



The Golden View

The Community Newspaper For Adults 55 Plus

April, 2024

Dedicated To The Young At Heart

Dubuque, Iowa

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Celebrating 35 Years of Shalom!

by Nicole Baumgartner,

Director of Mission and Ministry, Shalom Spirituality Center

Just over 35 years ago, the idea of creating a retreat center as a ministry of the Sisters of St. Francis of Dubuque was born out of a conversation between Sister Marie Therese Kalb and former member Becky Burrows. Sister Marie Therese, Becky, along with Sister Frances Ruden, dreamed together and submitted

through various retreats, prayer opportunities, educational programs, marriage enrichment, and support for professionals in business, education, health care, spiritual work, and ministry. The facilities at Shalom are available for hosting civic, religious, educational, and business groups, including people of all



a proposal to the community's Governing Board about their vision to use the congregation's building on Davis Street as a retreat center. Shalom Retreat Center was officially established on January 4, 1989. In 2014, the word "spirituality" replaced the word "retreat" to describe the ministry in the 21st century. Rooted in Franciscan values, Shalom Spirituality Center offers a sacred space and a peaceful environment for all who seek to deepen their relationship with God, self, others, and creation.

Shalom serves thousands of people of all ages annually

faith traditions. Additionally, there are individual providers at Shalom that offer spiritual direction, private retreats, and holistic wellness services, including massage, reflexology, sound healing, and more. Shalom Spirituality Center's spacious accommodations and an atmosphere of peacefulness provide an ideal setting for retreats, conferences, workshops, and more — for a few hours, a day, an overnight or longer.

Shalom is the only retreat center in the city of Dubuque.

Shalom cont. Pg. 6



Revel in the "Joy!" of the Dubuque Chorale Children's Choirs

by Danielle Phillips



The Dubuque Chorale Children's Choirs with conductors Karmella Sellers (center), Victoria Bausman (right), and accompanist Amanda Hauta (left)

The Dubuque Chorale happily presents "Joy! Celebrating the DCCC's 10th Anniversary," their spring concert commemorating the tenth anniversary of the Dubuque Chorale Children's Choirs' founding. "We are celebrating...the people that are the bringers of joy," said Karmella Sellers, Dubuque Chorale Children's Choirs Program Director. "All kids are light and joy. That's how I feel."

The Dubuque Chorale Children's Choir originated in the 2014/15 season as one group of approximately 50 4th-6th graders. "Speaking of joy, this is joy," Sellers continued. "And it's...my life's work. Children and

children's choirs and singing... and watching them grow into more experienced and hopefully joyful musicians is a dream."

Asked which piece in the concert makes her most joyous, Dubuque Chorale Artistic Director Dr. Amanda Huntleigh replied, "Norman Dello Joio's 'A Jubilant Song'...has a playful quality...even as it's filled with complex harmonies, because of the meter shifts and speed changes." Staccati Singers Conductor Victoria Bausman chose a different selection: "'Hakuna Matata' for Staccati... they love it so much, so it brings me joy, just...feeling how much

Dubuque Chorale cont. Pg. 16



The Dubuque Chorale encourages all ages to participate in the joy of creating music. The Children's Choirs joined the Chorale and other area choirs to raise their voices with Karmella Sellers conducting at Songfest in September 2023

