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Health Awareness

Understanding Crohn's Disease And Ulcerative Colitis

(NAPSA)—If you or someone you care about is among the 1.6 million Americans with Crohn's disease or ulcerative colitis, there are a few facts you may find it helpful to know.

The conditions are collectively known as inflammatory bowel diseases, or IBD. They affect the gastrointestinal (GI) tract, the area of the body where digestion takes place. The diseases cause inflammation of the intestine and can lead to ongoing symptoms and complications. Although there is no known cause or cure for IBD, there are many effective treatments to help control it.

Anyone can be diagnosed with IBD, but adolescents and young adults between the ages of 15 and 35 are the most susceptible. Ten percent of those afflicted develop symptoms before age 18.

Approximately 20 percent of patients have another family member with IBD, and families frequently share a similar pattern of disease.

IBD can vary from one person to the next, but often has a significant effect on quality of life. People often experience ongoing symptoms, reduced ability to work, social stigma and difficulty with physical activities.

Symptoms And Complications

Ulcerative colitis involves the inner lining of the colon, while Crohn's disease involves all layers of the intestine and can occur in both the small intestine and colon. Here are four things to consider:

1. Symptoms range from mild to severe and can include any or all of the following:

- persistent diarrhea
- abdominal pain or cramps
- rectal bleeding
- fever and weight loss
- fatigue
- joint, skin or eye irritations
- delayed growth in children.

2. Crohn's disease and ulcerative colitis are unpredictable. Some people have no active symptoms for some time (also known as remission). Others require frequent hospitalizations and surgery. Symptoms may vary in nature, frequency and intensity.

3. Taking medications as prescribed by a doctor can help control symptoms, inflammation and any complications that may arise, such as malnutrition or anemia.

4. Regular colonoscopies are recommended in IBD patients to monitor inflammation and any growths that can potentially be removed, or changes happening within the colon.



If you develop persistent digestive difficulties, see your doctor. If you're diagnosed with Crohn's disease or ulcerative colitis, there are treatments that can help.

Treatments

There are medications currently available to help control disease symptoms and inflammation. The most commonly prescribed are aminosalicylates (5-ASA), corticosteroids, immunomodulators, biologic therapies, and antibiotics.

Surgery is sometimes recommended when medications can no longer control symptoms, when there are intestinal obstructions or when other complications arise.

Emotional Factors

IBD does not only affect the body physically. There can also be effects on mental health. Feelings of anxiety and depression can be very common in IBD, as patients learn to cope with everyday living.

It is important not to ignore these invisible symptoms and to seek support or to talk to your doctor about any emotional concerns.

Diet

There may be times when modifying a patient's diet can be helpful, particularly when symptoms are active, but there's no evidence that certain foods cause IBD. No single diet or eating plan works for everyone with IBD. Diets are tailored to each patient.

What's Being Done

There is critical research in areas of genetics, microbiome and environmental triggers that will help improve quality of life for patients, advance toward precision medicine and, ultimately, lead to new treatment and cures.

Learn More

You can get information, guidance, support, and the latest clinical and research news from the Crohn's & Colitis Foundation at www.crohnscolitisfoundation.org. You can also join a nearby chapter, connect with others living with these diseases, and get involved. Call the IBD Help Center at 888-MY-GUT-PAIN (888-694-8872) or e-mail info@crohnscolitisfoundation.org.

999 ♦ PUBLIC NOTICES

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REFEREE'S NOTICE OF SALE

The parties subject to this Notice of Sale of real property to be sold pursuant to Oregon law are as follows:

Sharon Poland, Randall Poland, Cole Coleson
All persons, known and unknown, with an interest in the real property described herein.

This Referee's Notice of Sale covers the real property in the County of Lane and State of Oregon ("the Property") commonly known as 4592 Foulweather Street, Florence, Oregon 97439, which has the following legal description:

Lot 8, Block 13, HECETA BEACH, as platted and recorded in Book 7, Page 25, Lane County Oregon Plat Records, in Lane County, Oregon.

The Referee is William Free individually and Stuart Realty Group, Inc, an Oregon Domestic Corporation (collectively, the "Referee") and the mailing address of the Referee is: William Free, 1525 12th Street, Suite 4, Florence, Oregon 97439.

The date, time, and place of the sale is:
Date: April 14, 2018
Time: 1 P.M. PST
Place: 4592 Foulweather Street, Florence, Oregon 97439

NOTICE: Before bidding at the sale, a prospective bidder should independently investigate:

- (a) The Priority of the lien or interest of the judgement creditor;
- (b) Land use laws and regulations applicable to the property;
- (c) Approval uses for the property;
- (d) Limits on farming or Forest practices on the property;
- (e) Rights of neighboring property owners; and
- (f) Environmental laws and regulations that affect the property.

