

# Be aware of drug risks to kidneys

**Dear Annie:** I was diagnosed with chronic kidney disease five years ago during an annual physical at the age of 79. I did not have hypertension, diabetes or a family history of kidney disease — the distinctive risk factors for kidney disease — although my age should have been a red flag.

Looking back on my medical history, it turns out my kidney numbers were abnormal for some time. I was told that the use of nonsteroidal anti-inflammatory drugs may have caused my kidney damage. It was a surprise to me that such a common drug did more harm than good. Since then, I've stopped the use of NSAIDs, but I feel many other people might be in the same boat I was in. I hope you can spread the word to help others keep their kidneys healthy. — *Better Now*

**Dear Better:** Thank you for the information. NSAIDs (such as aspirin, Advil, Motrin, Aleve, Celebrex and other commonly used pain relievers) don't generally pose a problem for most people who use them in small doses on occasion. But there can be side effects, especially if you use the drugs for weeks at a time. They can cause bleeding ulcers,

## Annie's Mailbox

Creators Syndicate Inc.

Kathy Mitchell and Marcy Sugar



fluid retention, rashes, and kidney and heart problems. If you are taking any anti-inflammatory, over-the-counter drugs, please let your doctor know.

Kidney disease often goes undetected, because symptoms may not appear until the kidneys are close to failure. The good news is that early detection and proper treatment can slow the progression of kidney disease. If you have high blood pressure, diabetes, a family history of kidney failure or are over the age of 60, you should get your kidneys checked.

March is National Kidney Month and March 10 is World Kidney Day. The National Kidney Foundation urges readers to be proactive with their health. To learn more, visit [www.kidney.org](http://www.kidney.org).

**Dear Annie:** Your response to "Sick of Men Complaining" was right on. She said no matter what meal she prepares for her husband, he always finds something to criticize about it. Aside from pointing out that she seems to have a predilection for picking out men she cannot possibly please, you told her to inform him that he can cook his own meals if hers are not to his liking.

If my wife prepared an elegant meal for me and I complained about it like that, you can be sure she would tell me where to go. She also would inform me that from now on, I would be cooking my own food. And she would have followed through on that.

Her straightforward confidence makes me appreciate the wonderful wife and mother that she is. — *Pretty Darn Happy in New Mexico*

**Dear New Mexico:** We are delighted to hear from someone who appreciates his spouse and the efforts she puts into their meals, and more important, thinks her direct and honest attitude is something to be admired. We trust she returns the same level of respect.

# Tomorrow's horoscope

By Holiday Mathis, Creators Syndicate Inc.

**ARIES (March 21-April 19).** Yesterday you felt determined; today the motivation wanes, which is actually a good thing! It will help you move to the next ideas, which will be packed with potential energy.

**TAURUS (April 20-May 20).** No one is better at being you than you are. It's funny how people will try to be, though. Today they'll tell you what you should do, how you should feel and whom you should love. It's ridiculous really. Your best move? Ignore them.

**GEMINI (May 21-June 21).** It feels like the doors of the banquet of life have been opened to you on what just happens to be the first day of your new diet. Believe it or not, it may be quite satisfying to take in the visual promise without "eating," for now.

**CANCER (June 22-July 22).** When sweet nothings are whispered between lovers, don't forget that it's the "nothings" that make the sweetness possible. You'll enjoy the buoyancy of anchor-less relationships. Love levitates.

**LEO (July 23-Aug. 22).** Extremely creative people such as you have been known to find it difficult to stick to one idea and see it through to the end. That's why teaming with a Taurus, Virgo or Capricorn will be a very wise move today.

**VIRGO (Aug. 23-Sept. 22).** You're now ready to explore territory that's been previously off-limits or unknown. The boldness you feel will ebb and flow through this process, so make the most of today's surge!

**LIBRA (Sept. 23-Oct. 23).** The person who dares to poke at that little piece of insecurity you've had hidden away is in for a big response. Most likely, that response will be laughter! Even if it's uncomfortable at first,

it feels good to be seen more completely.

**SCORPIO (Oct. 24-Nov. 21).** You and a certain someone used to be an item and now you're hardly even a thing. That's the natural path of some relationships. You'll work extra hard now to make sure one special tie doesn't wind up in the same category.

