

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

Beware of medical misinformation

I received an email that was labeled *Cancer Update from Johns Hopkins*. I found it so interesting that I was planning to write about the information included in this email.

The email begins with this statement: "After years of telling people chemotherapy is the only way to try to eliminate cancer, Johns Hopkins is finally starting to tell you there is an alternative way."

Intriguing. But first I made a mandatory visit to Snopes.com, the internet's premier debunker. Sure enough, the email was a phony. It was not from Johns Hopkins University School of Medicine in Baltimore.

This so-called update has been circulating for



Fred
CICETTI
HEALTH CARE WRITER

years and it hasn't helped anyone by misleading people. The effects of this email have become such a problem that Johns Hopkins, the National Cancer Institute and the American Cancer Society have posted warnings on their websites about the misinformation.

The experts at Johns

Hopkins offer these answers (I've summarized them) to every point in this baloney that could land in your email box:

Everyone has cancer cells

Among the trillions of cells in the human body, everyone has some abnormal or atypical cells that are like cancer cells. Most never become cancerous. Contrary to what the email contends, all patients don't have cancers-in-waiting.

A strong immune system destroys cancer

When it comes to cancer and the immune system, it is not a matter of strong or weak as the fictional report contends, but rather an issue of recognition. The immune system simply does not recognize

cancer. The cancer cell has learned to disguise itself to the immune system as a normal, healthy cell.

By deciphering the methods cancer cells use to make them invisible to the immune system, researchers have developed cancer vaccines that have successfully triggered immune reactions against prostate cancer, pancreatic cancer, leukemia, and multiple myeloma.

Cancer is caused by nutritional deficiencies, and supplements will correct them

The experts recommend a balanced diet to reduce cancer risk. Taking doses of supplements beyond what the body needs provides no added benefit.

Chemotherapy and

radiation therapy harms normal cells. Surgery causes cancer to spread

Chemotherapy and radiation therapy kill cancer cells with remarkable selectivity. There are some temporary and reversible side effects common to cancer therapies, including hair loss and low blood counts. Surgery is the first line of treatment for many types of cancer. It does not cause cancer to spread.

Cancers feed on certain foods

The premise is that if a person refrains from eating these foods, the cancer will die. According to the experts, a poor diet and obesity associated with it is a risk factor for the development of cancer. However, there is no

evidence that certain foods alter the environment of an existing cancer at the cellular level and cause it to either die or grow.

Cancer is a disease of mind, body and spirit

There is no evidence that state of mind causes cancer.

Oxygen kills cancer cells

There is no evidence that breathing deeply or receiving oxygen therapy prevents cancer.

If you would like to read the entire rebuttal on the Johns Hopkins website, go to <http://tinyurl.com/2b4wy5j>

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.

LOOKINGBACK

25 YEARS AGO

Members of the Bronco varsity volleyball team which took first place Saturday at a tournament in Chisholm are Tami Bobst, Tammy Wiemer, Ali Horner, Cindy Mongrain, Sarah Johnson, Rachel Germain, Shauna McCuaig, Karyn Shold, Lori Kelly, Cindy Bahr, head coach Patty Ross and assistant coach, Sue Begg.

The happy winners of the bus safety coloring contest sponsored by First National Bank, Coca Cola Bottling Company and School District 361 are: Holler School, first-grade, Tauni Clark; Falls Elementary, third-grader, Kimberly Mattison; and Falls Elementary, fifth-grader, Heidi Clark.

40 YEARS AGO

Mrs. Ivan Bontrager and infant daughter were guests of honor at a baby shower Friday afternoon at the home of her aunt, Mrs. Mervin Schrock.

Neill Smith will be con-

ducting the worship service in Holy Trinity Episcopal Church this Sunday at 10 a.m. The Rev. Frederick K. Smythe will be in Rochester that day.

50 YEARS AGO

Dr. Clair C. Craig received best wishes Saturday on the occasion of his 88th birthday.

Virginia LaBelle, owner of the Kut and Kurl Beauty Shop and Mildred Heibel, manager of Helen's Beauty Shop, will leave today for Minneapolis to attend the 40th annual Northwest Beauty and Trade Show in Hotel Radisson.

Mr. and Mrs. Leroy Manselle, 705 Eighth St., observed their 25th wedding anniversary today at an open house at the Ukrainian Hall.

