

# 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 personality disorders, herbal products, shortness of breath

**Q. My grandson has been told he has a “personality disorder.” What is that?**

A. People with a personality disorder have serious trouble getting along with others. They are usually rigid and unable to adapt to the changes life presents to all of us. They simply don’t function well in society.

People with personality disorders are more likely to commit homicide and suicide, and suffer from social isolation, alcohol and drug addiction, depression, anxiety, eating disorders, and self-destructive behavior such as excessive gambling.

About one in seven U.S. adults has at least one personality disorder, and many have more than one. Personality disorders are usually first noticed around the teen years. However, personality disorders can surface at any time, including old age.

Childhood experiences and your genes play major roles in personality disorders. However, personality changes can be brought on in older adults if they have trouble handling the losses of family and friends, other major life changes or their own medical problems.

Psychotherapy and medication for



**Fred  
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symptoms such as anxiety and depression can help. The symptoms of some personality disorders also may improve with age.

**Q. I believe in herbal products. Do you?**

A. You have to be very careful when you use herbal health products and dietary supplements, especially if you are a senior. Always consult a doctor before taking any of these products, which I like to label “alternatives.”

These products may not be safe if you have cancer, an enlarged prostate gland, high blood pressure, diabetes, glaucoma, heart disease, epilepsy, Parkinson disease, psychiatric issues, or problems with clotting blood, your immune system, liver or thyroid.

You should be especially cautious about these products if you are taking drugs that treat any of these health problems.

Alternatives can

interfere with the way your body should process medicine. For example, you may not absorb enough of the medicine that you need.

These products can cause difficulties during surgery, including bleeding and problems with anesthesia. You should stop using herbal products at least two weeks before surgery.

In the United States, alternatives are regulated by the U.S. Food and Drug Administration as foods. Therefore, they are not held to the same standards as medicines whose manufacturers must prove they are safe and effective.

**Q. Is shortness of breath part of aging?**

A. The likelihood of suffering shortness of breath or “dyspnea” (disp-nee-ah) becomes greater the older we get. As we age, our air passages get smaller, chest muscles weaken, and our lungs become less flexible. These changes reduce our air flow.

Dyspnea should happen rarely to healthy people. It can be brought on by exhaustive exertion, high altitude, extreme temperatures. Otherwise, shortness of breath is commonly a sign of a medical problem that should be checked by a doctor.

Dyspnea is associated with the major

breathing disorders that can develop in seniors. These disorders are chronic obstructive pulmonary disease (COPD), asthma, obstructive sleep apnea, pulmonary fibrosis, pulmonary thromboembolism and aspiration.

Shortness of breath can be caused by a variety of abnormalities in organs other than the lungs.

When the heart fails, it loses its ability pump blood. This elevates pressure in the blood vessels around the lung. Sometimes fluid collects in the lungs and interferes with breathing, causing shortness of breath, especially when a person is lying down.

A low red-blood-cell count causes dyspnea because the red cells carry oxygen. When their number is extremely low, your body doesn’t get enough oxygen.

In addition, a high thyroid level, shock, systemic infection, kidney or chronic liver problems, stroke, nerve and muscle disorders, and anxiety can bring on dyspnea.

*If you would like to read more columns, you can order a copy of “How to be a Healthy Geezer” at [www.healthygeezer.com](http://www.healthygeezer.com).*

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

## Rainy Lake Medical Center Auxiliary meets

BY MARGUERITE DAVISON

Rainy Lake Medical Center Auxiliary met July 2 at the hospital. President Sonia Wegge called the meeting to order. There were 15 people present.

Kelly Millerbernd was introduced as the new marketing manager. She is a recent graduate of Bemidji State University. She spoke of the foundation’s fundraiser — a golf tournament set for July 25. Proceeds from the event will be used for equipment for the hospital.

Liaison Terry Ehrmann said the child-sized laryngo scope is on order. This instrument will benefit small children who need to be intubated.

Membership chairperson

Beverly Beck will conduct a membership campaign in July. At present the auxiliary has 45 members.