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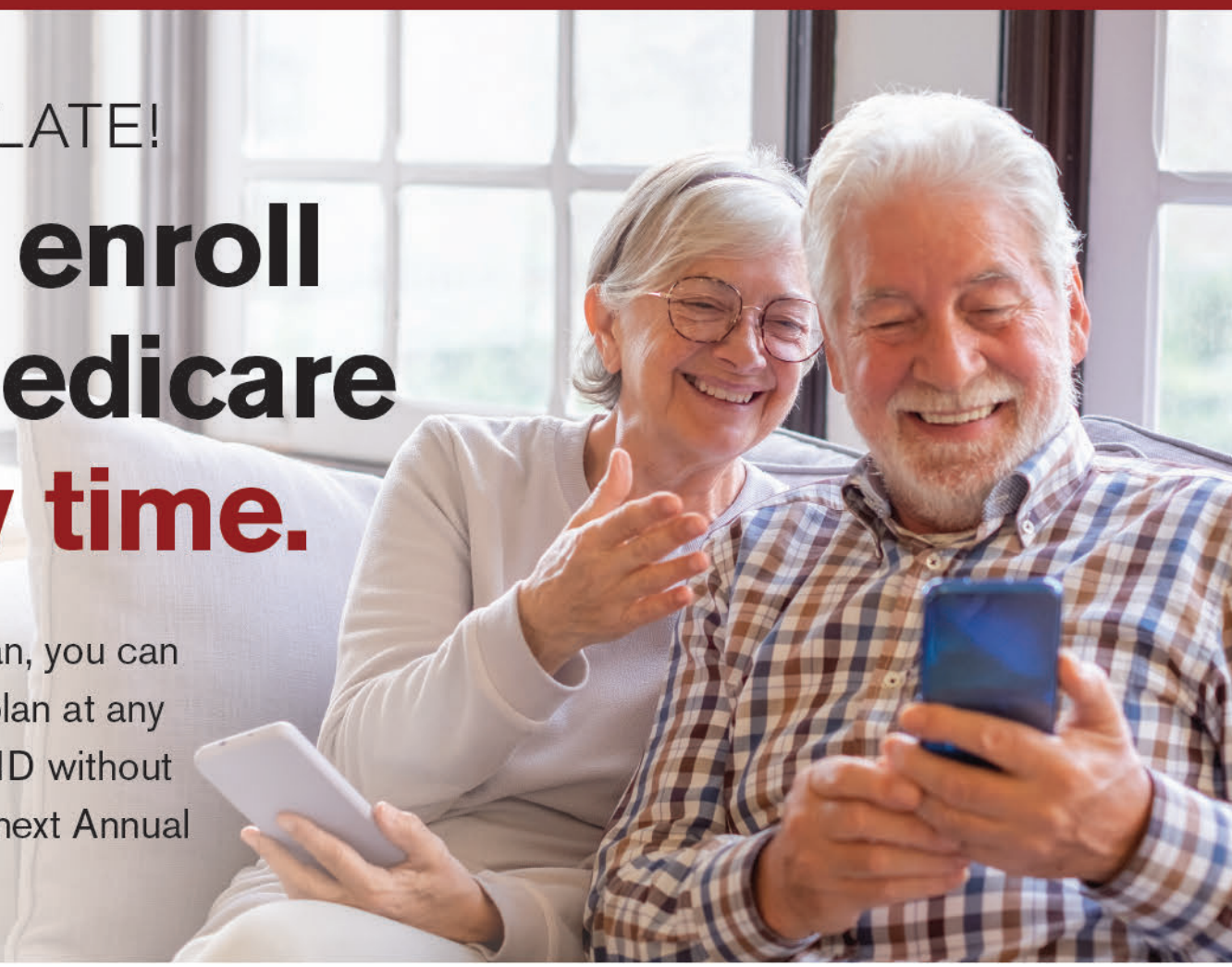
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Guttenberg Library
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April 9 at 11 AM
Country Inn
630 S. Water Street

GALENA, IL
April 17 at 11 AM
Wyndham Galena
11383 Hwy 20

DUBUQUE, IA
April 30 at 6:30 PM
Best Western Plus
3100 Dodge Street

MAQUOKETA, IA
April 5 at 11 AM
AmericInn
1910 Nairn Drive

LANCASTER, WI
April 11 at 11 AM
Sleep Inn & Suites
1600 S. Madison Street

DARLINGTON, WI
April 19 at 11 AM
Johnson Public Library
131 E. Catherine Street



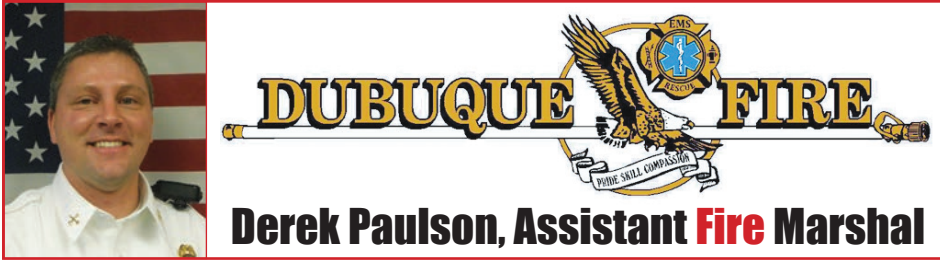
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Derek Paulson, Assistant Fire Marshal

Every Spring, I look forward to getting my yard cleaned up, making everything look good for the summer and then having a nice fire in the evening. However, did you know that the City of Dubuque has a recreational fire policy on what you can and can't burn within the city limits. Here are the guidelines on what is and is not allowed to be burned within the city limits. If you live outside the city limits check with your local jurisdiction to see what is and is not allowed.

Recreational fires must use only naturally grown form wood, dried, split or sawn lengths no greater than 4 feet. No processed wood such as 2 x 4's, plywood, building materials etc. may be burned. Burning of paper, garden waste, rubbish, refuse, grass, leaves or brush is prohibited. Recreational fires shall not be conducted within 25 feet of a structure or any combustible materials. All fires must be constantly attended until the fire is extinguished. No fewer than one portable fire extinguisher with a minimum 4-A rating or other approved

on-site fire-extinguishing equipment, such as dirt, sand, water barrel, garden hose or other extinguishing agent shall be available for immediate use.

