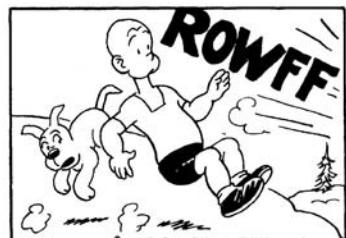
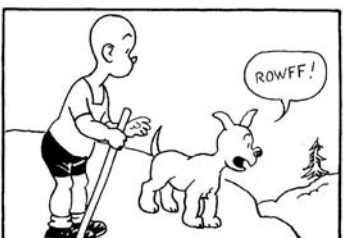
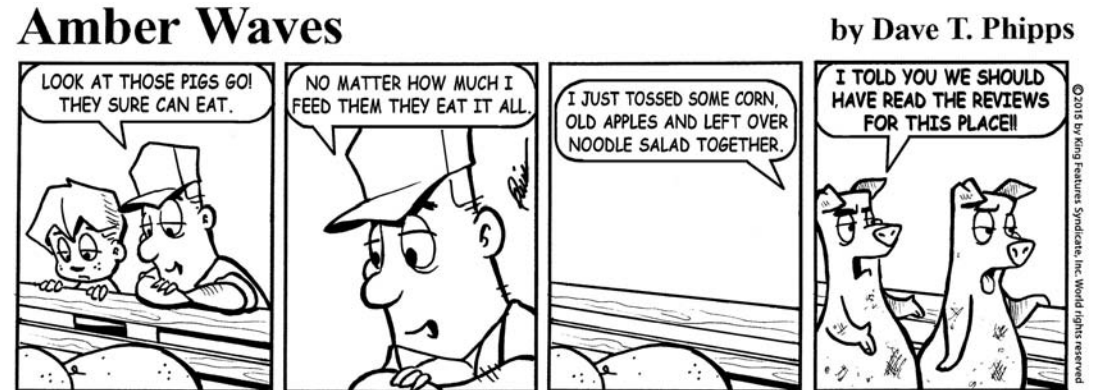
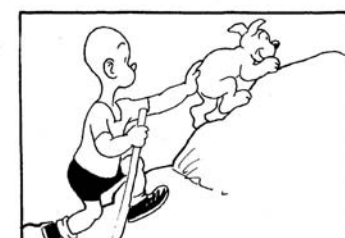
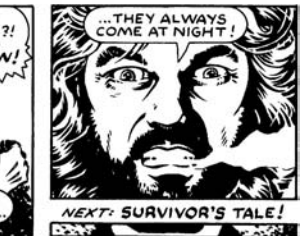
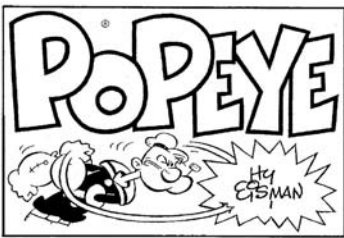


# SIDE SHOW



## TO YOUR GOOD HEALTH

### GERD relapses may be seasonal

DEAR DR. ROACH: I have some questions about GERD. I was diagnosed 16 years ago and was put on many medications, but I either got side effects or they didn't work. I made up my mind to watch my diet carefully. That has worked well most of the time, but about six weeks ago I started experiencing burning and pain again. I tried eliminating different foods in my diet, but it wasn't working.

I visited my primary care doctor and he prescribed sucralfate, four times a day, along with omeprazole twice a day. I've been this treatment a short time, and see a hint of improvement. I don't understand why I went all these years with little pain and all of a sudden I feel like I'm back to square one.

The nurse practitioner in the same office said they are thinking GERD

is seasonal, just like allergies, and that it should go away. I am very frustrated. I really don't want to have surgery. — A.

ANSWER: I can't tell you why, but I do see people getting exacerbations that last for a few days or weeks, and then they go back to being fine. The nurse practitioner knew something I didn't, because I found evidence that GERD symptoms are statistically worse from October to December. Maybe it has to do with the foods eaten more commonly at that time of the year.

That being said, look at any new medications (many can worsen GERD); consider weight loss if yours has gone up; and make sure you are eating a good three hours before bed. Alcohol and tobacco are bad for many things, including GERD. Finally, sometimes serious conditions can look like GERD. If symptoms persist, your primary care doctor may send you to a gastroenterologist for an endoscopy.

The booklet on acid reflux explains GERD. Readers can obtain a copy by writing: Dr. Roach — No. 501W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or

money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. ROACH: I am 70 years old, and three and a half months ago, my ENT found a malignant sarcoma at the base of my tongue on the right side. They also found a hint of cancer in the lymph node near the tumor. On Friday I finish up an eight-week treatment of radiation and chemotherapy.

