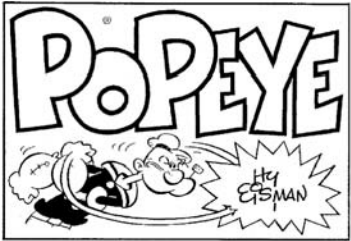


SIDE SHOW



Out on a Limb by Gary Kopervas

THE PIZZAS ARE COMING! THE PIZZAS ARE COMING!

WE KNOW, WE KNOW. NOW SIT DOWN ALREADY! IT'S YOUR TURN TO DEAL.

POKER NIGHT FOR PAUL REVERE

Amber Waves by Dave T. Phipps

I JUST DON'T GET IT. IT'S FREEZING OUT HERE.

THERE'S NOTHING TO DO AND THERE'S TV AND MY VIDEO GAMES INSIDE.

IT'S OBVIOUSLY BETTER INSIDE SO WHY DOES MY MOM SEND US OUT HERE?

Z...

TO YOUR GOOD HEALTH

Patient fights doctor's advice

DEAR DR. ROACH: I am 95 now and take no medications. My primary-care doctor wants me to take aspirin, even just the baby aspirin, twice a week. Some of the supplements I take do have blood-thinning characteristics, and for that reason I am fighting the aspirin recommendation. In general, is it OK to refuse the recommendation of one's doctor? — F.V.

ANSWER: It is your body, and you have every right to make decisions about your treatment. However, you should be very circumspect about overruling your doctor, and you should be doing so for very good reasons. Your doctor has the obligation to tell you why he or she is recommending a treatment and what the downsides are from not taking it. You, on the other hand, are obliged to tell your doctor the truth.

In your case, it sounds like you

don't want to take the aspirin because you feel the supplements you are taking have a similar effect to aspirin. Very few supplements, if any, have been studied as well as aspirin has. Aspirin has a clear risk of side effects, especially bleeding, but most evidence shows that it reduces the risk of heart attack more than it increases the risk of bleeding. It also might reduce cancer risk.

The higher the risk of heart disease, the better aspirin is, in terms of risks versus benefits. At 95, your risk for heart attack is higher than a 50-year-old's, and so it would be expected to have more benefit than harm. So while I agree with your doctor to take it, I also respect your decision not to.

Be sure you discuss your supplements with your doctor.

DEAR DR. ROACH: I have had stomach pain on my lower left side for several months. Other symptoms include occasional heartburn, bloating and almost constant burping. My doctor is treating it with metronidazole, clarithromycin and omeprazole. Could these be symptoms of stomach cancer? — D.W.

ANSWER: Abdominal pain, heartburn and belching are nonspecific

symptoms that can be associated with many conditions. The most common would be GERD (gastro-esophageal reflux disease), gastritis and stomach ulcer. The combination of medications your doctor is treating you with is for the bacteria *H. pylori*, which can cause gastritis and ulcers. Eradication of the infection, which is very common, can heal ulcers and relieve symptoms. *H. pylori* can be diagnosed definitively by a breath test or a stool test, or by biopsy of the stomach. A blood test shows evidence of old infection, but it isn't completely accurate.

Stomach cancer has vague symptoms as well, and requires a high degree of suspicion. Stomach symptoms that don't improve with treatment, or that have worrisome features like weight loss, early satiety (the feeling of being full after eating only a small amount of food) or bleeding should cause the doctor to consider an endoscopy to look at the stomach. New onset of symptoms in someone over 55 also should be considered for endoscopy.

Treatment of *H. pylori* may reduce future risk of gastric cancer (that's stomach cancer).

SALOME'S STARS

if you own up to your mistake quickly and include a full and honest explanation. Learn from this experience so that you don't repeat it.

LEO (July 23 to August 22) There might be some early confusion over a major move, whether it's at work or at home. But once you get a full breakdown of what it entails, it should be easier to deal with. Good luck.