A portable outdoor fireplace is a portable, outdoor, solid fuel burning fireplace that may be constructed of steel, concrete, clay or other noncombustible material. A portable outdoor fireplace may be open in design or may be equipped with a small hearth opening and a short chimney or chimney opening in the top. Portable outdoor fireplaces shall not be operated within 15 feet of a structure or combustible material. The same burning guidelines listed above apply to portable outdoor fireplaces.

If smoke from fire is deemed a nuisance or the fire is deemed unsafe and not in compliance, you will be asked to extinguish the fire. Failure to comply with the above regulations may result in a municipal infraction.

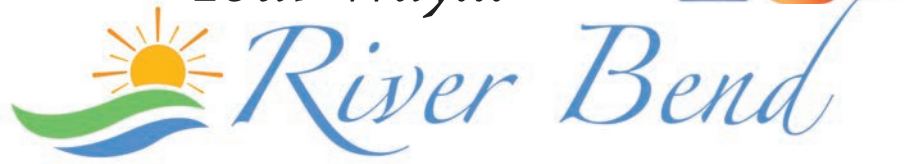
If you have any questions or would like more information, I can be reached at 563-589-4195 or at Dpaulson@cityofdubuque.org.

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Celebrating the
10th Anniversary
of the Dubuque
Chorale Children's Choirs

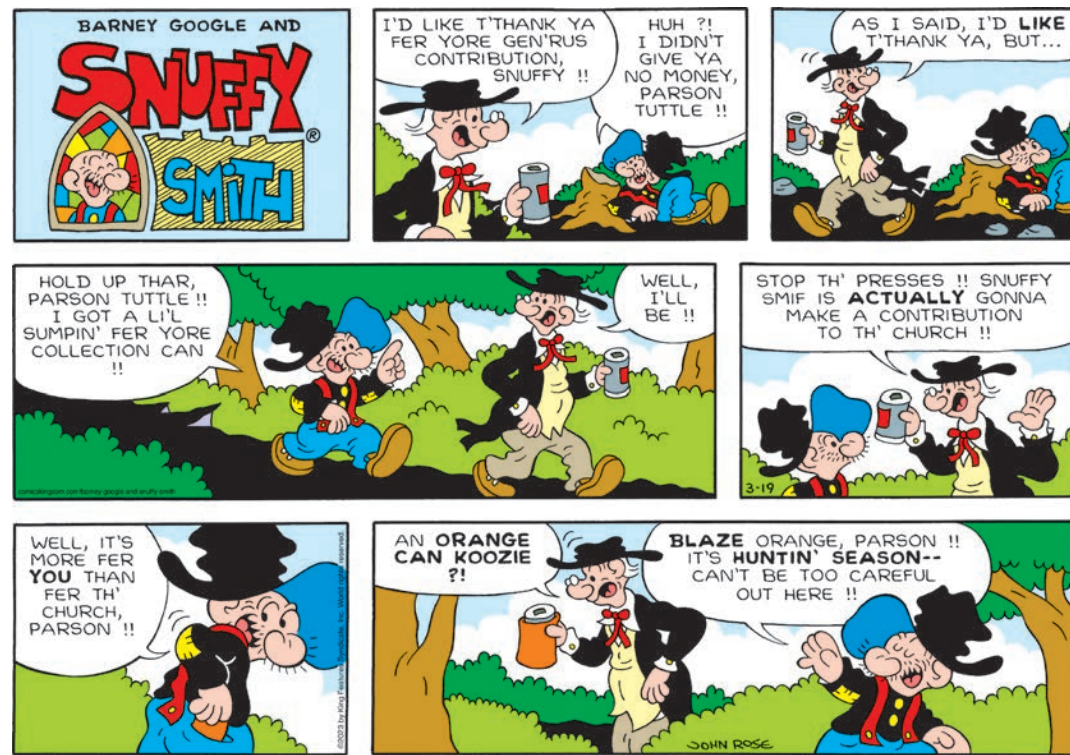
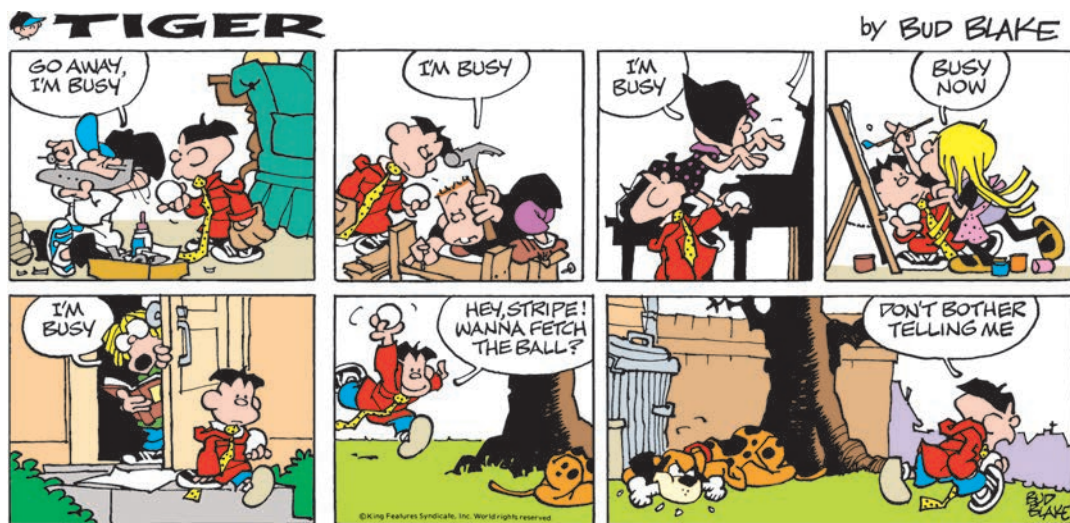
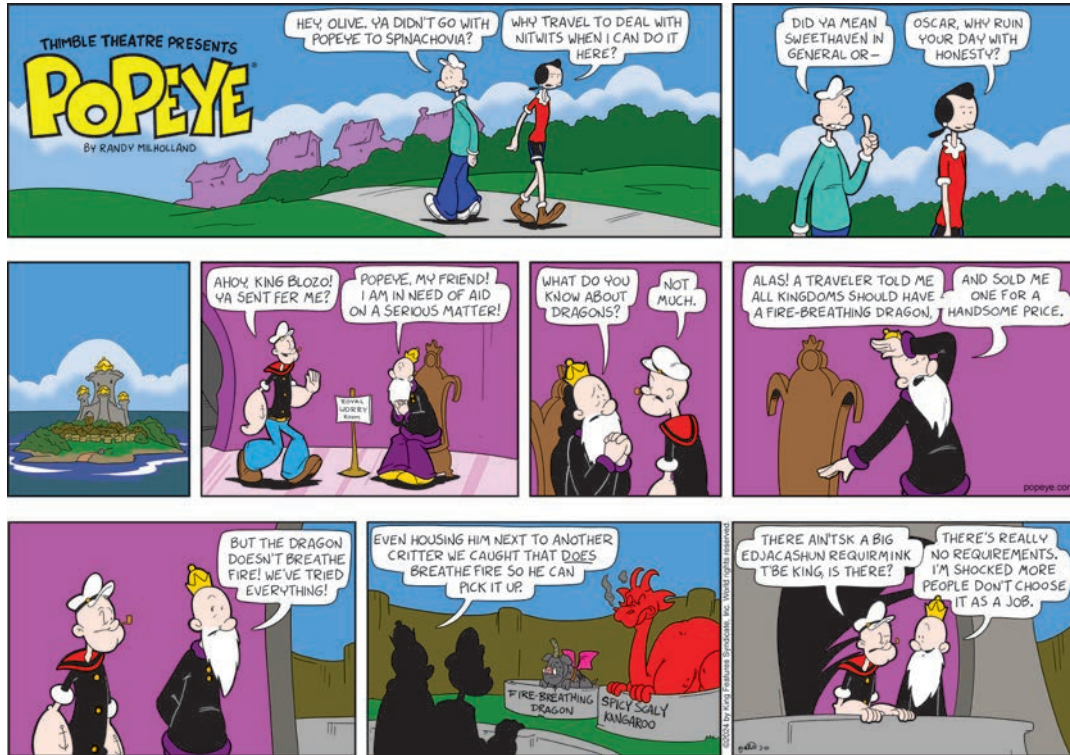