**SAGITTARIUS (Nov. 22-Dec. 21).** You're in unknown territory, but don't let this stop you from moving. The only way to learn this area is to travel through it. If you have to go slowly, it's fine — as long as you go.

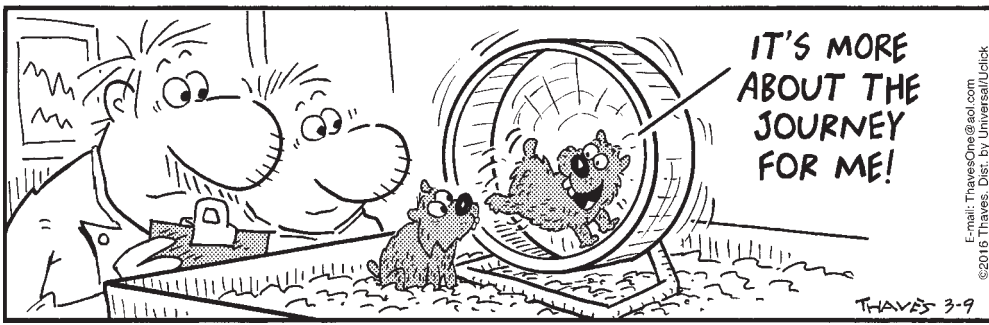
**CAPRICORN (Dec. 22-Jan. 19).** If you can prove your superiority over your former self, this makes you very happy. That's why, whatever is asked of you, you'll give more and you'll give better than you did before.

**AQUARIUS (Jan. 20-Feb. 18).** Truly, your abilities are developing beyond your expectations. You will tend to get most things right from the start today. Don't let this spoil you, though. It's not a fluke, but it's better if you treat it as if it were one.

**PISCES (Feb. 19-March 20).** Over the years you've built protective layers around your heart, which is only smart, wise and prudent. However, it's also inconvenient — that is, unless you also build a door, give it a lock and give someone else the key.

**THURSDAY'S BIRTHDAY (March 10).** You've excellent taste! This isn't just about making choices that fit your aesthetic. It's also about letting yourself be guided by your attractions and using experience to navigate to the choices you can really work with. Your heart call will be answered in April. Highlights will be monetary in May and August. Capricorn and Sagittarius adore you. Your lucky numbers are: 7, 4, 33, 39 and 41.

