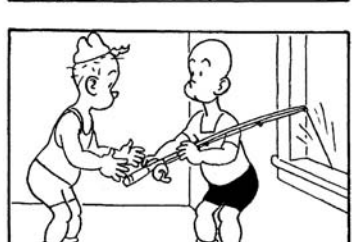
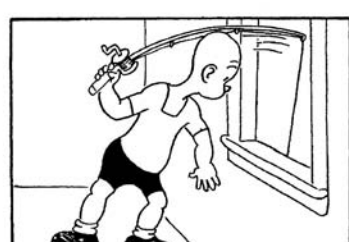
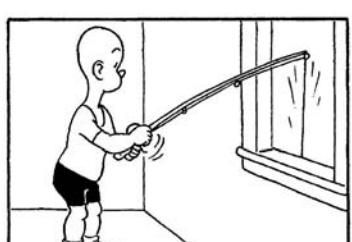
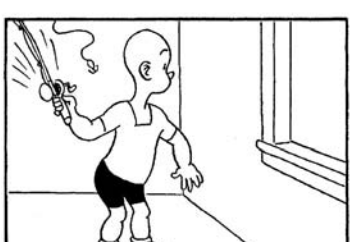
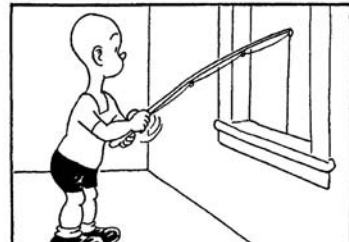
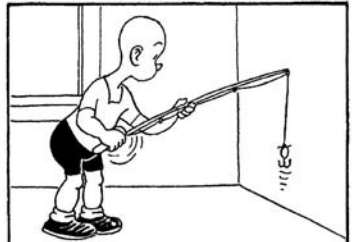
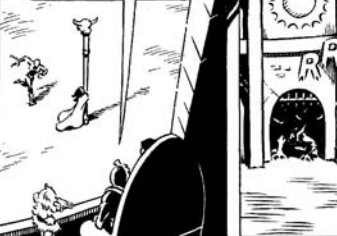
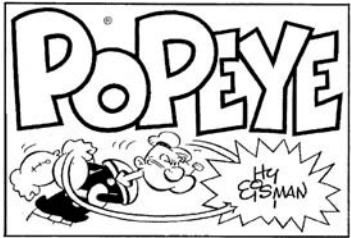
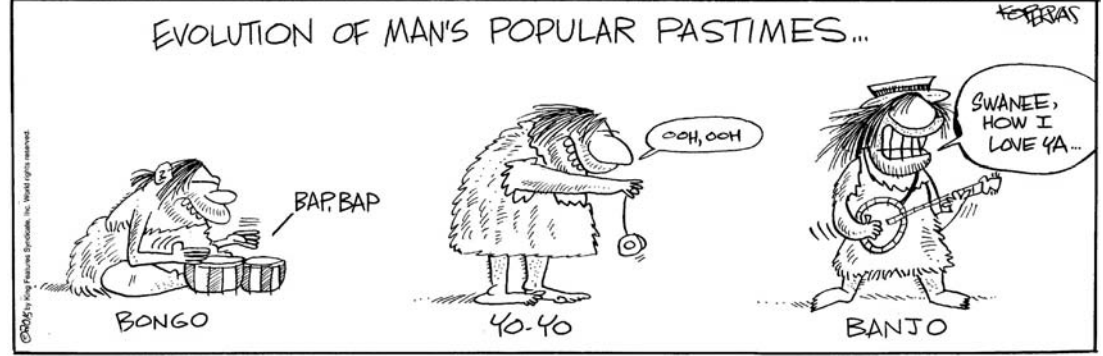


# SIDE SHOW



Out on a Limb by Gary Kopervas



Amber Waves by Dave T. Phipps



## TO YOUR GOOD HEALTH

### Help for spinal stenosis pain

DEAR DR. ROACH: I enjoyed your informative article on spinal stenosis. I also have acute and chronic pain in my lower back. I am 75 years of age and have had vertebroplasty on seven vertebrae. I realize that my back will not be normal again. I am currently working with a doctor who uses osteopathic manipulation. He is suggesting prolotherapy in conjunction with the manipulation. I have tried the prolotherapy previously without any relief of pain.

What is your assessment of prolotherapy therapy, or would you advise me to go to a pain clinic? The pain level in the lower back usually is about 6 or higher on pain scale of 1 to 10.

I walk 3 miles every day in a grocery store using a small grocery cart. I am trying other exercises, even working on a balance ball. But it just

does not seem to improve. I would greatly appreciate any advice you could give me. — D.R.

ANSWER: Prolotherapy is the injection of an irritant solution into a space, designed to stimulate healing and reduce pain. However, if it hasn't worked for you in the past, it is unlikely to work for you again. On the other hand, some studies have shown prolotherapy to be modestly effective when combined with spinal manipulation.

A pain clinic has several modalities available, including steroid injections and pain medications. Unfortunately, steroid injections have been shown to be ineffective in back pain that is due to spinal stenosis lasting beyond six weeks.

It sounds like you are doing what you can with exercise. I think continuing with the manipulation and prolotherapy as a trial of six weeks or so is reasonable, and at that point you can continue if it begins helping. If not, you can try a pain specialist, as there are effective non-narcotic medications that may be of help, in combination with your continued exercise.

However, I think that an experienced physical therapist may be able

to guide your exercises more effectively.

DEAR DR. ROACH: My husband drinks tonic water with quinine every day because he was told that it will help alleviate his leg cramps. He drinks as much as 1 1/2 quarts a day. Is that much safe? If not, what is a safe amount? — D.V.