The Golden View

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

| | | | | | | | | |
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| | - | | + | | = 11 | | | |
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| 13 | | 14 | | 3 | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
 ★★★ GO FIGURE!
 Go Figure! Answer on Pg. 20

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STICKELERS [sic].
 by Terry Stickels

**Can you unscramble the letters below to
 form an ordinary word?**

N G P R E E T C S E A

Stickelers Answer on Pg. 20
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King Crossword

ACROSS

- 1 Egg on
- 5 Science room
- 8 Arm bone
- 12 Actress Gilpin
- 13 Hosp. area
- 14 Wedding cake layer
- 15 Bridge position
- 16 Not "agin"
- 17 "Snap out —!"
- 18 Monet or Debussy
- 20 Wards off
- 22 "— Poetica"
- 23 Be sick
- 24 Healthy
- 27 Embeds
- 32 Comic Philips
- 33 Menagerie
- 34 Trio after M
- 35 Fish lover's deli order
- 38 Group of quail
- 39 Transcript no.
- 40 Parched
- 42 Oracle setting
- 45 "Brigadoon" lyricist
- 49 Buffalo's county
- 50 Miss Piggy's pronoun
- 52 French waterway
- 53 — Romeo

| | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | | | | 13 | | | 14 | | | |
| 15 | | | | 16 | | | 17 | | | |
| 18 | | | | 19 | | 20 | 21 | | | |
| 22 | | | | | | 23 | | | | |
| 24 | 25 | 26 | | 27 | 28 | 29 | | | 30 | 31 |
| 32 | | | | 33 | | | | 34 | | |
| 35 | | | 36 | 37 | | | | 38 | | |
| 39 | | | | | | 40 | 41 | | | |
| 42 | 43 | | | 44 | | 45 | | 46 | 47 | 48 |
| 49 | | | | 50 | 51 | | | 52 | | |
| 53 | | | | 54 | | | | 55 | | |
| 56 | | | | 57 | | | | 58 | | |

