

Prairie Doc® Perspectives

By Dr. Kelly Evans-Hullinger

Living with Parkinson’s Disease

“I am concerned your symptoms are due to Parkinson’s disease,” is something I have said to numerous patients over the years. This is a degenerative neurologic disease which is common enough that most patients have heard of it or even know someone living with it.

Most commonly, the patient or their family might have noticed classic symptoms: a tremor, difficulty with movement like walking, or balance problems. Importantly, not all tremor is Parkinson’s, though that is typically the biggest concern my patients have.

Parkinson’s disease is typically a diagnosis made by findings on history and physical exam; it is uncommon that further testing is used. Often, we will refer to our experts in neurology to confirm a suspected diagnosis. As a progressive neurological disease, we don’t currently have any tools to stop or slow the progression of Parkinson’s, but we have many tools to improve symptoms and quality of life.

First and foremost, regular exercise is paramount for patients with Parkinson’s. Quality of life and functional status is better in patients exercising with moderate intensity 150 minutes per week. The type of exercise doesn’t necessarily matter, so find something that is enjoyable enough to stick with.

Beyond independent exercise, specialized therapies administered by a qualified physical therapist and speech therapist can reduce symptoms. Physical therapists will help with walking, movement, and balance; speech therapists

can improve patients’ speech and communication and, if needed, help with swallowing problems.

Medications are commonly used to help with tremor and rigidity in Parkinson’s disease. Most often, the first line treatment is a medication called carbidopa-levodopa, and most patients see immediate gratification with the effect of the medication on their movement symptoms. If needed, other medication options can be added.

Finally, options such as deep brain stimulation (DBS) can be used in more severe disease in which medications are not adequate to control motor symptoms. This involves insertion of a device into the affected area of the brain; electrical stimulation there alleviates those symptoms. Other interventions are sometimes used as well with the help of a spe-

cialty-trained neurologist.

In summary, Parkinson’s disease is fairly common as people age, and most patients live for many years with the disease. It is important to be educated on the disease and all the options that might improve symptoms and quality of life while one lives with Parkinson’s disease, and a qualified physician can help tailor those treatments to each individual patient.

Kelly Evans-Hullinger, MD, is part of The Prairie Doc® team of physicians and currently practices Internal Medicine at Avera Medical Group in Brookings, South Dakota. Follow The Prairie Doc® at www.prairiedoc.org, and on social media. Watch On Call with the Prairie Doc, most Thursday’s at 7PM on SDPB and streaming on Facebook and listen to Prairie Doc Radio Sunday’s at 6am and 1pm on SDPB Radio.

FOR SALE

The McClusky Rural Fire District has three fire apparatuses for sale.

- **1965 F-700 Firetruck** - 14,596 miles \$5,000 OBO
- **1975 F-750 Firetruck** - 2700 miles \$10,000 OBO
- **1988 International S2500** – 2500 gal Water Tanker Truck 855 Cummins engine, 13 speed transmission - 9007 miles \$10,000 OBO

Contact Rick Bentz early AM or late PM (701-363-2594) with any questions or offers. Any or all offers can be rejected.

Mechanic/Equipment Operator Position Open

The Board of Sheridan County Commissioners will be accepting applications for a Mechanic/Equipment Operator position for at the McClusky shop of Sheridan County. Qualifications are to have experience in repairing and performing a variety of skilled and semi-skilled work in operation of medium to heavy equipment utilized in road construction, maintenance, and repair projects. Must have a valid driver’s license. Wages \$20.00-\$25.00 per hr. plus benefits - negotiable upon experience. Up to a 45-hour week. Starting date of hire is as soon as can be.

Sheridan County offers a quiet and safe small town atmosphere – Good quality school for growing families – Hunting and fishing opportunities nearby

Application forms are available at the office of the Sheridan County Auditor, PO Box 439, McClusky, ND 58463 PH# 701-363-2205 or County website: www.co.sheridan.nd.us Applications must be returned to the Sheridan County Auditor’s Office by 4:00 p.m. June 30, 2025.

Shirley A. Murray, Sheridan County Auditor

Legals

Notice Of Public Hearing

Notice is hereby given that the Sheridan County Planning & Zoning Board will conduct a public hearing on Tuesday, July 1st at 10:00 A.M. in the Commissioners Room of the Sheridan County Courthouse, McClusky, North Dakota. The purpose of the hearing is to consider all testimony regarding a zoning variance submitted by James Pellman, McClusky, to request a setback variance of less than the required 125 ft. from federal aid road right of way for constructing a grain bin site on Outlot A of the SW4 of 1-146-77.

Shirley A. Murray
Sheridan County Auditor
(June 19 & 26, 2025)

Senior Citizen Center for Sale

The Senior Citizen Center at 202 C Ave W, McClusky, ND is for sale by the owners. The house has one main room, a kitchen and two bathrooms, all on one floor. The house is being sold AS IS. Bid offers will be accepted until June 27. Bids will be opened June 30 at 1:00 pm at the above location. We accept the right to reject any bid.

Call Bernie Richter at 341-1713 to view building.
**Please send your bid to Senior Citizen Center,
PO Box 574, McClusky ND 58463.**

Classified Advertising

Classified Ad Rates

\$8 for first run, over 20 words add 25 cents for each additional word. Half price of original price for additional weeks.

Card of Thanks and In Memory: \$10 for 50 words, 10 cents for each additional word.

Obituaries: \$50 for full obituary, with or without photo; Death Notice, free.

“WANTED TO BUY

Small piece of land for hunting. No lot too small. Call Ben 810-820-5101

House in or near McClusky. Any condition for cash or terms. Quick close. Call Lansing Handyman 810-820-5101

STATEWIDES

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Pembina, ND seeks 3 temp flex-time (20-40hrs./wk) summer helpers. \$17/hr start, no OT. Hours & days depend on City Super’s needs, from M-F between 8am-4:30pm—may or may not work all days & hours. Must be self-motivated and able to work w/o constant direct supervision. Duties include mowing, crack sealing, tree trimming, painting, and other duties as assigned. Must be able to lift/carry 50#. For info or to fill out application, call 701.825.6819 or email pcityoffice@polarcomm.com

JOIN THE MCLEAN COUNTY TEAM as a Deputy Sheriff! Serve with honor, protect the community, and make a real difference. Apply now to start your rewarding career in law enforcement! For more information regarding this position visit <http://www.mcleancountynd.gov/employment/>.

Pembina, ND is seeking a PublicWorks Assistant: PublicWorks Assistant is the secondary person responsible for maintenance/repair of the City water, sewer systems, streets, and City properties. FT hourly position starting at \$24/hr DOE. Wage increases for obtaining required certs. Benefits include paid sick-vaca-10 pd holidays/year, medical insurance stipend. For info or to fill out application, call 701.825.6819 or email pcityoffice@polarcomm.com

YOU CAN PLACE a 25-word classified ad—like this one—in every North Dakota newspaper for only \$160. It’s easy. Contact this newspaper for details.

SERVICES FOR HIRE

PEST CONTROL: PROTECT YOUR HOME from pests safely and affordably. Roaches, Bed Bugs, Rodent, Termite, Spiders and other pests. Locally owned and affordable. Call for service or an inspection today! 833-406-0253 Have zip code of property ready when calling!

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-833-787-0317



REAL ESTATE FOR SALE

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LOOKING FOR THE most complete listing of ND Media? ND Media Guide. Only \$30! Call 701-223-6397, ND Newspaper Association.

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AUTOS WANTED

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HAVE a news release or other information that needs to reach all ND newspapers? ND Newspaper Association can help! One call does it all. 701-223-6397.