Virgil Christensen, Mando plant storekeeper, has accepted a promotion to purchasing assistant in the Minneapolis office.

Mrs. William Koski, Mrs. Henry Stormo and Miss

Lucille Kroll, members of the Margaret Corell Club, were hostesses at a breakfast on Saturday morning from 10 to 12 o'clock at the Stormo home, 811 Fifth St. The proceeds will be sent to the Arthritis-Rheumatism Foundation in conjunction with the project of the General Federation of Women's Clubs.

60 YEARS AGO

A daughter was born today at Falls Memorial Hospital to Mr. and Mrs. Donald Anderson, South International Falls; weight, 6 pounds, 11 ounces; name chosen, Deanna Lynn.

A son was born today at Falls Memorial Hospital to Mr. and Mrs. Alfred Long, Loman Route; weight, 7 pounds, 7 ounces.

Mrs. Allen Illikainen was honored at a baby shower at the home of Mr. and Mrs. Max Goulet, 418 Seventh St.

Mrs. Andre Gouin, Rainy Lake, was complimented by a large group of friends at a

stork shower in St. Thomas Church hall.

70 YEARS AGO

Mr. and Mrs. Steve Malone (Bernice Demuth) announce the birth of a daughter, Carol Ann, at Littlefork Hospital this afternoon.

Mrs. Fred Sands, Mrs. Roy Olson, Mrs. John Kalstad and Mrs. J.R. Thompson were welcomed as new members at the meeting of Zion Lutheran Ladies' Aid yesterday afternoon in the church parlors.

Warning — If you enjoy inflammation of muscles (rheumatism), of joints (arthritis), of nerves (neuritis) — do not take chiropractic adjustments — you might get well. — Dr. Carl A. Carlson, chiropractor. Offices in the Penney building. Hours: 10 a.m. to 8 p.m.

Falls High School junior class officers are: Bob Evans, president; Jennie Boreziuk, vice president; John Ruelle, secretary; and James Jorgenson, treasurer.

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

Swiss steak
Mashed potatoes
Gravy
Green beans
Fruit

TUESDAY

Boiled dinner or alternative
Apple juice
Fresh fruit

WEDNESDAY

Crispy Parmesan chicken breasts
Parsley potatoes
Carrots
Cake mix cookies

THURSDAY

Roast beef
Beef gravy
Mashed potatoes
Beets
Fresh fruit

FRIDAY

BBQ riblettes
Potato wedges
Peas and carrots
Fruit

FIND DEALS

in

The Journal Classifieds

GO

40 65

52 73

47

56 71

50

Thank you

FOR THE DONATIONS TO LINDA BECK.

The money will be donated to the Falls Food Shelf in her memory.

BINGO

9 17 40 46

BINGO

4 2

Be informed.

www.ifallsjournal.com

Get more local news online.

Rainy Lake Medical Center welcomes

Rio Silvernail, PA-C

Orthopedic Physician Assistant,
Rainy Lake Clinic

Rio is an experienced and energetic certified physician assistant with a specialty in Orthopedics. She brings a wealth of knowledge and expertise to the Rainy Lake Clinic.

Her roles at RLMC will include:

- Assistance with surgeries
- Post surgical care
- Assistance with traumas in the Emergency Department

She will see patients for:

- Hip pain
- Knee pain
- Sprains
- Fractures
- Dislocations
- Joint injections

To make an appointment with Rio, call the Rainy Lake Clinic at 283-5503. No referral necessary.

JOIN THE FIGHT TO END CANCER

Make a 6 or 12 month payment on your Journal subscription and we will donate to the Community Cancer Walk fund. They provide gas cards to local people in need of traveling out of town for appointments related to their cancer diagnosis and treatment.

Call the Journal at 285-7411 and ask to make a payment to your account for either a 6 month or 12 month term and we will donate \$5.00 for a 6 month subscription renewal and \$10.00 for a one year subscription renewal.

Offer eligible to both new and existing subscribers.

Start an Easy Pay account and we will donate \$10.00. Easy pay requires bank account information and is discounted to a monthly charge of \$5.75, for local delivery.

Call the Journal today and help out our neighbors in need. Offer ends Friday, October 31st

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