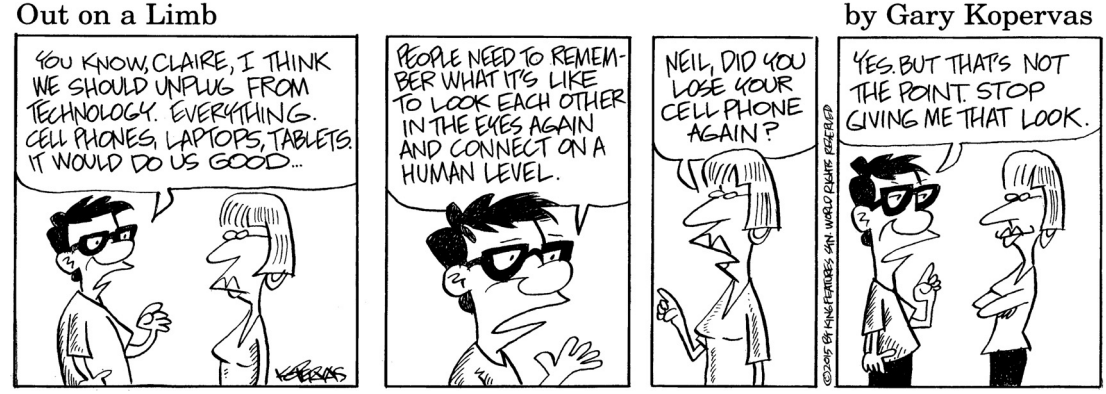
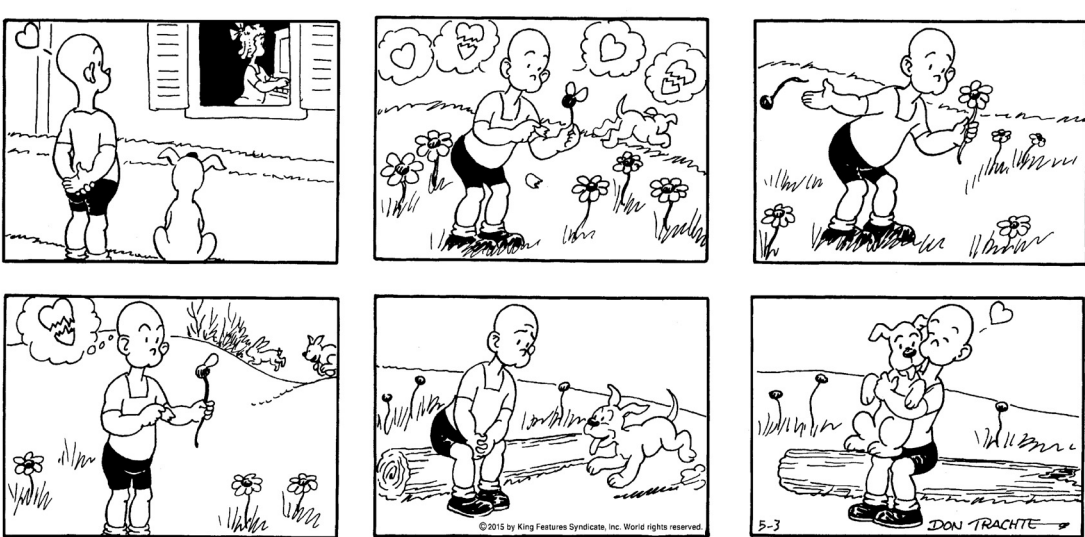
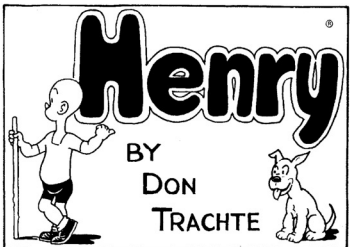
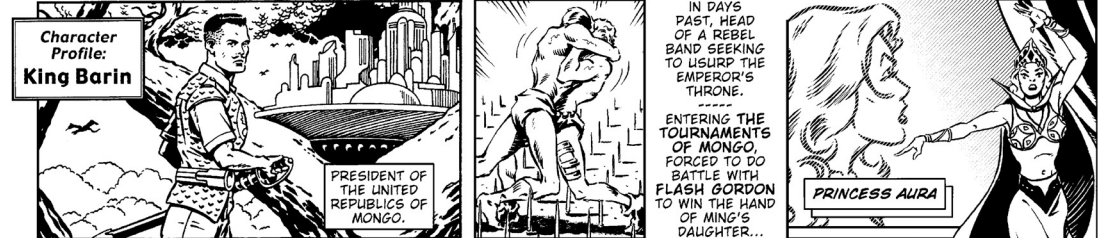
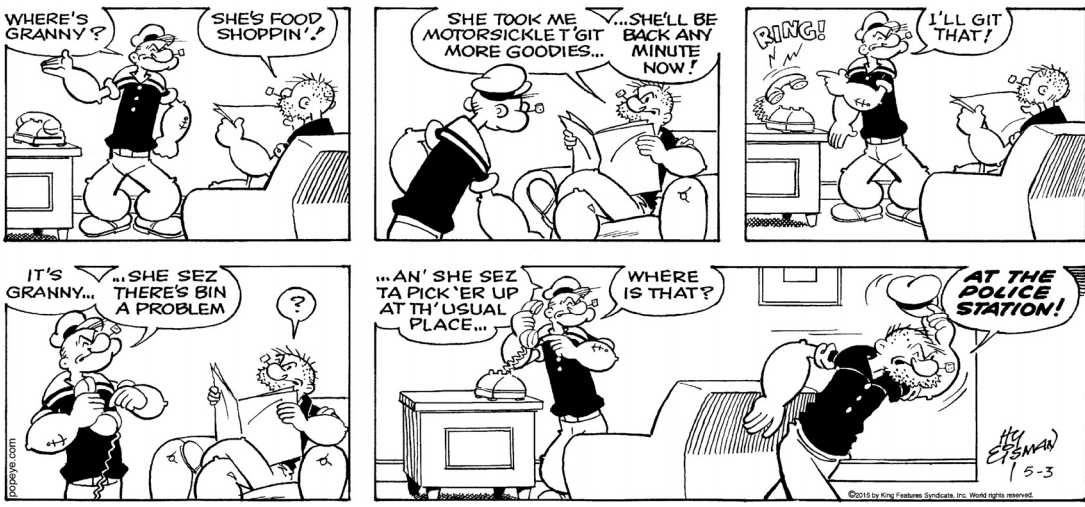
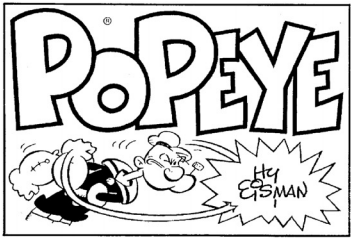


