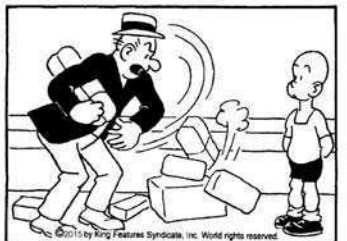
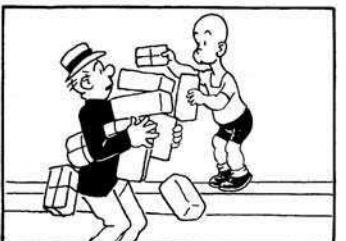
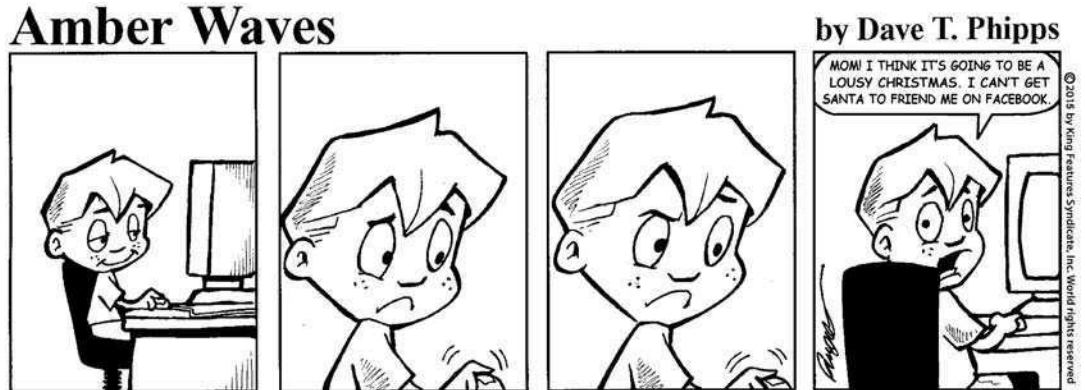
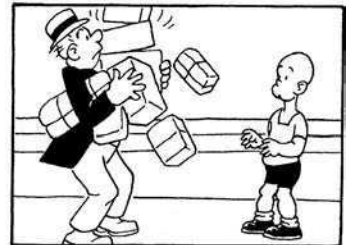
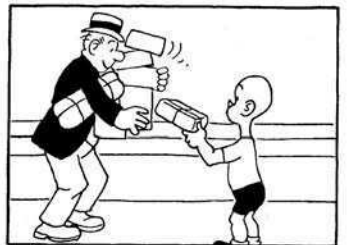
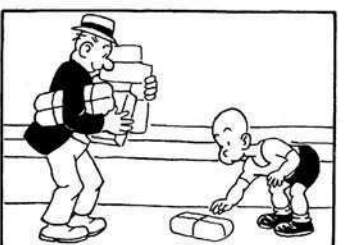
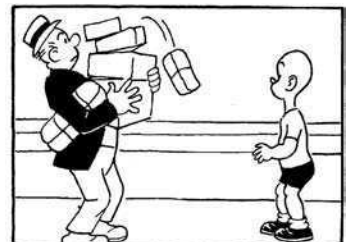
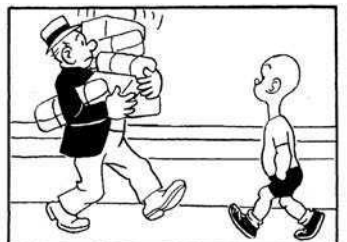
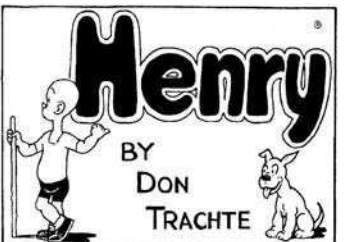
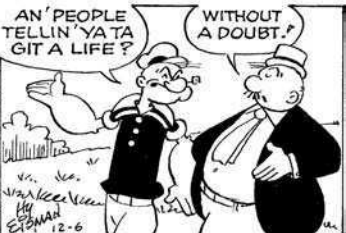
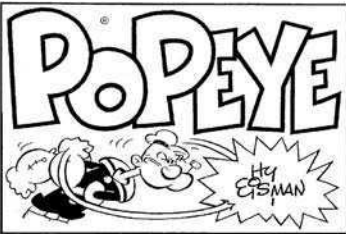


SIDE SHOW



TO YOUR GOOD HEALTH

Is right arm better for blood pressure?

DEAR DR. ROACH: Would you explain the proper method for taking blood pressure? One instruction I read says to use the left arm. However, another shows the health-care worker taking blood pressure in the left arm and patients using automatic cuffs on the right arm. The right subclavian artery comes off the ascending aorta closer to the heart than the left subclavian artery, which suggests that the logical method would be to use the right arm. However, the self-assessment health stations at the grocery store and the YMCA are set up to use the left arm to measure blood pressure. — C.R.

ANSWER: There usually is only a small difference between the left and right arm blood pressure, so it is OK to use whichever arm is easiest for you. There are some automatic

blood pressure cuffs that are designed to be on the left arm, probably because most right-handed people have an easier time manipulating the cuff with their right hand. A human is more accurate than most machines.

