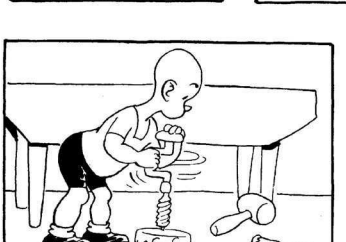
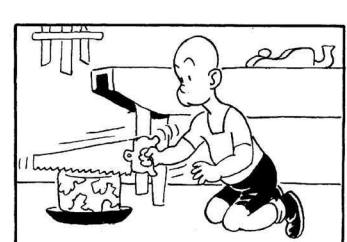
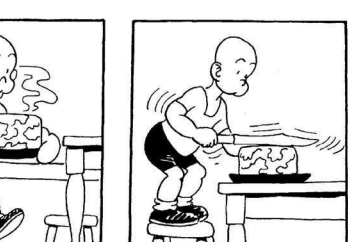
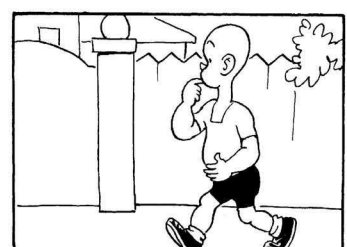
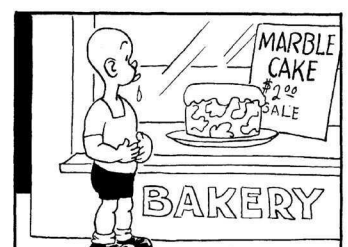
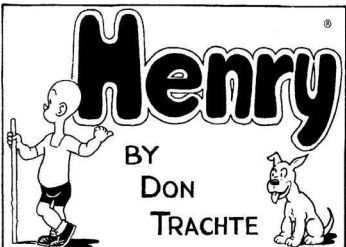
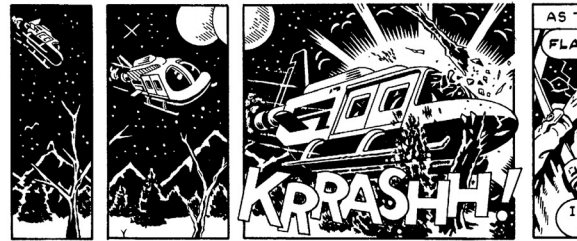
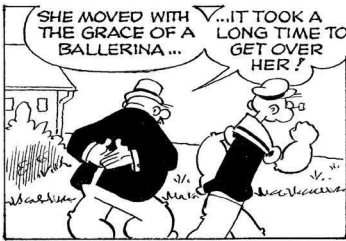
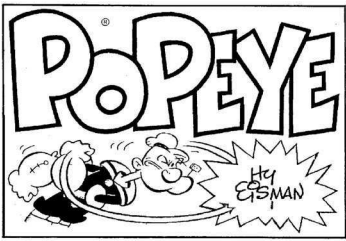


# SIDE SHOW



## TO YOUR GOOD HEALTH

### Prostate often blamed for bladder problems

DEAR DR. ROACH: I'm 87 and have an enlarged prostate. When I get the urge to urinate, which is often, I have to go at once. Do you think that taking a bladder-control medicine would interfere with the Cardura (doxazosin) I'm taking to keep my urine duct (urethra) open? It's getting to be a big problem. Hope you can help me. — CB

ANSWER: Both men and women can have urinary urgency (the sensation of needing to go right away), and sometimes this can lead to accidents. In women, the problem usually is attributed to bladder spasm, and in men it may be attributed erroneously to the prostate. Of course, it is possible to have both prostate problems like benign enlargement of the gland and bladder spasm, but oftentimes the problem in men is solely the bladder. Some people need treatment for

both, and there are no interactions I could find between doxazosin and bladder spasm agents like Detrol (tolterodine) or Ditropan (oxybutynin).

The booklet on men's health discusses prostate gland enlargement. Readers can obtain a copy by writing: Dr. Roach — No. 1001W, 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 read and hear of great health benefits attributed to eating nuts. I have a very healthy heart, but no one can consider himself beyond the specter of cancer. Also, possibly my neurological or other systems that deteriorate with age could benefit from eating nuts. Unfortunately, eating nuts or peanuts results in constipation that can last for days. Foods with dairy or egg components give me the same problem. Do I do myself a disservice by not eating nuts? Should I consider episodes of constipation worth the benefits? — J.M.

