

2018

Ask Nurse Steve

FREDERICK COUNTY
Department
of Aging

Steve Stoyke, LPN provides a brief overview and answers your questions about a current health topic, as well as provides blood pressure and other basic health screenings at this location. Check the calendar for day and time.

January **Give It Your Best Shot.**

A discussion on the importance of vaccines and immunizations

February **Love Is In The Air.**

A discussion on sexual health and safety after 55

March **Top 15 Health Issues For Older Adults.**

A discussion of the most prevalent health care issues affecting older adults

April **HepC, HIV, and other diseases.**

A discussion of transmitted diseases (and treatments) on the rise among older adults

May **Black and Blue. And Green and Purple.**

A discussion on the causes and care of bruising and skin tears

June **How Dry I Am.**

A discussion on dry mouth, swallowing difficulties, and other related oral health conditions.

July **I Can't Remember.**

A discussion to determine if it's just forgetfulness or a symptom of something more serious.

August **What goes in, must come out.**

A discussion of the digestive system.

September **I Can't See Clearly Now.**

A discussion of vision changes and diseases affecting sight.

October **Take 2 Jokes, and Call Me In The Morning.**

A discussion (and scientific evidence) on the importance of humor in healing and health.

November **Give A Gift of Life.**

A discussion on being an organ donor.

December **I Feel Faint.**

A discussion of conditions and treatment for dizziness, light-headedness and fainting.



