

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

Side effects of chemotherapy

Q. I may have to have chemotherapy. Will I go bald?

A. Hair loss is not certain with chemotherapy. Whether you lose hair depends upon the medication and dose your doctor prescribes.

Chemotherapy is a systemic treatment that uses drugs to kill malignant cells, bacteria, viruses and fungi.

Chemotherapy drugs are used to treat cancer, bone marrow diseases, rheumatoid arthritis and lupus. The drugs can be given by injection or taken orally. There are also topical creams.

Chemotherapy drugs attack rapidly growing cancer cells. They also attack other rapidly growing cells in your body such as those in your hair roots. Each patient reacts differently to these drugs. Some newer chemotherapy drugs may cause fewer side effects.

Hair loss from



Fred
CICETTI
HEALTH CARE WRITER

chemotherapy is not confined to your head. It can affect hair all over your body.

In most cases, hair loss from chemotherapy is temporary. Patients usually regrow hair three to 10 months after treatment.

Chemotherapy is usually given in cycles. These cycles may last one day, several days, a week or more. There will usually be a rest period between each cycle. A rest period may last for days, weeks, or months. Different chemotherapy

drugs may be given simultaneously or in sequence.

Hair loss is just one possible side effects of chemotherapy. Others include:

- Nausea
- Vomiting
- Diarrhea
- Constipation
- Pain
- Fatigue
- Fever
- Bleeding
- Bruising
- Poor appetite
- Weight loss
- Mouth sores
- Reduced immunity

Many of these side effects can be prevented or treated. Most side effects subside after treatment ends.

However, there can be persistent side effects such as lung damage, heart problems, infertility, kidney problems, nerve damage and risk of a second cancer.

Chemotherapy is employed in a variety of ways. It can be used

to cure the cancer or just to slow its growth. It can be used alone or in conjunction with radiation or other therapies. Chemotherapy treatments can be given in a hospital, outpatient facility, a doctor's office or at home.

In adjuvant therapy, chemotherapy is used to attack hidden cancer cells after other treatments such as surgery. In neoadjuvant therapy, chemotherapy is used to shrink a tumor so that radiation or surgery are possible. Palliative chemotherapy is employed to ease symptoms of advanced cancer.

[In our next column, I will provide information about how to combat the many side effects of chemotherapy.]

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.

Lopez to speak at Full Gospel Fellowship

Pastor Jesus Lopez will speak about God at work at services scheduled at Full Gospel Fellowship, 1530 Sixth Ave. W. Lopez will be featured at 7 p.m. April 4 and 5, and again April 6 at the 10:45 a.m. morning service as well as at the 7 p.m. evening service.

Lopez serves as the senior pastor of Agape Christian Center in Ridgewood, N.Y.

A native of Paterson, N.M., Lopez moved to California and joined the United States Navy at the age of 19. After his departure from the military, he began his public ministry in Brooklyn, N.Y., and became the overseer of Genesis House: A Crisis Center for Men.

At the same time, he and his wife, Pastor Dawn Lopez, were pastoring the Redemption Ministries, where most of the congregants were



Pastor Jesus Lopez

also residents of Genesis House. After that, the Lopez's purchased a building in Queens, N.Y., and renamed the ministry Agape Christian Center, which draws more than 200 members.

The public is welcome to attend.

MEMORIAMS

In loving memory of **Marge Brunette**, who passed away three years ago, March 28, 2011. It would have been her 100th birthday March 29, 2014.

The love of a wonderful mother, grandmother and great-grandmother, Is something that always lives on; Filling the days with sweet memories, Long after her presence is gone. We still feel the warmth of her caring, Her wisdom will never depart; For the love of our wonderful mother, grandmother and great-grandmother, Forever lives on in our hearts.

Your loving family -
Reneé Radford
Julie Melstrom
Kevin and Carmen Ford
Corey and Jiang Yu Radford
Troy and Courtney Melstrom
Keaton and Maddie Melstrom

In memory of our dad, grandpa and husband, **Richard "Dick" Pavleck**, who passed away one year ago, March 28, 2013.

