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.