

2020

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 **How Does Preventative Medicine Benefit Me?**

A discussion on preventative medicine and healthy living options for older adults.

February **Is Aphasia a country?**

A discussion of the condition affecting speech and understanding language.

March **Did I have a good nights sleep? Right!**

A discussion on sleep disorders and getting the rest you need.

April **Why do some of my favorite foods affect me differently now?**

A discussion on digestion and other gastrointestinal discomforts.

May **Why am I so sad?**

A discussion on depression and suicide.

June **Do I need a dietary supplement to be healthy?**

A discussion about dietary supplements and whether they are really beneficial or necessary.

July **What is heat exhaustion?**

An overview of symptoms, treatment, and prevention of heat exhaustion and heat stroke.

August **Does my blood pressure affect my memory?**

A discussion of the correlation between blood pressure control and memory problems.

September **Do the Eyes have it?**

Learn about the 12 things our eyes can tell us about our overall health.

October **Why is yawning contagious?**

A discussion of involuntary reflex reactions to yawning and why it matters.

November **Why should I walk?**

An explanation of tens ways walking daily can improve health and possibly extend life.

December **What are the advantages of a ‘well-aged’ mind?**

A discussion on maintaining cognitive health.

