

























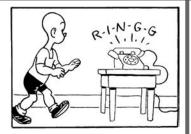
Out on a Limb

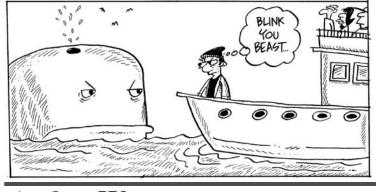






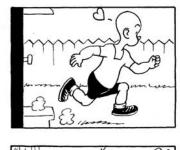














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TO YOUR **GOOD HEALTH**

Blood donation's affect on athlete

DEAR DR. ROACH: I am a fit 54-year-old male who bicycles a lot. My friends and I are pretty competitive when we do our rides, pushing hard and challenging each other in positive ways. I donate blood as often as I'm allowed. After donating, my legs feel more fatigued when I ride, and I'm not as strong, particularly on the climbs. How long can I use my blood donation as an "excuse" for lacking strength? -

ANSWER: What ultimately determines how much work your legs can do is the amount of oxygen the muscles are able to get, once you have achieved a high level of muscular fitness. The amount of red blood cells in your blood and the amount of blood your heart can pump are the limiting factors for oxygen delivery in a healthy person. So, for a given degree of cardiovascular fitness, your ability to go fast and climb hills is directly influenced by how many red blood cells you have. That's why elite cyclists sometimes used to get blood transfusions before a race. An extra unit of blood might make only a 3 percent difference, but the difference between the winner of the Tour de France and the last-place finisher is right around 3 percent.

Unfortunately, too many red blood cells increases the risk for stroke and heart attack, and several amateur and professional cyclists have died as a complication of too much blood transfused or its more modern equivalent, the hormone erythropoietin, which causes the body to make more of its own blood. Losing blood, from bleeding or donation, consequently reduces performance.

The plasma (fluid and proteins) is made up within 24 hours after donating blood, but it takes four to six weeks to regain the blood cells. Donating a unit of blood can save up to three lives. That should give you some consolation. Maybe persuade your friends to donate blood at the same time, so you all are on a level playing field, so to speak.

DEAR DR. ROACH: I am looking to have surgery on my cervical

vertebrae at a prestigious hospital in St. Louis. Before I had even made up my mind, the hospital sent a form regarding arbitration. If anything should go wrong, they want me to agree to arbitration instead of going through the court system. They say the choice is mine. Is this normal preoperative paperwork? — T.B.

ANSWER: This is increasingly checking the surgeon's record, perhaps through the state medical board. Any disciplinary action must be publicly available, and in Missouri it is freely available on the

pr.mo.gov/healingarts.asp.

common, and a brief survey of surgeons gave me a mixed response some felt it wasn't a red flag at all, and others recommending doublewebsite

While I understand you might be taken aback by the question, many hospitals are moving toward arbitration as a means of reducing malpractice coverage costs. I personally don't see it as a reason to be concerned about the surgeon. However, I spoke with an attorney, who advised not agreeing to arbitration, as it isn't germane to your medical condition and may limit your options

King Crossword

13

16

ACROSS Chances, for short Taxi 15 Walk through

mud, maybe 12 Shell game need 13 Gorilla

14 Anorak 15 Attempt 16 Greenishblue deposit on

copper Impossible"

19 Put forth 20 Eats

22 Schedule abbr. 23 Oil job

Mornings (Abbr.) Inspiring

horror Supermarket

section Playing marble

35 Fodders for mills Speedo-

meter stat Apiece

39 Old card game Deuce

topper

45 Gls' alarm clock

47 Ostrich's kin

48 Perfumery

49 50

fixative 52 Rotating part 53 Measure

54 Type units 55 Intention

56 U-shaped river bend 57 Witness

58 Thickness **DOWN**

1 Re 26-Down Amboy, N.J.

Permission Grotto

Pinnacles Jaunty chapeau

"Born in the 25 Luncheonette order,

for short 26 Pupil's place 28 Citi Field

athlete

30 Knock 31 Census

Trail the pack

Hockey

legend

Tackle

Owns

Most

host

23 Frivolous

Schlep

"America's

Wanted"

moguls

10

short 50 Mac

51 Id counterpart

43

statistic

32 Playwright

33 [Uncorrect-

37 Illinois city

baddies

42 Summarize

message

44 Delicious

45 Concoct

46 Being (Lat.)

48 Way back

when

49 Limit, for

40 Fairy tale

Levin

ed]

36 Punch

43 Cyber-

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King Crossword **Answers**

Solution time: 27 mins.







SALOME'S STARS

ARIES (March 21 to April 19) Your moodier side might emerge this week. But the dark period should pass in time for the party-loving Lamb to go on a happy gambol with some very special people this weekend.

TAURUS (April 20 to May 20) Yet again, you show your skill at being able to indulge in your love of the arts this week while still taking care of practical matters, including some still-unfinished business matters.

GEMINI (May 21 to June 20) A potential change might appear to be what you've been looking for. In any event, consider both the negative as well as the positive possibilities before making any sort of decision.

CANCER (June 21 to July 22) Relationships continue to dominate your aspect this week on a mostly positive level, with just a few problem areas you can smooth over. Also, try to be flexible about travel plans.

LEO (July 23 to August 22) You love being on center stage, and while you absolutely purr at the sound of all that praise, be careful not to take on too many commitments at the expense of time spent with loved

VIRGO (August 23 to September 22) You might feel that you need to get involved in a matter concerning a friend or relative. But while the issues appear to be cut and dried, they might not be. Get more facts before you act.

LIBRA (September 23 to October 22) A suggestion about a policy change could create heated reactions. Keep your mind open and resist joining in with naysayers unless they can show a real basis for their position.

SCORPIO (October 23 November 21) While potential career changes warrant your interest, don't ignore current job responsibilities. A

personal relationship also can benefit from more of your attention.

SAGITTARIUS (November 22 to December 21) Don't guess at what the facts might be if you hope to make the best decision possible. The wise course is to ask direct questions and act on the answers you get.

CAPRICORN (December 22 to January 19) Your efforts involving that pesky problem should soon show positive signs of being resolved. This would allow you to shift some of your focus in another direction.

AQUARIUS (January 20 to February 18) While you enjoy welldeserved praise for getting a difficult job done, there's no time to relax. A new challenge looms. Expect more support from a once-strong critic.

PISCES (February 19 to March 20) You might still have explaining to do about your decision, but support grows as you continue to make your case. You also might want to start making plans for the upcoming holidays.

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