God saw you getting tired, And a cure was not to be;

So He put His arms around you, And whispered, "Come with Me." With tearful eyes we watched you slowly fade away,

Although we loved you dearly, We would not make you stay. A golden heart stopped beating, Hard working hands at rest; God broke our hearts to prove to us, He only takes the best. It's lonesome here without you, We miss you so each day; Our lives just aren't the same, Ever since you went away. When days are sad and lonely, And everything goes wrong; We hear you gently whisper, "Cheer up and carry on." Each time we see your picture, You seem to smile and say, "Don't cry, I'm in God's keeping, We'll meet again someday."

We love and miss you -
Your family

In loving memory of **David Shipley (Big Blue)**, who passed away one year ago today.

God looked around His garden,

And He found an empty place; He then looked down on the earth, And saw your tired face.

He put His arms around you, And lifted you to rest; God's garden must be beautiful, He always takes the best. He knew that you were suffering, He knew you were in pain; He also knew in heaven, You would never hurt again. He saw the road was getting rough, And the hills harder to climb; So He closed your weary eyelids, And whispered, "Peace be thine." It broke our hearts to lose you, But you didn't go alone; For part of us went with you, The day God called you home. If tears could build a staircase, And memories a lane; We'd walk all the way to heaven, And bring you home again.

Gone but not forgotten -
Gail, Lance, Justin, Shailynn,
Carissa, Nicole, Kailey
and Ashley
Family and friends

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

French toast bake
Sausage links
Apple juice
Fruit
Pudding

TUESDAY

Barbecue riblettes
Parsley potatoes
Green beans
Pineapple tidbits

WEDNESDAY

Swiss steak
Sauce
Mashed potatoes
Wax beans
Mandarin oranges

THURSDAY

Chili
24-hour coleslaw
Cornbread
Cookies

FRIDAY

Ham dinner or alternate
Baked ham
Au Gratin potatoes
Spinach
Carrot bars

www.ifallsjournal.com

We take this means of expressing our deep appreciation to friends, neighbors and relatives for their many acts of kindness and sympathy shown us during the illness and death of our beloved Husband,

Brother, Dad (Stepdad) and Grandpa, Dale Arnold.

The Family of Dale Arnold

BETHANY LUTHERAN CHURCH
LOMAN
SPRING DINNER
Sunday, April 6, 2014
Serving from 12 noon to 3pm
Menu includes ham, cheesy au gratin potatoes, calico beans and assorted desserts
FREEWILL DONATION ACCEPTED.

QUILTS FOR SALE.....come out and see the beautiful creations.

Welcome to the World
Isabelle Marie Nash,
Born on Feb, 27th
at 6:15 weighing in at 5 lbs. 18 ½ inches long

Welcome to the World By her Great Grandparents
Harry and Pat Nash Sr. and Karen and Dan Glascock, Her Grandfather Harry Nash Jr. her Grandmother HeideMarie DeVoss, and most by her Mother Kalie Marie Nash

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Littlefork, MN 218-278-6682

You're invited to the Ruffed Grouse Society VOYAGEUR CHAPTER

24th Annual SPORTSMEN'S BANQUET
www.ruffedgrousesociety.org

Friday, April 4, 2014
Americlnn, Int'l Falls

Cocktail Reception & Raffles 5:30pm
Dinner 7:30pm

Funds Raised at the Annual Banquet are used to fund many Habitat Improvement Projects in Koochiching & St. Louis County.

For more information or tickets, mail orders to:
Jim Dornhecker
206 Shorewood Drive • Int'l Falls, MN 56649
(218) 283-2229

Please Make All Checks and Money Orders To: RGS

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TICKETS PURCHASED BY 3/21/14 ARE ELIGIBLE FOR AN EARLY BIRD PRIZE!

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