

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

Information on ‘fifth disease’

Q. A friend of mine in her 60s was diagnosed with “fifth disease.” I never heard of such a thing. What can you tell me about it?

A. Fifth disease in children is a mild viral infection caused by human parvovirus B19. The name was given to the malady because it was listed as the fifth of the illnesses that, before vaccines, caused rashes in children. The other four are measles, chicken pox, German measles and roseola. Fifth disease is also called “slapped cheek disease” because of the rash that may appear on a child’s face.

About half of the population gets fifth disease sometime during childhood. It is contagious. Once you’ve had fifth disease, you will not be at risk of getting it again.

A child with fifth disease commonly has a rash on the face, trunk and limbs. An ill child may have a low-grade fever, malaise, or cold-like symptoms a few days before the rash breaks out. The child is usually not very ill, and the rash goes away in seven to 10 days.

An adult without immunity who gets fifth disease can develop not



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only rash but swelling and pain in joints. The joints most frequently affected are the hands, wrists, knees and ankles. The pain and swelling can last several months, but usually goes away in a couple of weeks. There is usually no long-term disability from the disease.

Although many childhood illnesses are rare today because of widespread vaccination, they are still health threats, especially for adults who may have never been immunized.

There’s a general principle accepted in the medical community that illnesses which are mild in children tend to be much more severe in adults. While having the disease as a child generally confers immunity as an adult, there is still an estimated

five percent to 20 percent of the population susceptible to one or more of these ailments.

The following are some contagious childhood diseases that are worse in adults:

CHICKEN POX

If you get chicken pox as an adult, you are more likely to suffer from congestion, high fever and intense itching. In addition, you are at greater risk of contracting pneumonia and other diseases because of a weakened immune system. The virus that causes chicken pox can be dormant in the body and resurface years later as shingles, a painful skin disease.

MEASLES

Measles (rubeola) causes a high fever in children, but most recover with no ill effects. Adults suffer from more fever, pneumonia and arthritis when they get measles. Encephalitis, a brain inflammation, is also seen more frequently in adults with measles. German measles (rubella) can cause miscarriages, stillbirths and a variety of birth defects.

MUMPS

The main symptoms

of mumps are swollen salivary glands, fever and headache. Adults who get mumps are at risk of complications that include the brain infection meningitis, miscarriage in the first trimester of a pregnancy, and problems with sex organs. Swelling of the testicles is frequently so painful that hospitalization is required. For women, inflammation of the ovaries occurs in about five percent of the mumps cases.

WHOOPING COUGH

Whooping cough (pertussis) is highly contagious. Again, whooping cough can be prevented with a vaccine. Unfortunately, vaccination does not provide lifelong immunity. The American College of Chest Physicians (ACCP) says adults up to 65 years old should receive the special adult vaccine for whooping cough, even if they were vaccinated as children.

If you would like to read more columns, you can order a copy of “How To Be A Healthy Geezer” at www.healthygeezer.com.

Cicetti is a health care writer with more than 40 years of journalistic experience.

ENGAGEMENT



CONTRIBUTED PHOTO

RUTH SEEST AND RYAN DAVIS

Ruth Elizabeth Seest and Ryan Charles Davis, Watertown, Wis., announce their engagement and forthcoming marriage. The bride-to-be is the daughter of Ken and Amber Seest, East Moline, Ill. The groom-elect is the son of Glenn and Cathy Davis, International Falls, Minn. Ruth is a 2011 graduate of Faith Baptist Christian School, Pekin, Ill. She is attending Maranatha Baptist University, Watertown, pursuing a bachelors degree in English education. Ryan is a 2005 graduate of Falls High School. In 2009 he received a four-year degree in business management from Maranatha Baptist Bible College, Watertown, and in 2011, earned his masters degree. He is employed as sports information director at MBBC. A December 2014 wedding is being planned by the couple.

BIRTHS

Amy Carew and Preston Kennedy announce the arrival of their son, Cooper Winfield Kennedy, 6 pounds, 11 ounces, 21 inches long, born Tuesday, Dec. 17, 2013, at Rainy Lake Medical Center hospital campus.

Maternal grandparents are Tom and Pat Smyithe.

Paternal grandparents are Kevin Kennedy and Debbie Jonson.

Maternal great-grandfather is Fred Smyithe.

Paternal great-grandparents are Harvey and Jean Kennedy and Myrna Jonson.

Bobi Jo Christensen and Elijah Fish, of International Falls, announce the arrival of their daughter, Destinee Rose Fish, 7 pounds, 9 ounces, 20 inches long, born Saturday, Dec. 14, 2013, at Rainy Lake Medical Center hospital campus.

Welcoming Destinee home was brother Jeremiah Fish.

Grandparents are Darrell and Rose Fish, Brien and Cathy Christensen and Cheryl Alexander.

Adam and Danni Aili, International Falls, announce the arrival of their son, Olli Finn Aili, 8 pounds, 9 ounces, 21 inches long, born Thursday, Dec. 19, 2013, at Rainy Lake Medical Center hospital campus.

Grandparents are Kerry and Dawnelle Meyers, Paul Aili and the late Carol Aili.

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

Meatball dinner
Cookies

TUESDAY

Egg bake
Cinnamon strudel
Cake

WEDNESDAY

Roast pork dinner
Jell-O with fruit

THURSDAY

Cheeseburger
Fresh fruit

FRIDAY

Tilapia dinner or alternate
Oatmeal cake

MEMORIAMs

In loving memory of our dear dad and grandpa, **Bill McBride**, who passed away Jan. 13, 2007.

*Deep in our hearts you are today remembered,
Sweet, happy memories cling 'round your name;
True hearts that loved you with deepest affection,
Always will love you in death just the same.
We often sit and think of you,
When we are alone;
For memory is the only friend,
That grief can call its own.*

**Sadly missed by
Rick and Therese
Dwayne and Lu
J.R. and Patty
Pam and Brad
and families**

To the family of
DeAnna Gordon
My deepest sympathies.



God Bless,
Don Spiess

HAPPY HOLIDAYS

The holiday season is upon us and we at Renaissance Hearing Centers wish you a very merry Christmas and a prosperous New Year.

We have been proud to be able to provide the Borderland with professional hearing services and quality hearing aids for the last 15 years and we look forward to serving your hearing needs in the coming year.


We also have hope that the New Year will bring new opportunities to the unemployed, continued business to mainstreet and a better life for all.

Our holiday schedule is as follows:

January 16, 23 & 30

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