



Chad Gutttau, assistant, Dr. Mittal

**Acid Reflux**

Dr. Sumeet Mittal, an Alegent Creighton Clinic physician specializing in Esophageal Surgery, spoke at the Treynor Optimist Club on April 13. Dr. Mittal has practiced in Omaha for 15 years.

Dr. Mittal said that one of the newest devices for treating reflux is magnets. The magnets let food go down the esophagus, but not return back up it. They are still an unproven technique.

A valve opens between your esophagus and stomach to allow food and liquids to enter the stomach. If the valve doesn't close all the way, or if it opens too often, stomach acid can move up into your esophagus and cause these symptoms:

- Persistent heartburn
- Stomach acid rising
- Sour taste in the mouth
- Burning in the throat
- Pain or burning in the chest
- Burping

This is called acid reflux. Dr. Mittal said that white men are in the greatest danger of getting cancer from this problem.

**Calendar**

- Apr 10 – Can Kennel at 3:30 p.m. for St. Paul Youth
- Apr 25 – Bicycle Safety
- Apr 27 – Youth Appreciation
- May 1 – Can Kennel at 3:30 p.m. for St. Paul Youth
- May 3 – Storm Chasers game – 7:05 p.m.
- July - Zone meeting in Treynor at the park.
- Oct 19 – Expired prescription drug drop-off at Community Center

**Birthdays**

- Apr 6 - Kevin Abbott
- Apr 20 – Steve Chambers

5-20% of people with acid reflux will get a condition called Barrett esophagus. This condition refers to an abnormal change in the cells of the lower portion of the esophagus. 50% of patients with Barrett esophagus can get cancer, so it should be monitored and treated.

To decrease acid reflux, people should:

- Eat small meals, and do not eat for three hours before bed
- Raise the head of the bed
- Losing 10-15 pounds helps a lot

Smoking increases acid reflux. Colas are also bad for it. Some people require surgery, especially if they get Barrett esophagus.

Dr. Mittal said that 17,000 people get esophageal cancers each year. If you have symptoms of reflux and they go away suddenly, you need to get checked by a physician.

**Meeting Minutes**

Bill Vorthmann opened the meeting on April 13. Keith Denton and Bill Vorthmann provided jokes. A trivia fact from Ken Graham noted that there were 70,000 Iowans in the Civil War. Bill led the Pledge of Allegiance. Dale Willenborg offered the opening prayer.

Arlyn Norris will be gone on a leave of absence from May 6 for 13 weeks. He will be going to Kidugala, Tanzania and doing some writing. Richard Vorthmann contributed to the Youth Fund for his new granddaughter. Bill also contributed. Kirk contributed because his son Wade got a bonus at work.

Dee Gutttau contributed two pots of lavender flowers that were auctioned for \$5 and \$4.

At the can kennel sorting there were 17 youth that helped.

Arlyn Norris won the 50/50. Kelly Sutherland won the attendance award, but did not collect. There were 14 members and 13 guests at the meeting. See calendar events listed below.

- Apr 25 – Rocky Saar
- Apr 28 - Gene Seran

**Anniversaries**

- Apr 7 – Jim & Diane Clausen (recognized)

**Programs**

- Apr - Chad Gutttau
- May - Gary Funkhouser
- Jun - Gary Gutttau

**Prayers**

- April 13- Dale Willenborg

ATTORNEY: What gear were you in at the moment of the impact?  
 WITNESS: Gucci sweats and Reeboks.

ATTORNEY: What is your date of birth?  
 WITNESS: July 18th.  
 ATTORNEY: What year?  
 WITNESS: Every year.

ATTORNEY: How old is your son, the one living with you?  
 WITNESS: Thirty-eight or thirty-five, I can't remember which.  
 ATTORNEY: How long has he lived with you?  
 WITNESS: Forty-five years.