

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 ICDs, rosacea and diarrhea

Q. My brother-in-law is getting a defibrillator. How is that different from a pacemaker?
A. An implantable cardioverter-defibrillator (ICD) and a pacemaker are battery-powered devices installed in the chest to deliver electrical impulses to the heart. In general, a pacemaker is used when the heart beats too slowly; an ICD is used when the heart beats too quickly.
Pacemakers jog the heart with mild reminders that patients usually can't feel. Pacemakers are small; some are only as big as a quarter.
The electrical impulses from an ICD can feel like being whacked in the chest. These devices are about the size of a stack of three silver dollars.
If you've ever watched shows like "Grey's Anatomy" or "ER," you've probably seen a cliché scene in which a doctor uses electrified paddles to shock a troubled heart. An ICD works inside the chest like these paddles.
ICDs monitor for abnormal rhythms and try to correct them. An ICD is considered effective



Fred
CICETTI
HEALTH CARE WRITER

in fighting cardiac arrest more than nine times out of 10.
Q. Does drinking alcohol cause rosacea?
A. Rosacea (roh-ZAY-shee-uh) is a chronic skin disease that causes redness and swelling. It usually affects the face. It can also strike the scalp, neck, ears, chest and back. You can also get it in your eyes; this condition is called ocular rosacea. The disease can make the eyes look bloodshot.
Research has debunked the old tale that rosacea is caused by heavy drinking. Alcohol aggravates rosacea but does not cause it. Another myth is that rosacea is "adult acne." The disease has little to do with the pimples and blackheads of acne.
There is no cure for

rosacea and science hasn't found a cause. However, dermatologists can attack the symptoms with medication, laser surgery and other treatments if the disease is caught early. It may take two months of treatment before skin affected by rosacea looks better.
Some believe that early treatment may reverse the disease. If ignored, rosacea often worsens and becomes difficult to treat. Rosacea may last for years. For most people it tends to get better and then flare up again.
People with fair skin tend to get rosacea. Women are afflicted more often than men, but men get more severe forms of the disease. Rosacea often runs in families.
Q. Do older people suffer from diarrhea more often than younger people?
A. Here's a question for *you*. Ever notice how often diarrhea is mentioned as a side effect in the package inserts for medicines?
Seniors often get diarrhea from medicine. The first issue is that seniors take a lot more medicine than younger

people. The average older person takes more than four prescription drugs and two over-the-counter drugs daily. The high intake of medicine increases the odds that one or more of these medicines could give you diarrhea.
Older people have more health problems, and these add to the mix of potential causes of diarrhea. Older bodies process drugs slowly so that they tend to stay in our bodies longer. And some drugs work differently on older people.
Then there are the problems of drug-drug interactions and overdoses because we take so much medicine and retain it in our systems.
You should see a doctor if your diarrhea lasts more than three days, or if you have dehydration symptoms, severe abdominal or rectal pain, a fever of 102 degrees Fahrenheit or higher, or blood in your stools.
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
Goulash
Lettuce salad with cucumbers
Dressing
Fruit
TUESDAY
Boiled dinner or alternate
Fruit
Bread pudding
WEDNESDAY
Pork chops
Mashed potatoes
Gravy
Stuffing
Bean salad
Fresh fruit
THURSDAY
Spaghetti
Meat sauce
Tossed salad
Jell-O
FRIDAY
Tilapia with lemon pepper or alternate
Baked potatoes
Mixed vegetables
Oatmeal cake with brown sugar frosting

Help Me Grow provides resources

HMG STAFF REPORT
Is your child on track? Do you ever ask yourself: ■ My child isn't talking and he's 2, should I be concerned? ■ My child is 9 months and hasn't started crawling, is this normal? ■ My child was born premature, what do I need to do and watch for to ensure she developing OK?
Help Me Grow helps you know. (And helps you know what to do next.)
Some young children need extra help to learn and grow. Help Me Grow provides resources for families to look at developmental milestones, to learn if there are concerns, and to take the lead in seeking additional support or in referring their child for a comprehensive, confidential screening or evaluation at no cost. (Minnesota children from birth to 5 years old, if found eligible, can receive services in their home, child care setting or school. These services are free regardless of income or immigrant status.)
Help Me Grow is an inter-agency initiative of the State of Minnesota (Department of Education, Department of Health and Department of Human Services) partnering with all local service agencies.
Those wishing for more information may contact their local school district or call 1-866-693-GROW (4769) or go to www.HelpMeGrowMN.org.

