

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

Causes of balance problems

Q. I have had some nasty allergies all of my 72 years. Usually, my head gets clogged up. Recently, my ears became involved and I experienced vertigo for the first time. Is this common?

A. We have to define terms first. Vertigo is the feeling that either you or your surroundings are spinning. It is more than being just lightheaded or dizzy, because you are subjected to the illusion of movement.

If you feel your body is moving, you have subjective vertigo. When you sense that your surroundings are moving, you have objective vertigo.

If you are experiencing vertigo, you should see a doctor for a check-up. Vertigo can be a symptom of a serious health problem.

About one in 10 people over 65 experience



Fred
CICETTI
HEALTH CARE WRITER

difficulty with balance. More than 40 percent of Americans will go to a doctor complaining of dizziness. Getting older is only part of the problem. Inner-ear disturbances are the primary cause.

The inner ear consists of a system of fluid-filled tubes and sacs called the labyrinth. The labyrinth serves two functions: hearing and balance.

Labyrinthitis is an ear disorder that involves swelling of the inner ear.

If you get labyrinthitis, the parts of the inner ear become irritated and inflamed. This inflammation disrupts the transmission of sensory information from the ear to the brain. This disruption causes vertigo, dizziness, and difficulties with balance, vision and hearing.

The following raise your risk for labyrinthitis: allergies, viral illness, drinking large amounts of alcohol, fatigue, smoking, stress, and some drugs.

Labyrinthitis usually goes away within a few weeks. Medications that may reduce symptoms include antihistamines to reduce inflammation, compazine to control nausea, meclizine to counter dizziness, and sedatives.

There are other causes of balance problems. Here are few major ones:

- Benign paroxysmal

positional vertigo (BPPV). With BPPV, one of the most common causes of balance problems, you get vertigo when you change the position of your head. You may also experience BPPV when you roll over; get out of bed, or when you look on a high shelf. BPPV is more likely in people over 60.

■ Ménière's disease, which also can give you intermittent hearing loss, a ringing or roaring in the ears, and a feeling of fullness in the ear.

■ Blood-pressure medications and some antibiotics. If you are taking any drugs in these categories and feel off-balance, it's worth discussing with your doctor.

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.

Pastors to speak at Full Gospel Fellowship

Pastors Chris and Monica DeLaurentis will be guest speakers at 10:45 a.m. and 7 p.m. April 26 at Full Gospel Fellowship, 1530 Sixth Ave. W.

The couple are recovered drug addicts who were transformed by the power of Jesus Christ, according to a news release. They graduated from North Central University in 1991, married the same year and started their family, who are now teenagers, Caleb and Calah.

Currently, the pastors reside in both Minneapolis, Minn., and Chicago, Ill., spending half the week in each city.

In 1993, the Life Center, formerly known as the Inner City Church of Minneapolis, began from the DeLaurentis' home in the poorest and most crime-ridden neighborhood in the Twin Cities. The ministry grew quickly as addicts, prostitutes, the homeless and families struggling in



Pastors Chris and Monica DeLaurentis

poverty came for help and hope for a better life.

Today, the Life Center helps over 1,000 people each week through their 4-T Life-Change Process giving people the "abilities" to succeed in life and escape poverty and addiction.

For more information, call the church at 283-2088.

Perennial basics and suggestions

So, you have a new spot in your landscape or you are itching to get your yard in some order. But what to do? Perennials are considered generally to be a permanent resident rather than annuals that need to be planted every year. There is much to be said about either. But this article will speak about the characteristics, maintenance, insect and disease prevention of perennials.



Jessica
CONRAD
MASTER GARDENER

Characteristics:
These are plants that can survive more than two years from a crown or a woody part of the plant. Perennials such as Paeonia hybrids (peonies), Hemerocallis (day lilies), and Lilium (irises) are long lived. Aquilegia (columbine), Lupinus hybrids (lupine) and Delphinium (delphiniums) are short-lived. I have a peony that came from my grandmothers garden 100 some years ago. Yes, I have divided it several times but that peony lives on and I am grateful.

Tender perennials are ones that in their natural habitat can survive but in

hard northern winters like ours, they do not survive. Referred to as horticultural annuals, these grow as annuals in colder climates and include species such as Viola tricolor subsp. hortensis (pansies), Geranium dissectum (geranium), and Salvia divinorum (salvia).

Perennials do need thinning from time to time as their plant size increases. Pay careful attention to size, color, shape when planting to enhance the landscape or walkway rather than to crowd them out.

Maintenance:
Get your soil tested. Proper soil conditions are

as essential to great plant performance as is proper drainage. Use leaves, bark, pine needles, and compost as mulch. This discourages weeds, keeps soil moist, adds organic matter, keeps soil temperature low, and it looks nice. Planting distances are crucial. I have planted a Baptisia australis or false indigo only to have it grow into a big bush crowding all else out of my garden. Read the label and plant according to their full size. Lesson learned.

Insect and disease prevention:
Prune or thin plants after flowering to assure good air circulation. Cramped plants can get diseases from moist, stale conditions. Choose disease resistant plants. If a pest appears, determine what it is and then treat according to the recommendations.

Here are a couple suggestions to start your bed: Lilium (Asiatic and oriental lilies), Iris sibirica (Siberian

iris), Echinacea purpurea (purple coneflower), Liatris (blazing star), and Eupatorium maculatum (Joe-pye weed). The latter three are butterfly friendly and are a must in anyone's garden.

Soil test kits are available from the Beltrami County Extension office at the Beltrami County Fairgrounds 4-H building.

For more information on horticultural topics and on perennials, see the University of Minnesota Extension website which provides a plethora of guidance on perennials that do well in our zone 3 gardening area: <http://www.extension.umn.edu/garden/yard-garden/>
Master Gardeners are again providing answers to your gardening questions at our voice mail number, 218-444-7916. Call, leaving your name, number, and your question and one of the members will return your call.

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Sun. Blueberry Cream Cheese Crepes with eggs & ham

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Gary Holm

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Where: Moose Lodge 1259

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4:00-7:00

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7pm-?

\$40 buy-in, \$20 to Gary, \$20 to Prizes

Gary has been diagnosed with leukemia and we want to help him with his medical expenses.