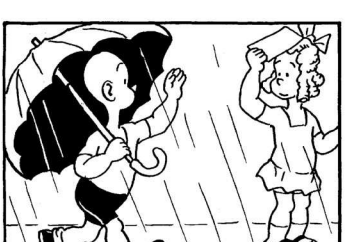
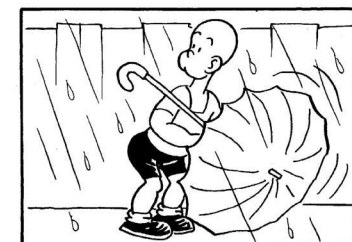
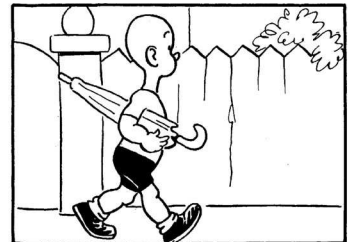
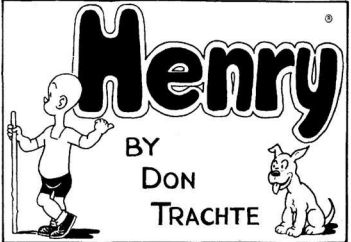
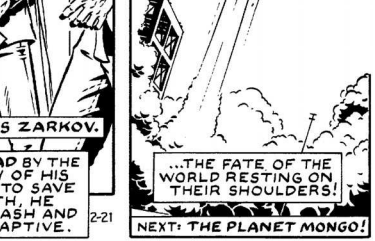
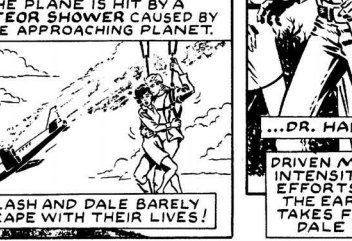
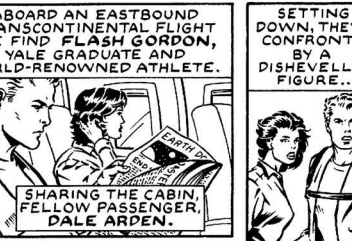
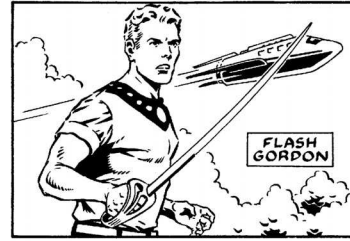
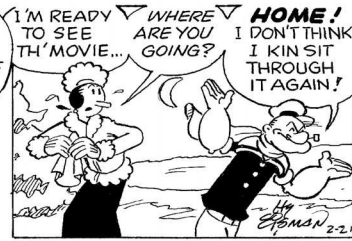
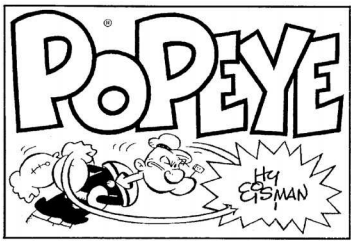
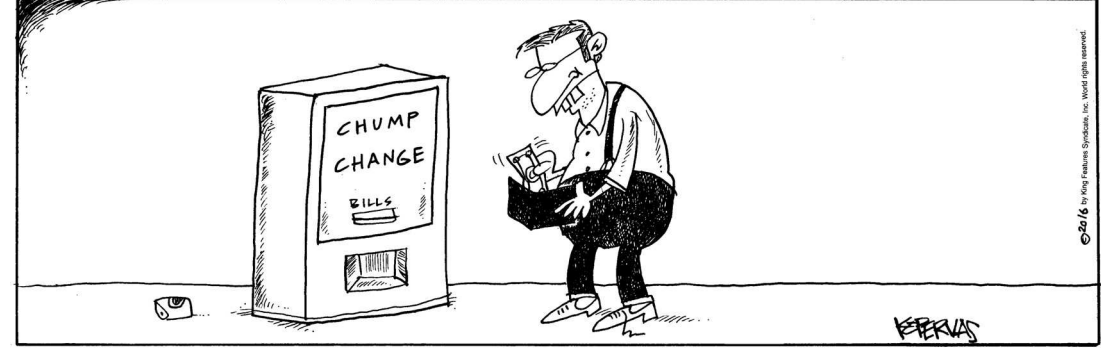