- 54 Canine greeting
- 55 Summit
- 56 Ogler's look
- 57 "— -haw!" (cowgirl's cry)
- 58 Monopoly card
- 8 Perfect place
- 9 Game show aid
- 10 Astronaut
- 11 Armstrong
- 11 Sciences' partner
- 19 AMA member
- 21 Hearing thing
- 24 Drenched
- 25 Ostrich's kin
- 26 Palmist's prediction
- 28 Neither mate
- 29 Hit song by OneRepublic
- 30 Calendar abbr.
- 31 Covert agent
- 36 Seem
- 37 Taunting laugh
- 38 Secondary route
- 41 Concerning
- 42 Bargain
- 43 Perry's creator
- 44 Noncommittal answer
- 46 Pleasing
- 47 Salinger girl
- 48 Marsh plant
- 51 Tram load

DOWN

- 1 Detail, briefly
- 2 Bell sound
- 3 — Major
- 4 Ceremony
- 5 Not enlarged or reduced
- 6 Tennis feat
- 7 "Ironsides" star

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Be sure to check the website
TheGoldenViewOnline.com



Homemade Treats

DEAR PAW'S CORNER: My new puppy's training is going very well, and he responds very well to rewards of little treats. I worry about feeding him so many processed, store-bought snacks though. What are some natural or homemade alternatives for treats? — *Maggie T., Nashua, N.H.*

A: Many alternative recipes for homemade doggie treats are available on the internet and at the bookstore, but the healthiest ones share many common features. This means that you can find quite a few good recipes out there, or develop a few of your own.

Common ingredients in dog treats are meat protein (either from fresh meats, broths or strained baby foods), whole-grain flours (like wheat, oats, corn or rice), eggs and powdered supplements (like brewer's yeast

or garlic). A variety of flavorings can be added, including peanut butter, sugar or molasses, vanilla, salt, and small amounts of cheese or milk. Dry or instant yeast can be added to biscuit-type recipes, to allow the dough to rise before baking.

A popular training asset is liver treats, which can be made fairly easy and which last about four to five days if stored properly (in an airtight container and refrigerated). Chicken livers, eggs and sweetener are pureed, flour or cornmeal is mixed in (some owners add powdered supplements as well) and the mixture is baked, cooled and sliced into bite-size treats.

Certain foods are never safe for dogs, so don't use any recipe that contains these ingredients: chocolate, onions, raisins/grapes or macadamia nuts. They seem like fairly innocent foods, but can cause serious health problems in dogs.

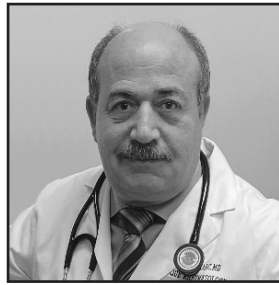
Baking and testing these snacks out on your puppy can be a lot of fun. Remember, you can also share recipes with other dog owners and perhaps find the perfect treat for your companion.

Send your tips, comments or questions to ask@pawscorner.com.

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**COME CHAT
with ME**
by S. E. Persinger



"Good morning, afternoon, or evening, whenever you are reading this fantastic, people friendly newspaper, you will discover some nostalgic data, as well as the newest happenings printed within *The Golden View*.

Before I share a short story with you, I will set the stage for why the idea to share a memory came about. Have you ever wondered why some television stations carry shows from the past? Take for instance the long running shows of *Perry Mason* and *Gunsmoke*. They appeared in the 50's. Then there was *Leave It To Beaver* and that ran from 10/57-9/63. These shows, as well as many other programs from long ago, are now being aired again.

A lot of people are watching these shows or else the stations would not be airing them. People are hungry for shows that actually entertain them and are usually free from downers. Maybe they could be classified as nostalgic, but the shows I allowed my children to watch are now watched by my grandchildren and their children. They are in style nowadays.

As aforementioned, this story came to mind while writing this article. I think the nostalgia of old TV shows stimulated my interest in the past. My basic career was in the office field and I became an expert digital typist. I often worked in offices with many other women. One such job blended me with seven other women working within a company that owned the

building where I worked. The company occupied the entire 2nd, 4th, and 7th floors.