Access to a notice of this sale is on Stuart Realty Group, Inc.'s website. View our list of current properties and date of salesSM www.StuartRealtyGroupInc.com
Dated: 3-13-2018
Publication Dates: March 17, 21, 28, April, 4 & 11, 2018

PUBLIC HEARING NOTICE

Notice is hereby given that the Planning Commission will hold a Public Hearing on March 27, 2018 at 5:30 pm in the Florence Events Center, located at 715 Quince St. in the City of Florence, OR to consider:

RESOLUTION PC 18 01 ANN 01: A request from Lane County for annexation of Harbor Vista Campground located at 87658 Harbor Vista Road, Assessors Map 18-12-09-00 Tax Lots 00300 & 00400. The proposed annexation also includes the abutting South Harbor Vista Drive, Harbor Vista Road, and North Jetty Road, all formerly known as County Road 1301. The 11.6-acre property is developed with a county park that includes a day use area, overnight tent and RV camp sites, bathrooms/showers, and a caretaker residence.

RESOLUTION PC 18 02 ZC 01: Zone assignment to the park properties and Harbor Vista Road, S. Harbor Vista Drive and a portion of North Jetty Road to the corresponding Open Space District with a Natural Resource Conservation Overlay. North Jetty Road east of the park is proposed to be zoned Single Family Residential.

For more information please contact the City of Florence Planning Department at (541) 997-8237 or visit city's website at www.ci.florence.or.us.

Publication Dates: March 14, & 21, 2018

Brought to you by this newspaper in partnership with Oregon Newspaper Publishers Association

PUBLIC NOTICES

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Graphic Search

Good Luck

Wednesday's Graphic
Aries, The Ram
3/21-4/19

Here is how it works...
We will put a graphic or photo in the box to the left. You find it somewhere in the classifieds. Come into our office, Enter your name, phone number and describe where you found the graphic or bring in a clipping to attach to your entry into the drawing for a gift certificate.

Gift Certificates must be picked up within 2 weeks of winning
Deadline for today's paper:
Thursday by 2:00 PM

AUDREY LERMAN found the Saint Patrick's Day Graphic on page 5B (Shop Local Cash Register). She won a gift certificate to Sweet Magnolias.

Saturday's Graphic

Vehicle & Boat Promotional advertising section 850 will continue to run your ad until sold providing you call the Siuslaw News 541-997-3441 Before the end of the month. (No Commercial Vehicles)

Y ELLOW D IRECTORY S ERVICES

<p>D-040 BLINDS / INTERIOR</p> <p><i>The Finishing Touch</i> Free cordless upgrade on shades (offer thru May 31, 2018) Blinds • Shades • Draperies • Shutters We Design ~ We Install Residential • Commercial • 30 Years Experience 541-991-3405</p>	<p>D-070 CONSTRUCTION/CONTRACTORS</p> <p>Robert's Handyman Service GENERAL CONTRACTOR We specialize in Structural Problems and Dry Rot Call Robert or Marcus 541-997-5970 • 541-991-7870 (cell) 30 Years Experience • Reasonable Rates • Senior Discount • Lic. #209676</p>	<p>D-085 EXCAVATING</p> <p>DEQ#37263 Ray Wells, Inc CCB# 91052 EXCAVATING • SEPTIC SYSTEMS • SUBDIVISIONS LAND CLEARING • PAVING • TRUCKING BRUSH & DEBRIS RECYCLING • DEMOLITION Ph. 541-997-2054 • Fax 541-997-3499 • 1-877-201-0652 P.O. Box 3467 • 1770 LAUREL PL. • FLORENCE, OR 97439</p>
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<p>Tweety Sez: CCB #96660 Consistent, Quality Cleaning. For clean as a whistle, call 997-2385. Florence Janitorial Services Bill and Jo Hine, Owners CERTIFIED, LICENSED, BONDED & INSURED</p>	<p>Michael ROE QUALITY HOMES Additions Remodeling Framing/ Subcontracting Foundations 997-9216 CCB#164681</p>	<p>D-222 REAL ESTATE</p> <p>Lynnette Wikstrom - Broker (541) 999-0786 Living in the Florence area since 1979. COLDWELL BANKER COAST REAL ESTATE 100 Highway 101 Florence, OR 97439 MLS</p>
<p>Siuslaw News Yellow Directory P.O. Box 10, • 148 Maple Street, Florence, Oregon 97439 (541) 997-3441 • Fax: (541) 997-7979</p>	<p>D-077 ELECTRICAL</p> <p>SIUSLAW VALLEY ELECTRIC, INC. RESIDENTIAL • COMMERCIAL CONTRACTING 1710 Laurel Way - Airport Industrial Park Store Hours: Mon. thru Fri., 8 A.M. to Noon Forrest G. Grigsby • Stanton E. Grigsby Phone 997-8821 P.O. Box 1216 • sve-1973-grigsby@hotmail.com FAX 997-3723</p>	<p>D-266 WINDOWS</p> <p>Yes! WE DO WINDOWS! Window Cleaning Commercial • Residential Connie, Bill & Mike Spinner-997-8721</p>
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