My question is what my risk might be for developing other cancers in the future, assuming that this tumor has been eradicated? — J.K.

ANSWER: Congratulations to you and your doctor for his diligence, and I hope your recovery goes well.

In general, cancers are more common in people who have had cancer before. The rate of developing second cancers depends on the specific type. There's not a lot written about second cancer after head and neck sarcoma, but what I found suggests that the risk is not terribly high. In general, the younger you are when you develop the first cancer, the higher the risk of a second.

## SALOME'S STARS

ARIES (March 21 to April 19) You might be growing impatient with a situation that seems to resist efforts to resolve it. But staying with it raises the odds that you'll find a way to a successful resolution.

TAURUS (April 20 to May 20) Travel and kinship are strong in the Bovine's aspect this week. This would be a good time to combine the two and take a trip to see family members for a pre-holiday get-together.

GEMINI (May 21 to June 20) A colleague could make a request you're not comfortable with. If so, say so. Better to disappoint someone by sticking with your principles than disappoint yourself if you don't.

CANCER (June 21 to July 22) The Moon Child's ability to adapt to life's

ebb and flows helps you deal with the changes that you might confront at work or at home, or both. Things settle down by the week's end.

LEO (July 23 to August 22) It's a good week for Leos and Leonas to get some long-outstanding business matters resolved. Then go ahead and plan a fun-filled family getaway weekend with the mate and the cubs.

VIRGO (August 23 to September 22) A possible workplace change seems promising. If you decide to look into it, try not to form an opinion on just a small part of the picture: Wait for the full image to develop.

LIBRA (September 23 to October 22) A newcomer helps keep things moving. There might be some bumpy moments along the way, but at least you're heading in the right direction. You win praise for your choices.

SCORPIO (October 23 to November 21) You could be pleasantly surprised by how a decision about one thing opens up an unexpected new option. Also, assistance on a

project could come from a surprising source.

SAGITTARIUS (November 22 to December 21) With more information to work with, you might now be able to start the process that could lead to a major change. Reserve the weekend for family and friends.

CAPRICORN (December 22 to January 19) This could be a good time to begin gathering information that will help you turn that long-held idea into something substantive. A personal matter might need extra attention.

AQUARIUS (January 20 to February 18) That new challenge might carry some surprises. But you should be able to handle them using what you already know. That new supporter should be there to lend assistance.

PISCES (February 19 to March 20) Someone might be trying to disguise his or her true motives. But the perceptive and perspicacious Pisces should have little or no problem finding the truth in all that foggy rhetoric.

## King Crossword

### ACROSS

- 1 Health resort
- 4 Actor Lorenzo
- 9 Massachusetts cape et al.
- 12 Paintings et al.
- 13 Put into law
- 14 Japanese sash
- 15 Captain's subordinate
- 17 Pal of Larry and Curly
- 18 "— Got a Secret"
- 19 Enlarged a hole
- 21 1964 Burton/O'Toole movie
- 24 Indonesian island
- 25 From — Z
- 26 Pigen
- 28 French subway
- 31 Addition results
- 33 Hearing organ
- 35 Ladder rung, e.g.
- 36 Shout-out from the bleachers
- 38 Small barrel
- 40 Corrode
- 41 Caspian feeder
- 43 Cavalry

1	2	3	4	5	6	7	8	9	10	11
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15			16						17	
		18			19			20		
21	22	23				24				
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31		32		33		34		35		
36			37		38		39		40	
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45	46					47				
48			49		50			51	52	53
54			55					56		
57			58					59		

- 5 Bening or Funicello
- 6 Crazy
- 7 Tart in tone or temper
- 8 Rill
- 9 Group of legislators
- 10 Reed instrument
- 11 Conked out
- 16 "Ferd'-nand" cartoonist
- 20 Pub orders
- 21 Wild party
- 22 Needle case
- 23 Many subway riders
- 27 Tibetan bovine
- 29 Back
- 30 Chooses
- 32 Aching
- 34 Picked up where you left off
- 37 Former Philippine leader
- 39 Crocs' kin
- 42 Slack
- 44 Cudgel
- 45 Loathe
- 46 Actress — Rachel Wood
- 50 60 secs.
- 51 Doctrine
- 52 Discoverer's call
- 53 Fresh

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## King Crossword

### Answers

Solution time: 21 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

