



HEALTH MATTERS

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Feature Articles



Can children develop Type 2 diabetes?

Over the past 15 years, Type 2 diabetes has been on the rise, especially in children. Get the risk factors, and learn steps to take to prevent your child from developing it.



Living life to the fullest after cancer treatment

Megan Brooks lives every day to the fullest after her care team, family and friends helped her through two cancer diagnoses.

Mayo Clinic Resources



Pancreatic cancer

When you hear that a beloved singer had pancreatic cancer, you may have questions about the disease. Discover the signs, which include diabetes and upper abdomen pain.



Statins: Are these cholesterol-lowering drugs right for you?

Already shown to help reduce cholesterol levels, statins may have other benefits. Find out whether your risk factors for heart disease make you a good candidate for this drug therapy.



Alzheimer's: How to help a caregiver

It's not just people with Alzheimer's who need assistance — their caregivers need support, too. See how checking in and offering specific help can make a world of difference.



Menopause weight gain: Stop the middle-age spread

There's no magic formula for preventing — or reversing — menopause weight gain. Simply stick to these weight-control basics.

Upcoming Events

Find ways to get active or involved in your community.
See a [complete list](#) of events near you.



[Check out our complete list of events.](#)

Road to Resilience: Raising Healthy Kids

Adverse childhood experiences (ACEs), can have lasting effects on long-term health and well-being. Help a child in your life build resiliency, along with social and coping skills, to deal with life's challenges.

This six-week game-like program has age-appropriate resources for you and your youth to work through together. The resources are items you can do, read or watch in any order you like. You choose the content that best fits your situation. Parents, grandparents, teachers, community organizers and trusted friends to a child are invited to participate.

- Online virtual activity: Sept. 17 – Oct. 28
- Register online by Sept. 16.

Imagine Lecture

Join Timothy J. Nelson, M.D., Ph.D., for the presentation “New Hearts for Old Problems.” His research focuses on cardiovascular regeneration using bioengineered stem cells to treat diseases such as cardiomyopathy, where the heart muscle becomes enlarged, thick or rigid. His work has been published in 70 journals and featured on ABC’s “Nightline.”

- Eau Claire | Thursday, Sept. 6 | 7–8 p.m.
- Auditorium, Mayo Clinic Health System, 1221 Whipple St.
- Free. Call 1-866-375-7464 (toll-free) to register.

Barron Fall Fest Kids’ Activities

Bring the kids to free fun-filled activities with inflatables, hula hoops, games and ambulance tours.

- Barron | Saturday, Sept. 8 | 11 a.m.–2 p.m.
- Government Center, 335 E. Monroe Ave.
- Free. Co-supported with the Barron Chamber of Commerce in conjunction with Barron Fall Fest.

Heart Walk

Bring the whole family to this 1- or 3-mile noncompetitive walk designed to raise awareness of heart disease and stroke. Proceeds go to the American Heart Association.

- Eau Claire | Saturday, Sept. 22
- 8 a.m. registration; 9–11 a.m. walk.
- Carson Park, 1110 Carson Park Drive.
- Free; donations accepted. Go to eauclairewiheartwalk.org or call 715-838-3012 to register.

Healthy Recipes



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Pasta salad with mixed vegetables

Italian meatballs

Online Services

- **[Express Care Online](#)**
- **[Patient Online Services](#)**
- **[Symptom Checker](#)**
- **[Heart Disease Risk Calculator](#)**
- **[Online pharmacy](#)**
- **[Pay your bill](#)**



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