The women I worked with were from the ages of 20 to 47. We all got along fine and often went to lunch together. I bonded with a peer that was my age and we became good friends. She had a boyfriend named Floyd and he was a 6 feet tall, robust Fireman. Millie, my friend, was 5'4", had blond hair and big brown eyes. They looked "cute" together. Floyd drove a black Cadillac. It was not a new car but he always bought a Cadillac. When Millie drove his car, she looked like a little kid behind the wheel.

One evening Millie and her boy Floyd came by my apartment and I served them coffee and cake, as I usually did when friends visited me. I put Floyd's coffee on an end table. He was a smoker but neither Millie nor I had the habit so I hadn't put out any ashtrays. I soon noticed Floyd head toward the coffee table in front of my sofa and Millie saw the glare in my eyes. She knew I was a very fussy housekeeper. I had placed three decorative dishes on the coffee table. Floyd saw Millie looking at me, then he tilted his head, looked at me and said, "that isn't an ashtray is it?" Before answering him, I scrambled to my feet and grabbed something to catch the ashes. I can't seem to remember what I grabbed but I got it under the cigarette before the ashes dropped off. We all got a laugh out of that simple incident. Floyd and Millie got married and we became lifetime friends. I think this is a fine memory, not nostalgic, but a really heartfelt feeling of friendship created out of a silly mishap.

Spring Clean-Up for Mt. Calvary and Mt. Olivet Cemeteries

The annual Spring Clean-up will begin on Monday April 22, 2024 and run through Friday April 26, 2024. Please remove all items and decorations you wish

to save no later than Sunday April 21, 2024. All items not removed will be discarded.

Cemetery Management requests that no decorations or plantings be placed on grave sites until Saturday, April 27, 2024. Please check Cemetery Regulations before placing decorations to avoid losing items that do not conform.

Shalom from Pg. 1

Catholic in sponsorship and built on the foundation of simple living and seeing the divine in all people and creation as modeled by Saints Francis and Clare of Assisi, Shalom is interfaith in its ministry — serving people of all faith traditions, as well as nonprofit, business, and civic groups.

For More Information:
Shalom Spirituality Center
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An Uplifting Moment
with **Rev. David J. Claassen**
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Coin on Ice

Here's a hack for knowing if your freezer lost power for an extended time while you were away from home. I'm old enough that when I see the word "hack" the cutting of weeds with a swing of a sharp blade first comes to mind. The newer meaning of the word "hack" is a "clever tip or technique for doing or improving something" (Merriam-Webster). So, here's a clever tip or technique for knowing if your freezer lost power for a long period of time.

Put a plastic cup filled with water in the freezer. When it's frozen, place a coin on the ice. When you return home after an extended time away and the coin is at the bottom of the ice, you know the contents of the freezer thawed and then re-froze. You would then know that there's the possibility the food contents were thawed long enough to have gone bad. What an idea! I would like to shake the hand of the person who thought up this hack.

Finding the coin at the bottom of the cup would be dismaying - it might mean throwing out the

contents of the freezer. However, it's better to know about the prolonged thaw than not know. As I write this, we're away from our home. Yes, there's a cup of ice with a coin on it in our freezer!

I've added this hack to a long list of ways I'm warned in my life about possible dangers, threats, or failures of different devices. There's the smoke alarm's low battery beep, the check engine light on our car, the report from my doctor on my latest exam, and too many more to itemize.

We have a love/hate relationship with warning messages. We don't want to see the alarming messages, but we know ignoring them can prove harmful.

We've come to see the value of warning devices and messages for many aspects of our lives, but how about life itself? Are we open to warnings and corrections to our thoughts, attitudes, speech, and actions? Hopefully we are if we don't want to invite additional troubles, disaster, and sin.

Where do these warnings and corrections come from? They come from our own conscience, the input of others, the good and bad examples of others, and from God. Looking at this list there's only one source that's perfect, always true and right, and that source is God. When we seek to be open to His input, direction, and even correction then He helps us deal properly with our conscience and the input and example of others.

An Uplifting Moment cont. Pg. 12

Better service makes a better funeral home.

What really matters when it comes to planning a funeral? Is it who has the largest, up-to-date facility or their own onsite crematory? Or, is it a funeral home that offers the very best care of your loved one, all the guidance and support you need, and a variety of service options? We think that better service makes a better funeral home. Come see for yourself.

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Hosted by: **Zac Davis**
NY based Editor & Journalist for *America Magazine*, Co-Host of popular *Jesuitical* Podcast, Multimedia Journalist of the Year by Catholic Press Association in 2018, Certified Wine Specialist

THE ILLUSTRATED BIBLE

For as Jonah was three days and three nights in the belly of the great fish, so will the Son of Man be three days and three nights in the heart of the earth. The men of Nineveh will rise up in the judgment with this generation and condemn it, because they repented at the preaching of Jonah; and indeed a greater than Jonah is here.