SIDE SHOW



TO YOUR GOOD HEALTH

Bad breath may not be bad at all

DEAR DR. ROACH: Could the cause of chronic bad breath be due to having a tortuous esophagus? I've always had a horrible taste in my mouth 10 to 20 minutes after eating — sometimes worse than others, depending on what I've eaten. I was diagnosed with GERD 10 years ago. I tried eliminating certain foods, had my tonsils removed in my late 20s and have brought it up with doctors a few times, to no avail.

I have regular cleanings every three months with a dental hygienist, and I floss regularly, gargle and brush my teeth two or three times a day. I do not enjoy going to social events or participating in group activities. I am too embarrassed to discuss this with anyone, including my gastroenterologist,

who discovered this type of esophagus during my endoscopy. A TV doctor said there are millions of people out there who can't find a cure for their bad breath. Please help me! — S.H.

ANSWER: There are indeed millions of people with bad breath, and many of them are unaware of it. On the other hand, millions of people who think they have bad breath do not, when examined objectively by professionals. This is largely because it is very difficult to judge what our own breath smells like. This is common enough that it has a name: halitophobia.

Approximately 80 percent to 90 percent of bad breath comes from the oral cavity; the nasal passages, tonsils and sinuses are the causes in nearly all the others. Bad breath almost never arises from the esophagus or stomach, so I don't think your tortuous (a term meaning that the esophagus is twisted somewhat and doesn't go straight down) esophagus is the cause.

