

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

Info on essential tremor, snoring and C-reactive protein

Q. Is essential tremor the same thing as Parkinson's disease?


A. Essential tremor is often confused with Parkinson's disease. Unlike Parkinson's disease, however, ET doesn't lead to serious complications. Parkinson's is associated with a stooped posture, slow movement, a shuffling gait and other difficulties.

Not all tremors are ET. There are more than 20 kinds of tremors. For instance, excessive caffeine, alcohol withdrawal, problems with thyroid or copper metabolism or the use of certain medications may cause tremor.

A genetic mutation is responsible for about half of all cases of ET. The only other known risk factor is older age. Although ET can affect people of all ages, it usually appears in middle age or later. Men and women are affected equally.

Abnormal communication within the brain causes ET. There is no cure yet for this disorder.

Tremor is an involuntary movement of one or more parts of the body. Most tremors occur in the hands. Tremors can also show up in the arms, head, face, vocal cords,



Fred
CICETTI

HEALTH CARE WRITER

trunk, and legs.

Q. What causes snoring?

A. As you fall asleep, your tongue, throat and the roof of your mouth relax. If they relax too much, they may partially block the flow of air to your lungs. Then the tissue at the back of your mouth vibrates, creating the sound of logs being sawed. As the airway narrows, the vibration intensifies and the snoring gets louder.

Here are some other causes of snoring: Alcohol relaxes throat muscles, so it promotes snoring.

A soft palate that is long and low restricts the opening from the nose into the throat. That triangular thingy hanging in the back of the palate is called a "uvula." If your uvula is long, that creates wood-sawing, too.

Overweight people

have bulky neck tissue. Extra bulk in the throat narrows your airway.

A stuffy nose or one that is blocked by a crooked partition (deviated septum) between the nostrils requires extra effort to pull air through it. This creates an exaggerated vacuum in the throat, and pulls throat tissues together.

Very loud snoring may also be associated with obstructive sleep apnea, a serious condition. When you have sleep apnea, your throat tissues obstruct your airway, preventing you from breathing. Heavy snorers should seek medical advice to ensure that they don't have sleep apnea.

About one quarter of adults snore regularly. Almost half of normal adults snore occasionally. Men snore more than women. And snoring usually gets worse as we get older.

Q. What is C-Reactive Protein?

A. C-reactive protein is made by the liver. Elevated CRP in your blood indicates that you have inflammation or a bacterial infection. CRP levels do not always change with a viral infection.

The CRP in a healthy person is usually less than

10 milligrams per liter (mg/L). Most infections and inflammations produce CRP levels more than 100 mg/L.

CRP is a general test that may indicate a variety of ailments including rheumatoid arthritis, pneumonia, cancer, tuberculosis, appendicitis, bacterial meningitis, inflammatory bowel disease and urinary tract infection.

The test is used to monitor patients. CRP tests don't diagnose a specific disease; they warn that more testing may be required.

There is a high-sensitivity version of the CRP test (hs-CRP) that is used to assess the risk for heart problems. It measures CRP between 0.5 and 10 mg/L.

Most studies show that heart-attack risk rises with hs-CRP levels. If the level is lower than 1.0 mg/L, the risk is low. There's an average risk for between 1.0 and 3.0 mg/L. A level higher than 3.0 mg/L, indicates a high risk.

If you would like to read more columns, you can order a copy of "How to be a Healthy Geezer" at <http://www.healthygeezers.com/>.

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

MEMORIAMS

In loving memory of our dear father and grandfather, **Jack Faulkner**, who passed away Jan. 18, 2001.

*God took the strength of a mountain,
The majesty of a tree;
The warmth of a summer sun,
The calm of a quiet sea.
The generous soul of nature,
The comforting arm of night;
The wisdom of the ages,
The power of the eagle's flight.
Then God combined these qualities,
There was nothing more to add;
His masterpiece was now complete,
He lovingly called it Dad.*

Sadly missed
and loved by
**Matt, Meghann and Sam
Rick and Lou Anne**

In memory of **Ray Henrikson**, who passed away March 1, 1987, and **Fern Henrikson**, who passed away Jan. 17, 1991.