LOOKINGBACK

25 YEARS AGO

Cousins who had never met before recently enjoyed a get-together when Chet Lindvall of International Falls met with Chet Lindvall of Spokane, Wash. The men are sons of the late August Lindvall of the Falls and the late Louis Lindvall of Spokane.
First Baptist Christian School "A" Honor Roll — Ryan Braford, Erica Hedlund, Jeremy Carlson, Michael Johnston, Sarah Knapp, B.J. Laymayer and Jennifer Steen.

40 YEARS AGO

A boy was born today at Falls Memorial Hospital to Mr. and Mrs. Douglas Bahr.
Runners-up in the Elks Bowling League was the Michelob team. Members are Chris Kuffenkam, Leroy Belanger, Al Renollet and Van Wilcox.
Miss Jane Nyborg was the guest of honor at a brid-

al shower held Saturday.
50 YEARS AGO
Werner Westphal and Kip Narbo were named track co-captains at the spring athletic banquet Thursday night.
Tony Rizzo with a score of 605, including 20 pins handicap, won the singles event of a third annual city Elks bowling tournament here recently.
Karen Ann Kalstad, Patti Lou Costley, Celia Batdorf, Kathleen Oveson and Karen Louise Schwankl will be initiated into Bethel 14, International Order of Job's Daughters, at ceremonies April 14 at the Masonic Temple.
Keith Pfeifer, aviation boatswain's mate airman, USN, son of Mrs. Lloyd Corcoran, Island View Route, graduated March 24 from Aviation Boatswain's Mate School at the Naval Air Technical Training Unit, Philadelphia, Pa.

60 YEARS AGO

A son was born today at Falls Memorial Hospital to Mr. and Mrs. William Reff, 813 Fifth Ave.; weight, 9 pounds, 5 ounces; name chosen, Thomas Manville.
Dorothy Ysen, Marcela Loop, Carol Leeman, Rochelle Hazen, Roberta Munro, Joan Nelson, Duane Cook, Alice Meyers and Diane Bilben were confirmed recently by the Rev. Alfred Anderson at Calvary Methodist Church.
Seven piano and voice pupils of Miss Patricia Lynch will compete in the state music contest at University of Minnesota campus this weekend. They include David Stenberg, Morleen Cline, Helen Hanover, Hartman Brothorn, Russell Hanover, Harriet Methner and Donna Carlson.
Attention all members! Jack Zeipen and his orchestra will entertain tonight at the American Legion Club,

Third Street.
70 YEARS AGO
Mr. and Mrs. Alden Wold of Vancouver City, Ore., former residents of this city, are parents of a daughter, Geraldine Rae, born yesterday. Mr. Wold is the son of Mr. and Mrs O.J. Wold of Ray.
A daughter, Joanne Doris, was born today at the Littlefork Hospital to Mr. and Mrs. Mel Henry, 819 Eighth St.
Mr. and Mrs. Earl Ackerson and family arrived from Wheaton to make their home here. They will reside at 306 Eighth St.
Miss Pearl Stinson arrived home from Winnipeg where she has completed her training at a beauty culture school. She plans to work in International Falls.
Compiled by the Falls Public Library. Visit them online at www.internationalfallslibrary.us.

BIRTH

The following birth has been reported from La Verendrye General Hospital, Fort Frances, Ontario.
Born to:
Chelsea and Ian McMillan, Devlin, Ontario, a daughter, Lily Mae McMillan, 7 pounds, 3 ounces, March 27, 2014.

LOTTERY

Wednesday's Daily 3 3, 5, 7	Saturday's Mega Millions 35, 36, 41, 60, 71
Wednesday's Northstar Cash 2, 3, 5, 15, 23	Mega Ball 3
Wednesday's Gopher 5 7, 13, 22, 24, 30	Wednesday's Powerball 9, 14, 44, 48, 49
Wednesday's Hot Lotto 4, 15, 29, 38, 39	Powerball 29
Hot Ball 2	

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