

# 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

## Several types of urinary incontinence

**Q. I'm having a devil of time controlling my bladder. Any suggestions?**

A. About 10 percent of men and women over the age of 65 have trouble with bladder control, also know officially as urinary incontinence. Women suffer from this more than men.

During urination, muscles in the bladder contract, forcing urine into the urethra, a tube that carries urine out of the body. At the same time, muscles surrounding the urethra relax and let the urine pass. If the bladder muscles contract or the muscles surrounding the urethra relax without warning, the result is incontinence.

Short-term incontinence is caused by infections, constipation, and some medicines. If the problem persists, it might be caused by weak bladder muscles, overactive bladder muscles, blockage from an enlarged prostate, damage to nerves that



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control the bladder from diseases such as multiple sclerosis or Parkinson's. In most cases urinary incontinence can be treated and controlled, if not cured. If you are having bladder control problems, go to your doctor. Doctors see this problem all the time, so there is no need to be embarrassed. Your doctor may do a number of tests on your urine, blood and bladder. You may be asked to keep a daily chart about your urination. There are several different types of urinary incontinence.

- If urine leaks when you sneeze, cough, laugh or put pressure on the bladder in other ways, you have "stress incontinence."
  - When you can't hold urine, you have "urge incontinence."
  - When small amounts of urine leak from a bladder that is always full, you have "overflow incontinence."
  - Many older people who have normal bladder control but have difficulty getting to the bathroom in time, have "functional incontinence."
- There are many ways to treat urinary incontinence. The method depends upon the type of problem. You can train your bladder with exercises and biofeedback. You can also chart your urination and then empty your bladder before you might leak. Your doctor has other tools he can use. There are urethral plugs and vaginal inserts for women with stress incontinence. There are medicines that

relax muscles, helping the bladder to empty more fully during urination. Others tighten muscles in the bladder and urethra to cut down leakage. Surgery can improve or cure incontinence if it is caused by a problem such as a change in the position of the bladder or blockage due to an enlarged prostate. Common surgery for stress incontinence involves pulling the bladder up and securing it. When stress incontinence is serious, the surgeon may use a wide sling. This holds up the bladder and narrows the urethra to prevent leakage. Even if treatment is not fully successful, management of incontinence can help you feel more relaxed and comfortable about the problem. If you would like to ask a question, write tofred@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 \$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**  
Cheeseburgers  
Fresh fruit

**TUESDAY**  
Hashbrown egg bake  
Cinnamon rolls

**WEDNESDAY**  
Roast pork dinner  
Fruit

**THURSDAY**  
Honey glazed meatballs  
Fresh fruit

**FRIDAY**  
Ham dinner  
Fresh fruit

## MEMORIAM

In loving memory of my beautiful gramma, **Millie Underdahl**, on her birthday, April 7.

*Happy Birthday in heaven, Gramma.*  
*Is there a party up in heaven, to celebrate you today?*  
*Did angels frost a cake for you, or sing to start your day?*  
*We're celebrating you down here, as they must be up above.*  
*I truly hope your special day is filled with peace and love.*  
*This day was always special, as we gathered round you here;*  
*We'd sing and laugh and celebrate your day with so much cheer.*  
*I miss our special birthdays we shared for 50 years,*  
*It's hard to find that on this day my eyes now fill with tears.*  
*I'm trying hard to smile for you, but, oh ... that empty chair.*  
*I turn around and find myself still shocked that you're not there.*  
*Please know I'm thinking of you as I go throughout each day.*  
*This day is very special to me ... because it's "our" birthdays.*

**Love and miss you, Gram -  
Your granddaughter Wendy  
and "Birthday Buddy" forever**



Jacob Erickson and Jessie Laurion entertain at Tuesday Musicale March meeting.

## Tuesday Musicale members celebrate St. Patrick's Day

### TUESDAY MUSICALE REPORT

The March meeting of Tuesday Musicale was conducted at the home of Jessie Laurion. In celebration of St. Patrick's Day, Irish members Jeannine Nelson and Linda Torseth provided members with a variety of festive hats, beads, and other green decorations, while Laurion provided traditional Irish treats. Members were favored with piano selections by Laurion and her piano student, Jacob Erickson. Music performed was composed by two of the three great B's (Bach, Beethoven and

Brahms). Erickson was first on the program with a solo, "Minuet from Sonata No. 219" by Ludwig van Beethoven. The two musicians together played "Variations on a Theme by Haydn," composed by Johannes Brahms. Laurion recited interesting biographical facts about Brahms, who was born after Beethoven died. Growing up in poverty he became wealthy in his later years after association with other musicians. Brahms was a Classicist and the last of the great Romantics. Business meeting conducted by president Tors-

eth included reports on fundraising projects to benefit the Student Summer Music Camp Scholarship Fund. Members continue to solicit funds and sponsor events to underwrite scholarships to summer music camp. The sixth annual Borderland Musical Showcase was March 29 at Backus Auditorium. Students from International Falls and Littlefork schools presented the program. Several previous scholarship recipients were also featured. Tuesday Musicale planning committee members for the Showcase were Torseth, Mona

Johnson, Hoa Sobczynski and Marcia Bringedahl, assisted by local music instructors Michelle Boelk, Tamara Koenig and Aron Bohnert. Auditions for 2015 scholarships are scheduled April 29 at Falls High School. Information will be forwarded to local schools and music teachers. Students from International Falls, Littlefork and Indus, and home-schooled students who have completed grades seven through 11 are eligible to audition. The next regular meeting will be at 6:30 p.m. April 21 at the home of Judy Peterson.