*The years may wipe out many things,
But this they wipe out never;
The memory of those days,
When we were all together.
As we loved you,
In our memory you are near.
Loved, remembered, thought of always.*

All your loving family

In loving memory of **John Adee**, who passed away Jan. 16, 2011.

*Dad and Grandpa ...
Remembering you is easy,
We do it every day!
Missing you is the heartache,
That never goes away!*

Love you,
**Kelli and Jesse
Krystal and Adien
Tyler, Dustin and Savannah**

SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.	TUESDAY Boiled dinner or alternate Bread pudding
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.	WEDNESDAY Salisbury steak Mashed potatoes Gravy Peas and carrots Jell-O
	THURSDAY Pork chop dinner Fresh fruit
MONDAY Chicken broccoli bake Pudding	FRIDAY Goulash Fruit

BIRTHS

Kimberly Thomopoulos, of Mahnomen, announces the arrival of her daughter, Sarrinna Evelyn Thomopoulos, 6 pounds, 7 ounces, 19 inches long, born Friday, Jan. 10, 2014, at Rainy Lake Medical Center hospital campus.

Grandparents are Lillian Crandall and Steven Thomopoulos.

The following births

have been reported from La Verendrye General Hospital, Fort Frances, Ontario.

Born to: Jeremiah and Lisa McCart (nee Vandahl), Fort Frances, a daughter, Norah Anne McCart, 8 pounds, 14 ounces, Dec. 23, 2013.

Michael and Melody Shute (nee Wheatley), Devlin, Ontario, a son, Emerson Michael Shute, 9 pounds, 1 ounce, Dec. 27, 2013.

AmericInn

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Wed. French Toast w/eggs & sausage or bacon

Thurs. Blueberry Pancakes w/eggs & sausage or bacon

Fri. Biscuits & Gravy w/eggs & hashbrowns

Sat. Cinnamon Swirl French Toast with ham & eggs

Sun. Blueberry Cream Cheese Crepes with eggs & ham

Dinner Specials

Mon. Half Chicken Dinner \$10.99

Tues. Full Rack of BBQ Ribs \$17.99

Wed. Pan Fried Walleye \$14.99

Thurs. Mozzarella Girsale w/Marinara Sauce \$10.99

Fri. Fishermen's Catch \$16.99

Sat. Rib Eye Steak \$17.99

Sun. Chicken Kiev \$11.99

Dinners include choice of potato & salad. Choice of soup for \$1.00

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CONGRATULATIONS!


STUDENTS OF THE MONTH
ANNOUNCED AT INDUS

The following students have been named "Students of the Month" at Indus School based on their exemplary behavior and attitudes, academic achievement or special achievement, and uniqueness. Four students are chosen from these groupings on a monthly basis: Grades 10-12, Grades 7-9, Grades 4-6, Grades K-3.

Students recognized in January for November in Elementary are:



Steven Johnson




Nissa Thomas


Fourth grader Steven Johnson. Steven's teacher says he "is a terrific fourth grade student. He follows directions, gets assignments done on time, and is helpful to other students."

Fifth grader Nissa Thomas. Nissa's nominator says she is a "hard and careful worker, helps others, polite, and on time."

High School Students of the Month are:




Natalie Sorum



Holger Olesen

Seventh grader Natalie Sorum. Natalie is "prepared, pleasant, and cheerful every day," says the staff member who nominated her. "She spends much of her time helping other students and volunteering whenever the opportunity arises."

Ninth grader Holger Olesen. Holger is "always pleasant and polite . . . a positive role model, and shows excellent work ethics in class," according to the staff member who nominated him.




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Call Roxanne S-Ditsch
at 218-341-5036 or
283-9773 to schedule
an appointment.



FIND DEALS

in The Journal Classifieds