If there is a significant (greater than 10 mm Hg) and consistent difference in the left arm from the right, that could indicate an abnormality such as a coarctation of the aorta. This is a congenital constriction of the aorta, the major blood vessel of the body. Fortunately, this is pretty uncommon to find in adults nowadays.

High blood pressure is one of the most common ailments for the general population. The booklet on it describes what it does and how it's treated. Readers can order a copy by writing: Dr. Roach — No. 104W, 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 have read your articles and respect your opinion. I would like to ask you if you think it is safe to take these medica-

tions together: butalbital, zolpidem, Lunesta, clonazepam, clonidine, hydroxyzine, Lyrica, prochlorperazine, quetiapine, tizanidine and tramadol. I am concerned for someone I love. This person has a history of addiction and mental-health issues. Would they be safe if a person didn't have an addiction history or mental-health issues? Your opinion is appreciated. — Anon.

ANSWER: That's a very frightening list in a person with addiction issues. The likelihood of a significant interaction is high, even in a healthy volunteer. I could be wrong, and maybe a psychiatrist with much more knowledge than I have of your loved one has prescribed this, but the list looks to me like prescriptions from multiple doctors, none of whom knew what the others were prescribing, and each of whom was trying to help a significant psychiatric issue. It also may be that some of these medicines were meant to be discontinued when a new one was started. Literally every one of those 11 medications can cause sedation.

My best advice would be to bring your loved one and ALL of the medicine to ONE doctor, who can pare down the medications to a safer and more manageable level.

SALOME'S STARS

ARIES (March 21 to April 19) Although taking advice isn't always easy for the headstrong Sheep, you might want to consider what someone you respect says about an upcoming decision.

TAURUS (April 20 to May 20) A new offer is tempting, but don't be bullied into a quick decision. Rely on your keen Bovine business sense to alert you to anything that might be questionable.

GEMINI (May 21 to June 20) Your Gemini Twin nature rallies to help you deal with this week's hectic schedules, both in your personal and professional lives. One caution: Watch your diet.

CANCER (June 21 to July 22)

Avoid rushing to make up for time lost on a stalled workplace operation. Best to set up a schedule and pace yourself. Welcome the help of colleagues.

LEO (July 23 to August 22) Despite those glittering holiday distractions you love so well, be sure to keep your feline senses set on high to alert you to anything that might require fast action.

VIRGO (August 23 to September 22) Making an effort to restore fraying relationships proves to be more successful than you dared hope. The holidays also bring new friends into your life.

LIBRA (September 23 to October 22) Private and professional matters compete for your attention. Be honest in your assessment of which should get more of it, and for how long.

SCORPIO (October 23 to November 21) A seemingly endless list of must-do tasks is best handled by tackling them one by one, and tak-

ing energy-restoring timeouts between each job.

SAGITTARIUS (November 22 to December 21) A vexing relationship seems destined to deteriorate no matter what each side tries to do. A third party's advice just might prove helpful.

CAPRICORN (December 22 to January 19) Reach out to ease any tensions caused by home or workplace pressures before they threaten the relationship-building progress you've made.

AQUARIUS (January 20 to February 18) You often go out of your way to show kindness to others. So, don't be surprised if other people want to do something nice for you this week.

PISCES (February 19 to March 20) People in your life respect your Piscean wisdom, so don't hesitate to speak up about a matter that you feel isn't being handled quite the way it should be.

King Crossword

ACROSS

1 Too

5 Legislation

8 Use scissors

12 Picnic hamperer

13 Raw rock

14 Mexican entree

15 Water

17 Microwave

18 Classify

19 Mock

21 Med. research org.

22 Unescorted

23 \$ dispenser

26 Calendar abbr.

28 Once more

31 Child of the streets

33 Name

35 Sicilian spouter

36 Praise highly

38 Conger or moray

40 Early bird?

41 Eye part

43 Deteriorate

45 Official emissary

47 Puts on a pedestal

51 Vacationing

52 Go to court

54 Apportion (out)

55 One of the Stooges

56 Chills and fever

57 Raised

58 Moreover

59 Put into words

7 Mary-Louise Parker series on Showtime

8 Warehouse's purpose

9 Steer

10 On the rocks

11 Corn recipe

16 Puzzle diagram

20 Greek H

23 Shock and —

24 Tariff

25 Ease

27 Prompt

29 Gerund suffix

30 Complain constantly

32 Made an incursion

34 Scolded

37 Eng. class

39 California city

42 Alabama city

44 Frat party garb

45 Mary's follower

46 Basin accessory

48 Indian style of music

49 Needle case

50 Origin

53 Electrical particle

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King Crossword

Answers

Solution time: 25 mins.

ALSO LAW SNIP

RAIN ORE TACO

IRRIGATE OVEN

ASSORT DERIDE

NIH STAG

ATM DEC AGAIN

W A I F D U B E T N A

EXTOL EEL EGG

IRIS ROT

LEGATE ADORES

AWAY LITIGATE

METE MOE AGUE

BRED AND SAID