## National Public Health Week observed

April 6-12 is National Public Health Week. What is public health? We visit our primary health care provider—medical doctor, nurse practitioner or physician assistant—when we need personal attention for a health related issue. Public health looks at the bigger picture of community health. Did you know that people's life expectancies can vary based on where they live? There are small pockets in different regions of the world where people live healthy lives to

very old ages (Blue Zones), and there are other locales with drastically shortened lifespans. These differences don't always span oceans; they may be neighboring counties. People who live in a community share a lot; they experience the same climate, breathe the same air, drink the same water, and may even have



Lindsi  
Barnhart

similar opportunities or lack thereof. They may eat similar diets and share some customs, habits, or attitudes that impact health. The motto of Public Health is *Prevent. Promote. Protect*. Some examples of what this means include: *Prevent* sickness and injury when possible. *Promote* health and well-being. *Protect* people by educating them and working toward systems changes in a healthier direction. The people who work in

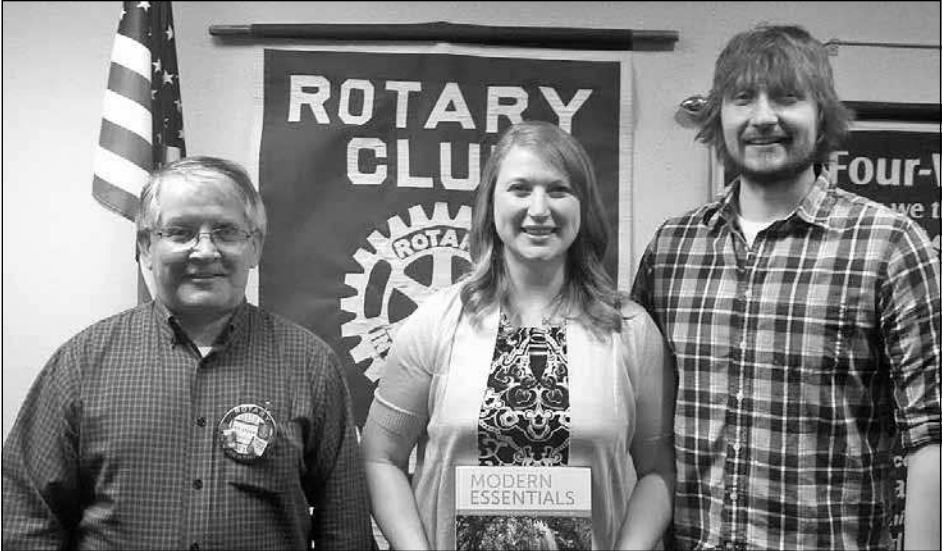
Public Health care about their neighbors and the health of their community. They provide programs which improve health. Your local public health staff includes five nurses, two administrative support staff, and one health educator. Our office is located in the Forestland Annex. If you have a question or concern that we can help you with, contact the Public Health division of Koochiching County Public Health and Human Services at 283-7070.

Join us for an  
**OPEN HOUSE**  
Celebrating  
**TERRY AITCHISON'S**  
**70<sup>TH</sup> BIRTHDAY**  
DATE: APRIL 11<sup>TH</sup>  
TIME: 3 PM - 7 PM  
PLACE: PHILOSOPHER'S CLUB  
**NO GIFTS PLEASE!**

**BETHANY LUTHERAN CHURCH**  
**LOMAN**  
**SPRING DINNER**  
Sunday, April 12, 2015  
Serving from 12 noon to 3pm  
Menu includes ham, au gratin potatoes, calico beans, fruit salad and assorted desserts  
**FREEWILL DONATION ACCEPTED.**  
**QUILTS FOR SALE....come out and see the beautiful creations.**

**Timberpins**  
Bowling Lanes  
**Open Bowling Daily!**  
**KARAOKE NIGHT**  
Friday and Saturday 9:00 pm  
**"FRIENDS & FAMILY"**  
**Sunday Special**  
Bar, Food, Arcade, Pool  
**OPEN 4PM DAILY**  
**NOON ON WEEKENDS!**  
Phone 218-373-2695  
12 Shorewood Drive

## ROTARY GUESTS



Megan Arndt and Ryan Anderson were the guests of Rotarian Tim Anderson, left, at a recent meeting of the International Falls Rotary Club. Ryan Anderson, Falls High School Class of 2002 graduate, and his fiancé, Arndt, started a company called Terra Restoration, LLC. The purpose of the business is "to restore health one plant at a time."

CONTRIBUTED PHOTO