VIRGO (August 23 to September 22) Creating order out of chaos, even in the most untidy spaces, should be no problem for organized Virgos. So go ahead and do it, and then accept praise from impressed colleagues.

LIBRA (September 23 to October 22) Whether it's for business purposes or just for leisure, a trip might be just what you need right now. You would benefit both from a change of scenery and from meeting new people.

SCORPIO (October 23 to November 21) While things generally go well this week, a romantic situation seems to have stalled. But you can restart it if you want to. Then

again, maybe this is a chance to reassess the situation.

SAGITTARIUS (November 22 to December 21) A meeting that was promised quite a while back could finally happen. So be sure you're prepared with everything you'll need to make your case sound convincing and doable.

CAPRICORN (December 22 to January 19) A workplace blunder could create a problem down the line unless you deal with it right now to see how and why it happened. Don't be surprised at what you might learn.

AQUARIUS (January 20 to February 18) This is a good time to re-sort your priorities and see if adjustments are called for. Be honest with yourself as you decide what to keep, what to discard and what to change.

PISCES (February 19 to March 20) Letting yourself be bathed in the outpouring of love and support from those who care for you will help you get through a difficult period sooner rather than later. Good luck.

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King Crossword

1	2	3	4	5	6	7	8	9	10	11
12						13				
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16						17	18		19	
	20	21			22	23				
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54							55			
56								57		

ACROSS

- 1 Intelligent
- 6 Haunt
- 12 Kid's injury
- 13 Quick look
- 14 Donkey, often
- 15 Vacationer's car, possibly
- 16 Eliot-based musical
- 17 Haberdasher's rackful
- 19 "Believer"
- 20 Pornography
- 22 Perched
- 24 Pair with an air
- 27 Lobs' paths
- 29 "Galloping dominoes"
- 32 In people?
- 35 "Ice Loves —"
- 36 Eat
- 37 Bribe
- 38 Yoko of music
- 40 In the offing
- 42 Core of a PC
- 44 Autograph
- 46 In the thick of
- 50 Smack, so to speak
- 52 Basic drive

DOWN

- 1 Marsh bird
- 2 Castle protector
- 3 Chasm
- 4 Fish eggs
- 5 — soul (person with angst)
- 6 Shrek, e.g.
- 7 Consecrate
- 8 — Diego
- 9 Things
- 10 Con game
- 11 Actress Ward
- 12 Telly option
- 18 Pruritic
- 21 Buddy
- 23 Do sum work?
- 24 Medico
- 25 Faraway transport?
- 26 "Certainly"
- 28 Marc Mezvinsky, to Bill and Hillary
- 30 — -Magnon
- 31 Sixth sense
- 33 Charged bit
- 34 Journey
- 39 Wicker willow
- 41 Custom
- 42 Dale's pal
- 43 Mexican money
- 45 Race place
- 47 Atomizer output
- 48 Date of destiny
- 49 Dress in
- 51 Chic no more
- 53 Playwright Levin

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King Crossword

Answers

Solution time: 24 mins.

S	M	A	R	T	O	B	S	E	S	S		
B	O	O	B	O	G	L	A	N	C	E		
B	R	A	Y	E	R	R	E	N	T	A	L	
C	A	T	S	T	I	E	S	I	M	A		
	S	M	U	T	S	A	T					
D	U	O	A	R	C	S	D	I	C	E		
O	F	F	I	C	E	H	O	L	D	E	R	S
C	O	C	O	D	I	N	E	S	O	P		
C	P	U	S	I	G	N	A	M	I	D		
H	E	R	O	I	N	L	I	B	I	D	O	
I	S	S	U	E	D	A	R	I	S	E	N	
P	O	E	T	R	Y	W	A	T	T	S		

Just Like Cats & Dogs by Dave T. Phipps

CONGRATS ON THE ENGAGEMENT. IT'S IRONIC I CAN'T FIND A MARRIAGE BOOK ON WHAT NOT TO DO, BEING MY WIFE SAYS I WROTE IT.

Siuslaw News

READ IT TODAY!