following these guidelines helps to ensure that travelers receive passports in time for their trip.

Warm Up
Winter
SALE

At **The Jug Liquors**
March 5 – March 12

Paul Masson
Brandy
1.75
\$16.99

Kraken
Spiced Rum
1 Liter
\$16.99

Jagermeister
Spice
750
\$14.99

Kahlua
Rum
1.75
\$34.99

Coors Light
24 pack cans
\$16.99

Keystone Light
24 pack cans
\$12.99

Don't Forget The Bar Supplies!

The Jug Liquors
Borderland's Local Liquor Store
283-2883
Hwy 53 & 11th St. - M.-Sat. 8am-10pm
Limited to stock on hand.

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