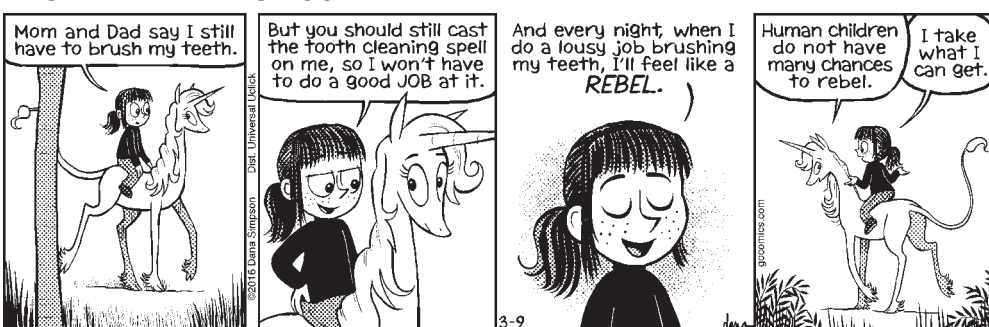
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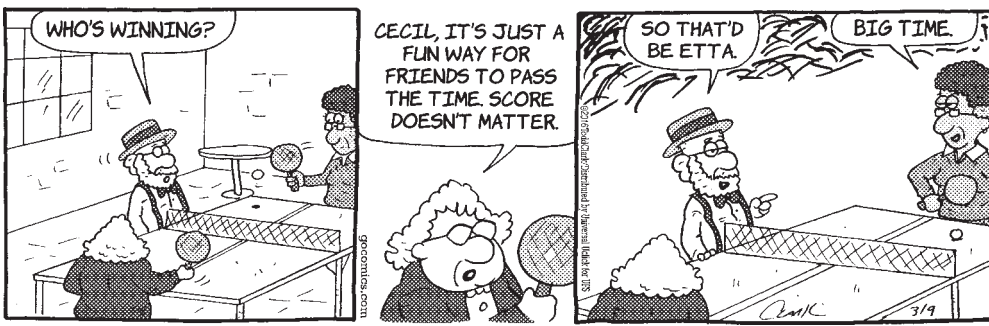
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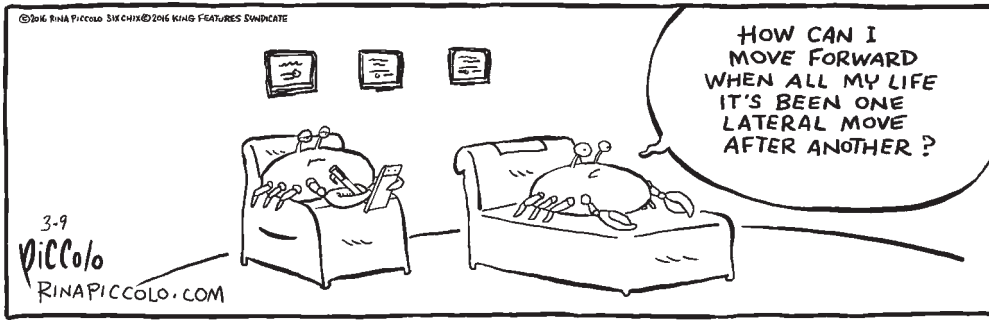
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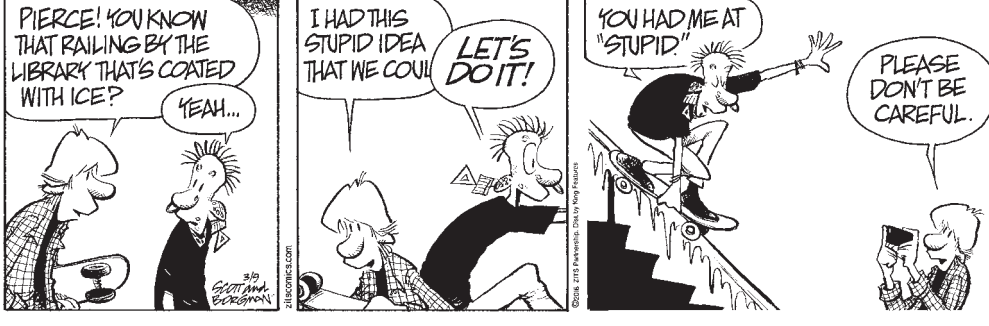
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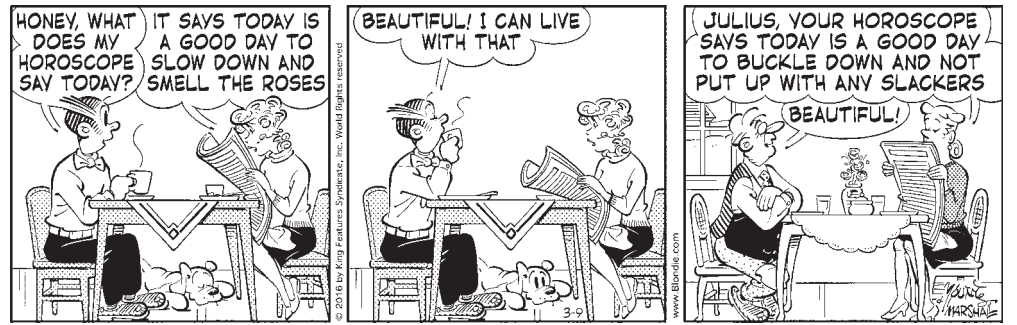
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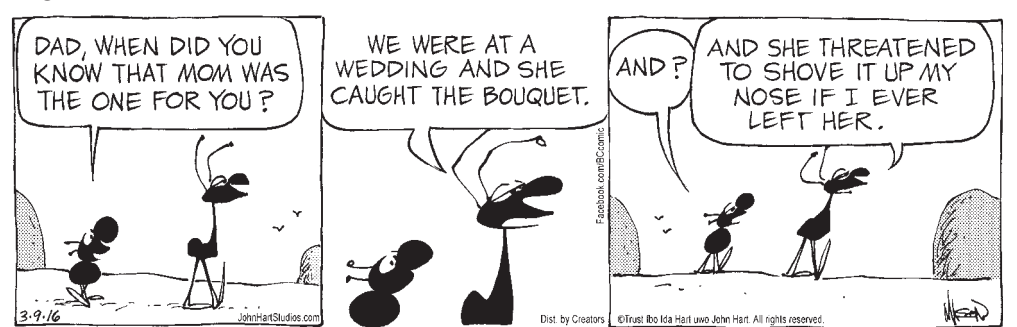