ANSWER: I have carefully read the new studies on nuts, and they confirm previous studies showing that nut consumption is associated

with a lower risk of heart disease and overall death and, as you note, reduced cancer risk as well. However, this doesn't prove that eating nuts reduces those risks. It is possible that people who eat nuts have other behaviors that are really responsible for their lower risk of disease. However, the authors of the study did as good a job as possible to reduce that possibility.

In your case, I would think of nuts as a medicine. You have to consider the benefits (possibly lower risk of cancer and other diseases) against the side effects (constipation, which can be very unpleasant and reduce quality of life). One estimate is that nut consumption may increase lifespan by as much as a year. You may have less benefit than other people from nut consumption because of your healthy heart. That would make me less likely to recommend nut consumption for you. If your constipation were more than mildly annoying, I probably wouldn't "prescribe" nuts. Similarly, people with nut allergies, which are increasingly common, cannot enjoy the health benefits of nuts. Only you can determine if the modest improvement in (possible) life expectancy is worth the symptoms.

## SALOME'S STARS

ARIES (March 21 to April 19) Don't feel sheepish about looking to spend more time with that special person during the upcoming holidays. Do it because it's the right thing to do.

TAURUS (April 20 to May 20) Never mind letting misunderstandings repair themselves. Consider speaking up while the healing process can be shorter and sweeter and leave fewer scars.

GEMINI (May 21 to June 20) Romance is easily awakened in the Gemini heart, especially around the happy holiday season. So go ahead and make those plans with that special someone.

CANCER (June 21 to July 22) Moon Children can glow with their

own inner light as the holiday season magic takes hold. It's a very special time for Cancers and Libras together. Enjoy.

LEO (July 23 to August 22) It's a good time for you fabulous Felines to take pleasure in your special gift for, well, taking pleasure! Look for this holiday season to give you every reason to purr.

VIRGO (August 23 to September 22) This is a good time to let others who are in your life get a little closer to you. You'll both find out what you've been missing for far too long.

LIBRA (September 23 to October 22) Open up your eyes and see some welcome surprises you've missed or overlooked for too long. What you find can lead to other favorable changes.

SCORPIO (October 23 to November 21) What you expect to be potentially troublesome might simply be especially challenging and well

worth your efforts to check out. Good luck!

SAGITTARIUS (November 22 to December 21) A friendship might not seem as trustworthy as you'd like. OK. Ask your questions, get your answers and settle the matter once and for all.

CAPRICORN (December 22 to January 19) A family situation moves into a new area because of (or, maybe, thanks to) some decisions you might have felt you could not avoid making.

AQUARIUS (January 20 to February 18) You could be cutting it very close if you hope to make those holiday plan changes in time to avoid problems. Get a friend or family member to help.

PISCES (February 19 to March 20) Friends show how important you are to them. Keep these precious relationships thriving. They affect much that will happen to the fabulous Fish in the new year.

### King Crossword

ACROSS

- A great amount
- Construction piece
- "Evangeline" setting
- Housefly larva
- Street less traveled
- Past
- Salt Lake athlete
- He hit 61 in '61
- Scouted
- Afterward
- Three-man vessel?
- Lose color
- Helvetica lack
- Most goose-bump-inducing
- NOW goal
- Slight touch
- Run off (with)
- "Loves me (not)" factor
- "The Amazing —"
- Bother
- Post-bout garb
- Whatever number
- So far
- Sheepish remark

DOWN

- Grim Reaper's tool
- Life's work
- Commotion
- Dist. across a circle
- Begin's co-Nobel
- Drank up the moon
- Early bird
- Olden meeting places
- Units
- Touches
- Fundamental belief
- Wish undone
- Family member
- Thread
- To and —
- Knock
- Pastis flavoring
- Speedy steeds
- East Indian
- fig tree
- Charybdis' partner
- Desiccate
- Trinidad and —
- Humiliates
- Flat paper?
- Skewered entree
- "Karenina"
- Proof-reader's nightmare
- Mid-afternoon hour
- Campaign pro

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### King Crossword

Answers

Solution time: 24 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

THIS'LL BE THE BEST POKER NIGHT EVER! PIZZA, BEER, CHIPS...THIS TIME LET'S REMEMBER TO PICK UP CARDS.

Siuslaw News

READ IT TODAY!