MATTHEW 12: 40,41



Detail of 16th-century woodblock engraving

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BIBLE TRIVIA
by Wilson Casey

1. Is the book of Isaiah (KJV) in the Old or New Testament or neither?
2. From Genesis 3, who made clothes for Adam and Eve out of skins? *Adam, Eve, The Lord, Serpent*
3. What did Jesus say His followers would never walk in?

Fear, Solitude, Darkness, Shame
4. Lamentations 3 speaks of the wormwood and the ...? *Fire, Gall, Fence, Fig*

5. Who had a vision of a lion having eagle's wings? *John the Baptist, Peter, Herod, Daniel*

6. From 2 Samuel 20, who killed Amasa? *Joab, Sheba, Abishai, Bichri*

ANSWERS

(1) Old, (2) The Lord, (3) Darkness, (4) Gall, (5) Daniel, (6) Joab

Comments? More Trivia?

Gift ideas? Visit www.TriviaGuy.com.

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Our Spiritual Drink: A History of Wine & the Catholic Church

April 23rd, 6-7:30pm

Join us for an evening discussing Catholicism and wine; the Biblical origins of wine, how medieval monks gave us modern wine culture, and why wine is the most theological of adult dinner beverages.

A guided wine-tasting with hors d'oeuvres will be available for all attendees 21 and over. Please bring a valid driver's license or ID to participate in the wine-tasting.



The Biggest Change Since Vatican II: Explaining the Synod on Synodality

April 24th 6-7:30pm

In October 2021, Pope Francis launched the largest consultation in human history, the Synod on Synodality. At the gathering in Rome, no topic was off limits: Women deacons, LGBT people, the role of the bishop and so much more.

What does this mean for the church? Where is it going? What will it mean for your local parish? Join Zac Davis, who was in Rome covering the Synod during October 2023, to unpack all of these questions.

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YESTERDAY AND TODAY
BY MICHAEL GIBSON



Frank and Mary Thompson started the Thompson Food Market in 1916. Advertising Thompson's as the "King in Meats," this 1965 photo shows the receding waters from the April flood which crested at an all-time high of 26.8 ft. The building in the far left background was the Tobert Drug Co (now Lot 1) and the other building, which now has a mural painted on the wall was the Schmidt Apartments (now 1st & Main). (Photo courtesy of the Loras College, Center for Dubuque History).

Yesterday & Today cont. Pg. 9

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Michelle Bell,
Social Security District Manager,
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You should periodically review your *Social Security Statement (Statement)* using your personal *my Social Security* account at www.ssa.gov/myaccount. Your *Statement* is an easy-to-read summary of the estimated benefits you and your family could receive, including potential retirement, disability, and survivors' benefits.

If you're planning to retire, you can visit our *Plan for Retirement* webpage at www.ssa.gov/prepare/plan-retirement. Here you can compare how different future earnings and retirement benefit start-dates might affect your future benefit amount.

Please tell your friends and family about the steps they can take to improve their financial knowledge by exploring their personal *my Social Security* account. If they don't have an account, they can easily create one at www.ssa.gov/myaccount.

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Bell Tower Theater Continues Their 2024 Season with Ken Ludwig's Baskerville: A Sherlock Holmes Mystery

The Bell Tower Theater, your hometown theater, is pleased to announce the next comedy of their 22nd Season, *Ken Ludwig's Baskerville: A Sherlock Holmes Mystery*. The performance will be directed by guest director Doug Donald.

Holmes and Watson are on the case in this fast-paced comedy mystery! The world's greatest detective must solve the case of "The Hound of the Baskervilles" before a family curse dooms its newest heir. Watch as they try to escape a dizzying web of deceit, silly accents and disguises. Can our heroes discover the truth in time?

The cast features Bell Tower veteran Michael Storm alongside Dan Haggerty, in his first Bell Tower show in nearly 20 years, and newcomers to the Bell Tower stage Jeff Huettman, Shawn Steinhoff and Heather Noethe.

The Bell Tower Theater is conveniently located in Fountain Park at 2728 Asbury Road in the city's vibrant West End just minutes from both Highway 20 and the Northwest Arterial. Performances are

Bell Tower Theater cont. Pg. 12



Bell Tower Theater



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Yesterday & Today from Pg. 8

Michael Gibson has decided to take a hiatus from the Yesterday and Today feature. He has given permission to recycle previously published photos and captions for your enjoyment.



This is a more recent view showing the corner of 1st & Locust. The old Thompson Food Market eventually became an Oky-Doky and was demolished in the late 1990s. A new Oky-Doky convenience store complete with gas fueling stations and an A&W foods with drive-through was built and opened in 1998 at this location. (Photo by Terry Grant).