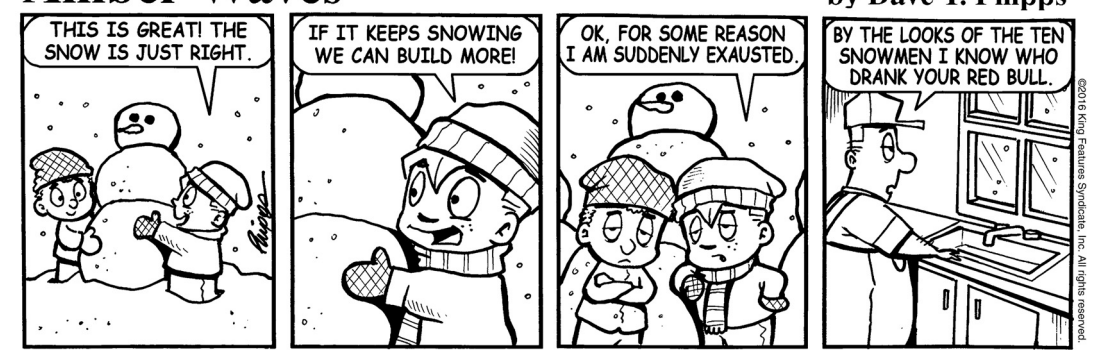
# SIDE SHOW



## Out on a Limb by Gary Kopervas



## Amber Waves by Dave T. Phipps



## TO YOUR GOOD HEALTH

### How safe is ultrasound?

**DEAR DR. ROACH:** Could you please discuss the use of ultrasounds during routine pregnancies? How many typically are performed, and are there any possible negative effects on the fetus? Are doctors today performing more ultrasounds (including 3-D ultrasounds) just because they can and because it's exciting for the expectant parents, or is there a medical reason for performing these?

My daughter-in-law is in her sixth month and has had two ultrasounds, plus a 3-D session. She is under the impression that she will have at least one more. To my knowledge, this is not a high-risk pregnancy (she's 26 and everything is going fine). I'm just wondering if so many sessions are really needed and what is known about the effects on the fetus. — G.M.

**ANSWER:** There is some controversy over whether an ultrasound poses risks to the developing fetus.

The Food and Drug Administration has noted that there may be some heating of tissues and that any long-term risks are unknown. I did find studies showing that there is no long-term risk of leukemia, hearing loss or abnormal eye development.

A 2013 guideline from multiple groups, including the American College of Obstetricians and Gynecologists, recommended a standard first-trimester ultrasound, and a standard second- or third-trimester ultrasound. Any other ultrasounds would be based on a clinician's concern for a potential problem.

The guideline specifically states: "Fetal ultrasound should be performed only when there is a valid medical reason, and the lowest possible ultrasonic exposure settings should be used to gain the necessary diagnostic information." I don't have enough information to know why your daughter-in-law has had more ultrasounds than is usually recommended for a normal pregnancy. Perhaps her obstetrician has a low-level concern she hasn't shared with her, or your daughter-in-law with you.

While not the case for her, I am concerned about the growing trend of so-called keepsake ultrasounds that are not performed for valid medical

reasons, such as those done in shopping malls. These might not be administered with the same degree of expertise and safety as a medical ultrasound.

**DEAR DR. ROACH:** I am 78 and have had urinary tract infections continually for the past eight or nine months. My urologist prescribed methanamine for six months, then a month of cephalexin, then back to the first prescription. Why is it so hard to get rid of UTIs? What would you recommend? — A.C.S.

**ANSWER:** Frequent urine infections are common. However, it is important to find out if this is the same infection that hasn't ever gone away, or a series of new infections. An infection that doesn't go away needs an evaluation for something abnormal in the urinary tract, such as a kidney stone. Your urologist is treating you with medication to prevent new infections. Methanamine is a urinary anti-septic, and cephalexin is a broad-spectrum antibiotic.