ANSWER: Many people have found that quinine relieves leg cramps. However, the Food and Drug Administration banned sales of quinine for leg cramps due to unproven effectiveness and the possibility of side effects. Quinine in large doses can cause abnormal heart rhythms, blood problems and even organ failure.

However, the amount of quinine in tonic water is quite small, compared with quinine tablets. One common brand has 17mg in a liter, so your husband is getting about 25mg. The quinine tablets formerly prescribed for leg cramps were 200mg. Toxic effects are unlikely at the dose in quinine water. Some people are allergic to quinine, in which case even the small dose in tonic water could potentially cause problems.

Your husband can keep on as he's been doing if he finds that it helps.

## SALOME'S STARS

ARIES (March 21 to April 19) An unexpected problem should be handled as quickly as possible so that it doesn't cause too much of a delay. Someone who knows what you're facing could provide needed advice.

TAURUS (April 20 to May 20) An unsettling situation seems to be taking forever to be resolved. Fortunately, your Bovine aptitude for patience is strong this week, so you'll be more than able to wait it out.

GEMINI (May 21 to June 20) Taking a stand against an uncalled-for situation involving a friend or co-worker isn't easy, but somehow you'll rise to the challenge and do it. Rely on advice from someone you trust.

CANCER (June 21 to July 22) There are still some questions on all sides that need to be dealt with in order to allow

hurt feelings to heal. Get your workplace tasks done early so that you can devote more time to loved ones.

LEO (July 23 to August 22) Consider a new spring makeover that will show all you Leos and Leonas in your best light. A new hairdo and some fashionable new clothes can help put a fresh glow on your image.

VIRGO (August 23 to September 22) Some stormy, emotional weather can blow up in the workplace when an irate co-worker has strong words for you. But if you believe right is on your side, you'll be able to ride it out.

LIBRA (September 23 to October 22) Creating more balance in your life is especially important now so that you're not distracted when you get into projects that will make demands on both your physical and mental energies.

SCORPIO (October 23 to November 21) As much as you enjoy being right when others are not, show your generous side by offering to use what you know to everyone's benefit.

This way, you gain admirers and avoid resentment.

SAGITTARIUS (November 22 to December 21) This is a good week for the Archer to aim at healing relationships. Whether it's at home, at work or among your friends, get everyone to set things straight and make a fresh start.

CAPRICORN (December 22 to January 19) Although you like things done your way, this is a good time to listen to ideas from others. You might even find yourself agreeing with one or more of their suggestions.

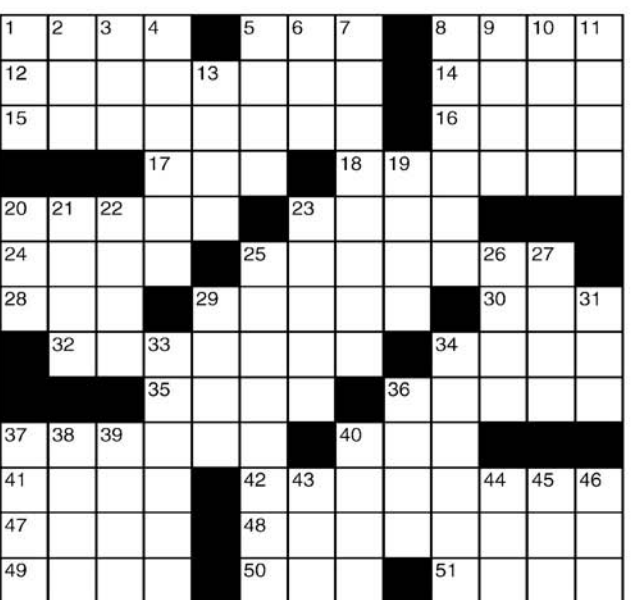
AQUARIUS (January 20 to February 18) Aspects favor positive action to reclaim your ideas from someone who might want the glory without doing any of the work. Expect to find many people rallying to support you.

PISCES (February 19 to March 20) You might feel uneasy about taking that step forward at work or in your private life. But who knows better than you that while treading water keeps you afloat, it doesn't get you anywhere.

## King Crossword

### ACROSS

- 1 At the summit of
- 5 Two-timer
- 8 Feathered missile
- 12 Playwright Hansberry
- 14 Reverberate
- 15 Skilled at painting
- 16 Neighborhood
- 17 That woman
- 18 Look for typos, maybe
- 20 Mixed metal
- 23 — moss
- 24 Harness strap
- 25 Badmouthed big-time
- 28 Distant
- 29 Give a leg up
- 30 Deteriorate
- 32 Tire
- 34 Taj Mahal city
- 35 Pay attention
- 36 Weapon since 1952
- 37 Go back
- 40 Festive
- 41 Sandwich cookie
- 42 Related to "the sum of



- 8 Inadequate supply
- 9 Farm measure
- 10 Comical Caroline
- 11 Frog's cousin
- 13 Wan
- 19 Right on the map?
- 20 "Bow-wow"
- 21 Fall faller
- 22 Old Italian money
- 23 Boastful, perhaps
- 25 As one
- 26 Therefore
- 27 College
- 29 Coffin stand
- 31 Bill
- 33 Speculation
- 34 Bottomless pits
- 36 Tresses
- 37 Took the bus
- 38 Cupid's alias
- 39 Second in command, often
- 40 Singer Campbell
- 43 Eggs
- 44 Sock part
- 45 A Gershwin brother
- 46 100 yrs.

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## King Crossword

### Answers

Solution time: 21 mins.



Just Like Cats & Dogs by Dave T. Phipps