Hospice of Dubuque Awarded CHAP Accreditation

Community Health Accreditation Partner, Inc. (CHAP) announced that Hospice of Dubuque has been awarded CHAP Accreditation under the CHAP Hospice Standards of Excellence.

CHAP Accreditation demonstrates that Hospice of Dubuque meets the industry's highest nationally recognized standards. The rigorous evaluation by CHAP focuses on structure and function, quality of services and products, human and financial resources, and long-term viability. Simply stated, adherence to CHAP's standards leads to better quality care.

"By achieving CHAP Accreditation, Hospice of Dubuque has shown a commitment to excellence," said Nathan DeGodt, CHAP President & CEO. "We are excited to begin our partnership with Hospice of Dubuque by offering support in its commitment to providing quality care and continuous improvement."

Hospice of Dubuque provides hospice, palliative, and bereavement services to individuals and families in the tri-state area. Hospice of Dubuque is a nonprofit organization that has been serving the greater Dubuque area for over 40 years and is designated as a five-star hospice by the Centers for Medicare & Medicaid Services (CMS).

"We are very proud of Hospice of Dubuque's tradition of excellence," said Lavonne Noel, Hospice of Dubuque Executive Director. "Through the years, we have expanded our service area and the services we offer in order to meet the needs of our tri-state area. Our focus has always been on fulfilling our mission by providing responsive, compassionate end-of-life services. CHAP accreditation was the next logical step in Hospice of Dubuque's commitment to quality care."

CHAP is an independent, nonprofit accrediting body for community-based health care organizations. Through "deeming authority" granted by CMS, CHAP has the regulatory authority to survey home health and hospice agencies to determine if they meet the Medicare Conditions of Participation and CMS Quality Standards. CHAP's purpose is to define and advance the highest standards of community-based care.

For more information about the CHAP accreditation process, visit www.chapinc.org, or contact Teresa Harbour, Senior Vice President, Accreditation, at 202.467.1701, or teresa.harbour@chapinc.org.

For more information about Hospice of Dubuque, visit www.hospiceofdubuque.org or contact Lavonne Noel, Executive Director, at 563.582.1220, or noell@hospiceofdubuque.org.



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Proton-Pump Inhibitors Highly Recommended for Barrett's Esophagus

DEAR DR. ROACH: I am a retired male over 65 and a former occasional cigar smoker. I quit 15 years ago after I was diagnosed with Barrett's esophagus. I was also a former drinker and quit seven years ago. I regularly completed all the biopsies as required and took my proton-pump inhibitor (PPI) daily as instructed.

This year, I read an article about PPIs contributing to dementia and neuropathy, which I have. My primary care physician suggested that I switch to over-the-counter H2 blockers as a safer approach. I developed an irregular heart rhythm and soaring blood pressure.

I was then diagnosed with atrial fibrillation (AFib). My stress test and echocardiogram are normal for my age. I am now on some heavy-duty beta blockers, blood thinners and a very

expensive rhythm-control drug. A book I recently read written by two top cardiologists stated that long-term use of PPIs is dangerous and can cause AFib, but a recent article published by the National Institute of Health states the opposite. I also read that an irritated esophagus stimulates the esophagus nerve and triggers AFib. I'm confused now.

Because Barrett's vastly increases my chances for getting a very aggressive cancer, doing nothing is not an option. I have already modified and continue to modify my diet, but that only goes so far. And as I'm sure you are aware of, a stroke caused by AFib is often life-threatening.

My complicated question is, which professional approach would you recommend: PPIs or H2 blockers? Is there a third option? — **B.B.**

ANSWER: There is not a definitive answer on whether PPIs, like omeprazole, increase the risk of AFib. Studies are potentially confounded by the fact that people with AFib sometimes think they have stomach problems and may take a PPI, leading to a false association between the PPI and AFib. As you say, there have also been studies that suggest a decreased risk of AFib in people who use PPIs.

In my mind, the increased risk of adenocarcinoma of the esophagus as a result of untreated stomach acid reflux in a person with Barrett's esophagus is the key in this situation, as Barrett's is a condition where abnormal lining of the esophagus occurs due to years of acid exposure.

I do not believe over-the-counter H2 blockers, like famotidine (Pepcid), are adequate enough to reduce the risk of esophageal cancer, so I advise patients in your situation to use PPIs, despite their known risks.

The data suggesting a risk of dementia are weak. While there might be a small risk, the risk isn't high enough to avoid using a PPI in a person with Barrett's. B12 deficiency is absolutely a risk in people taking long-term PPIs. Low B12 can certainly lead to neuropathy, but both can be prevented and treated by testing for B12 deficiency and by getting supplementation, if needed.

I am very glad to hear you are getting routine endoscopic surveillance and biopsies so that any abnormal growth of the esophagus can be identified and treated promptly.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Do not anticipate trouble or worry about what may never happen. Keep in the sunlight.

— Benjamin Franklin

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