You didn't tell me if you are a man or a woman. Men with recurrent infections should be evaluated for prostate issues. Women with recurrent UTIs frequently are affected by atrophic vaginitis. There are many other causes. It's worth discussing further with your urologist.

## SALOME'S STARS

supporters joining in. News from the past could help change someone's long-held position.

**LEO** (July 23 to August 22) With personal aspects strong this week, Leos and Leonas might want to spend more time with family and others who are especially close to them. Also expect news of a possible career change.

**VIRGO** (August 23 to September 22) Taking a strong stand can be helpful this week. But be careful you don't cross the line into obstinacy. Best to take a position on facts as they are, not as you want them to be.

**LIBRA** (September 23 to October 22) You have a strong sense of the needs of others. This week, turn some of that sensitivity into an honest self-appraisal, and let it find places where you can help yourself.

**SCORPIO** (October 23 to November 21) Creating an emotional comfort zone to handle a personal problem helps at first. But by mid-week, you'll realize you need to deal

with it directly or it could linger for too long.

**SAGITTARIUS** (November 22 to December 21) Turning the page on a mistake to start fresh might not be the thing to do. Better to go over each step that led up to the decision you made and see which one misled you.

**CAPRICORN** (December 22 to January 19) Goats enjoy a varied diet, but eating crow isn't on the menu — at least not this week. An embarrassing situation might have gone wrong before you got into it. Check it out.

**AQUARIUS** (January 20 to February 18) Your sense of honesty might impel you to speak up about a situation you disapprove of. That's fine. But do so without sounding accusatory. You might not know all the facts behind it.

**PISCES** (February 19 to March 20) Being asked to create a reassuring attitude in the middle of chaos isn't easy, but you can do it. Support for your efforts comes slowly, but it does come. Enjoy an arts-filled weekend.

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### King Crossword

1	2	3	4	5	6	7	8	9	10	11	
12				13					14		
15				16					17		
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42				43	44				45	46	47
48				49					50		
51				52					53		

**ACROSS**

- 1 Assistant
- 5 Praise to the skies
- 9 Banned bug spray
- 12 A-line originator
- 13 Choir member
- 14 Playwright Levin
- 15 Went on a tangent
- 17 Weep loudly
- 18 Approximately
- 19 Makes less intense
- 21 Military group
- 24 Sandwich shop
- 25 Colors
- 26 Sight-seers
- 30 Dadaist Jean
- 31 Debtors' woes
- 32 Take to court
- 33 Type of parking
- 35 DNA carrier
- 36 And others (Lat.)
- 37 Fragrant wood
- 38 Founded (on)
- 40 Ethereal
- 42 "Of course"
- 43 Talked over
- 48 Pirouette

**DOWN**

- 1 Tack on
- 2 Midafternoon, in a way
- 3 Pooch
- 4 Mistakes
- 5 Highland girl
- 6 As well
- 7 Multipurpose
- 8 Walks feebly
- 9 Permitted to leave
- 10 Let fall
- 11 Filing aids
- 16 Before
- 20 "The Greatest"
- 21 Bloke
- 22 Emanation
- 23 Sad
- 24 Boring
- 26 Cash drawer
- 27 Bullring
- 28 Albacore, e.g.
- 29 Palm reader, for one
- 31 Football lining
- 34 Chowd down
- 35 Old Faithful, e.g.
- 37 French vineyard
- 38 Data amount
- 39 Ages and ages
- 40 "Yeah, right!"
- 41 Frosts
- 44 Rage
- 45 Vast expanse
- 46 Measure of work
- 47 Fawn's mama

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### King Crossword

#### Answers

Solution time: 21 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

I'LL DRIVE IF YOU WANT. JUST DON'T TAKE A NAP, WATCH THE SPEED LIMIT AND FOLLOW ALL THE DIRECTIONS.

**Siuslaw News**  
READ IT TODAY!