2019

Ask Nurse Steve

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 **Like a fine wine, does life really improve with age?**
A discussion on body changes after 60.

February **Why am I still Awake?**
A discussion of sleep disorders and ways to sleep more naturally

March **Is that the phone ringing, or tinnitus?**
A discussion on noise, ringing in the ears and other hearing conditions.

April **Isn't more medication better?**
A discussion on correct use and doses of medication.

May **How do I know if I can still live independently?**
A discussion on how slowing down does not have to end independent living

June **Why would I want palliative care?**
A discussion on what palliative is care, and who decides when it's time for it.

July **How do our five senses change with age?**
A discussion on sensory changes as we get older

August **What at the top five health issues affecting older adults?**
A discussion of health conditions that are most likely to impact older adults' health.

September **How does the US compare in health care for older adults?**
A discussion of US health conditions in comparison to other countries around the world.

October **Why am I so weak?**
A discussion of muscle strength and how it changes as we grow older.

November **Why do my fingernails look so different?**
A discussion on changes to our finger and toe nails that reflect changes to our overall health.

December **Why should I check the organ donor box on my drivers license?**
A discussion on organ donation as a gift that goes on living.