A bad taste in your mouth certainly can come from having GERD. Many people think that the bad taste means their breath smells bad when, in fact, it doesn't. I think you need to have an evaluation by an expert. Some ENT

doctors have particular expertise in this area.

The booklet on heartburn explains GERD and acid reflux. Readers can obtain a copy by writing: Dr. Roach — No. 501W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Can. with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. ROACH: I'm a 76-year-old woman who enjoys a 6-ounce glass of ruby-red grapefruit juice every morning before my breakfast of cereal, half a banana and coffee. My husband has been trying to convince me that I should stop having my morning juice, as it is a real "sugar bomb." Is he correct in his thinking? — P.W.

ANSWER: A 6-ounce glass of grapefruit juice is a perfectly reasonable serving size. Six ounces would contain about 16 grams of sugar. That's less than half of what's in a can of soda, and although it's a good chunk of your daily sugar intake, if that's where you want to have it, that's fine. Your husband should lighten up. I see people drinking 64 ounces of juice or soda. THOSE are sugar bombs.

SALOME'S STARS

er all is resolved, the sooner you can move forward with fewer complications.

LEO (July 23 to August 22) Leos and Leonas might feel the urge to redecorate their dens, and that can turn into a good opportunity to strengthen family ties by putting the whole pride to work to make it happen.

VIRGO (August 23 to September 22) Look for the most efficient way to get a job done quickly and well. Taking more time than you need to make it look more challenging is a short-sighted move you might regret later on.

LIBRA (September 23 to October 22) Travel remains strong in your aspect. And this time, it could involve someone traveling a great distance to come to see you. Meanwhile, an important matter suddenly could need your attention.

SCORPIO (October 23 to November 21) A workplace situation becomes a lot more bothersome than you'd expected. Be careful not to be pulled into all that anger. Look for sup-

port among others who also want to avoid trouble.

SAGITTARIUS (November 22 to December 21) Cheer up, lonely lovers, wherever you are. Just when you thought you'd been deleted from Cupid's database, the chubby cherub proves that's just not so. Congratulations.

CAPRICORN (December 22 to January 19) A casual relationship could take a more serious turn. Are you ready for it? Your stars say you are. Paired Sea Goats also will find a renewed richness in their relationships.

AQUARIUS (January 20 to February 18) Meeting a collaborator with new ideas seems to be a dream come true. But for both your sakes, be sure all your legal i's are dotted and t's are crossed before you start working together.

PISCES (February 19 to March 21) A romantic overture flatters the usually unflappable Fish. But since it's a sincere from-the-heart gesture, go ahead and enjoy it. A minor health problem responds well to treatment.

King Crossword

ACROSS

- Appear to be
- Erstwhile acorn
- KFC flavorer
- Notion
- Eisenhower
- Hodgepodge
- Chris Martin's band
- Desire
- Weep
- Ersatz bullets
- Pass along
- Piglet's papa
- Memo acronym
- Protect oneself
- possum-style
- Doctrine
- Prognosticators
- Half of XIV
- Fan of Jerry Garcia et al.
- Coop group
- Engrossed
- Fellows
- Poisons
- Jazz style
- Acknowledge
- Winter

DOWN

- "— 'em, Fido!"
- Tokyo's old name
- Wet wriggler
- Wild and crazy
- Unctuous
- Alias (Abbr.)
- Computer
- ailment
- Collections
- Sphere
- Met melody
- Deuce defeater
- Like some humor
- Abound
- component
- "The Da Vinci Code" director
- Verve
- Skaters' mecca
- Androids
- Snoop
- Deposits
- Incursion
- Being, to Brutus
- Dalai —
- Speak sheepishly?
- X-rated entertainment, maybe
- Still
- "—
- Misbehavin' "
- Ph.D. hurdle
- Counterfeit
- About to nod off
- Jazz fan, maybe
- Pantheon member
- Expansive
- Always
- Staff member?
- Infant
- Blunder
- Raw rock
- Falsehood
- Water barrier

© 2015 King Features Synd., Inc.

King Crossword Answers

Solution time: 21 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

THANKS TO YOUR NEW CELL YOU NO LONGER REQUIRE A WATCH, CAMERA, CALENDAR...COMPANIONSHIP.

Siuslaw News

READ IT TODAY!