Co-chairperson of the gift shop, Beck gave the financial statement and reported that many new items have arrived at the hospital.

Auxiliary treasurer Bea Brown reported that the treasurer’s books have been audited and found to be in the good order.

Upcoming events include the Hospital and Auxiliary Annual Meeting Sept. 11 and the District B Fall Meeting Oct. 3 in Cloquet.

Door prizes were awarded to Brown and Sadie Darvell.

The next regularly scheduled meeting of the auxiliary will be Aug. 6 at the hospital.

## 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

Salisbury steak  
Gravy  
Mashed potatoes  
Green beans  
Emerald pears

### TUESDAY

Corn chowder  
Ham sandwiches

Lettuce  
Cheese  
Cucumber/onion salad  
Jell-O poke cake squares

### WEDNESDAY

Swedish meatballs  
Mashed potatoes  
Gravy  
Peas and carrots  
Pineapple

### THURSDAY

Roast beef  
Mashed potatoes  
Gravy  
Spinach  
Rhubarb upside down cake

### FRIDAY

Chicken breasts on buns  
Lettuce leaf  
Potato salad  
Fresh fruit  
Cookies

## MEMORIAM

In loving memory of **Randy Scott Berg** (1977-2011).  
*Two years have passed since you were suddenly taken away.  
Two years since we’ve seen your smile,  
Heard your laugh;  
Enjoyed your caring friendship.  
We miss you every day.  
Knowing you’re in good company and in God’s hands.  
Two long years ...*

**Loved and sadly missed - Mom, Dad Cory, Mindy, Savannah aunts, uncles, cousins and many good friends**

## BIRTH

Jim and Keri Norton, of International Falls, announce the arrival of their son, Gabriel Jaxson Norton, 7 pounds, 15.5 ounces, 20 inches long, born at 5:55 a.m. Friday, June 7, 2013, at St. Mary’s Medical Center, Duluth. Welcoming Gabriel home were siblings Kody and Kayden. Paternal grandmother is Sharon Norton, Monticello. Maternal grandparents are Dick and Helen Lorette, International Falls.

## Ladies Auxiliary from Veterans of Foreign Wars Post 2948 gathers for their meeting

BY BETH M. JOHNSON

The regular meeting of the Ladies Auxiliary to Veterans of Foreign Wars Post 2948 was called to order at 7 p.m. July 9 by president Pat DeLapp with 14 members present.

The opening ritual was held. Roll call of officers was conducted with everyone present with the exception of junior vice, Diane Kelly and trustees, JoEll Jones and Lori Nicodemus.

There was one petition for membership, Dawn Flesland, whose eligibility is her grandfather, Le-land Pearl Forsythe. Ardis

Parker, a life member from the Deer River Ladies Auxiliary, transferred her membership to International Falls. A voice vote was taken to accept these ladies and as new members.

The minutes from the May and June meeting were read and they stand approved as read. Correspondence and the general orders were read the treasurer’s reports from May and June were read and filed subject to audit.

Donations to the Auxiliary were received from Harry Batdorf from the sale of his book, “Fifty Stars on the Flag,” and Margaret Kostiuik.

Linda Chezick reported on her trip to the Department Convention in St Cloud in June.

The Ladies Auxiliary made monetary donations to the VFW baseball team, Rainy Lake Community Orchestra, VFW National Home and Camp Courage/MS Camp and two flag holders.

Beth Johnson will order white gloves for members to wear during Memorial Day services, funerals, parades, etc.

A donation of four books from Kathy Tornes was received. The book, “Apprentices of War,” was writ-

ten by Gary Tornes. Two of the books were given to the VFW Post and the other books to the Ladies Auxiliary.

DeLapp stated there will be a meeting to update and revise the standing rules, also a audit of the treasurer’s books will be conducted.

For The Good of the Order: For 2014, plans will be made for having a float in the Fourth of July parade.

The door prize was won by DeLapp.

The meeting ended at 8:30 with the closing ceremonies.

The next meeting is set for 7 p.m. Aug. 13.



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