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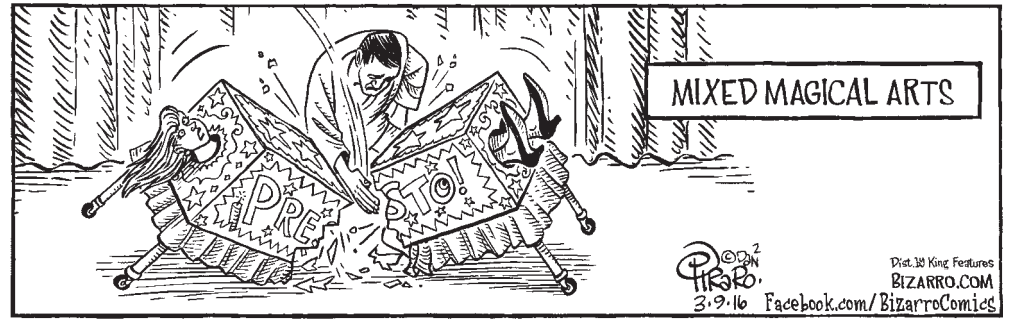
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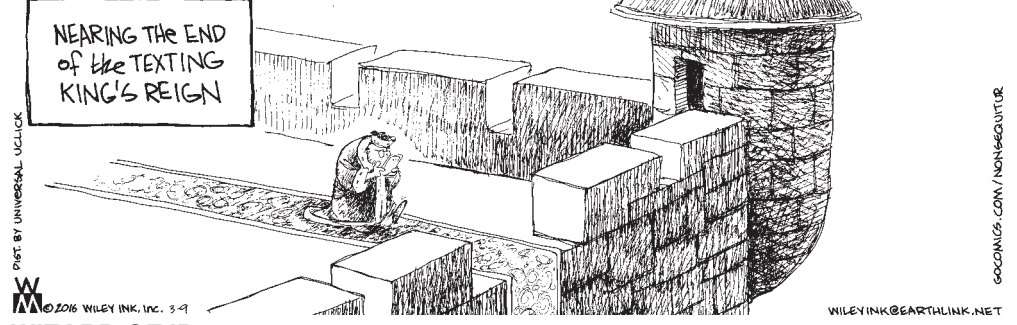
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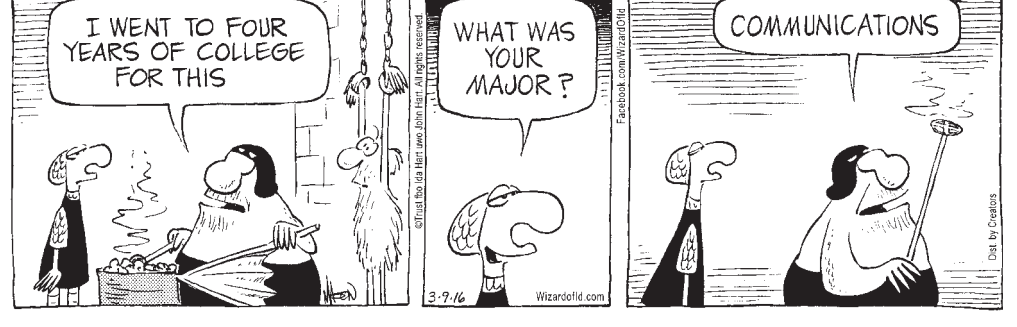
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## NON SEQUITUR



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## ROSE IS ROSE

