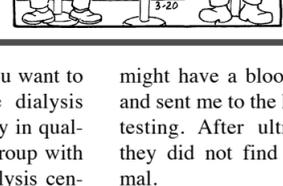
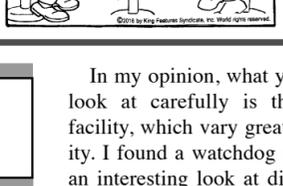
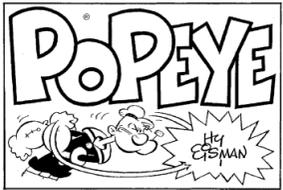


SIDE SHOW



TO YOUR GOOD HEALTH

How to choose a kidney doctor

DEAR DR. ROACH: How can I find the most successful, experienced kidney doctor? Would I be better off with a doctor who has his or her own practice, or one who works in a hospital? My kidney function is at 32 percent, down from 44 percent four years ago due to hypertension. — J.A.

ANSWER: I often have tried to point out when a teaching hospital or special expertise is critical to having the best chance for a good outcome. For chronic kidney disease, the expertise of the kidney specialist is seldom at issue, because virtually all kidney doctors are very experienced and are expert at taking care of this condition. The main goal will be to slow down the decline of kidney function, but many people in your situation eventually will need dialysis.

In my opinion, what you want to look at carefully is the dialysis facility, which vary greatly in quality. I found a watchdog group with an interesting look at dialysis centers at <http://projects.propublica.org/dialysis/>. This uses Medicare data to evaluate hospitalization, infection and even mortality. It's not a perfect tool, but it gives you some information on which to base your decision. Find a doctor affiliated with the best dialysis facility around.

DEAR DR. ROACH: I am a generally healthy 81-year-old lady. I retired from teaching two years ago. I had a very strange situation about a month ago. I was sitting on the toilet and suddenly had pain in both my legs, and I could not move my feet, toes or any other parts. My husband gave me two aspirin, which did not help the pain. He then gave me an oxycodone 5 mg from our son, who was recovering from a badly broken arm. The oxycodone worked after about an hour and a half, and I was able to get up and walk. My husband thought it was probably a leg cramp.

I went to see my regular doctor the next day. He thought that I

might have a blood clot in the leg and sent me to the hospital for more testing. After ultrasound testing, they did not find anything abnormal.

I am now afraid to drive by myself or even to be at home alone. Do you have any idea what this might have been, or what I should do at this point?

ANSWER: Sudden onset of pain and weakness does not sound like a blood clot to me. It sounds like a neurological event, such as a pressed nerve (actually nerves, since it was both sides). It is possibly in the brain or the spinal cord, but that seems less likely. A leg cramp usually would not be on both sides and usually does not cause weakness.

I don't agree with you taking your son's oxycodone. It's a very powerful and dangerous narcotic. Five mg is a relatively small dose, but people can be very sensitive to narcotics, and deaths have occurred from people using a friend or family member's drugs.

If your symptoms don't occur again, I would suspect that this was caused by too much pressure put on the nerves.

SALOME'S STARS

aspects this week to keep both your creative and your practical sides balanced. Your intuition sharpens, giving you greater insight by the middle of the week.

LEO (July 23 to August 22) The Big Cat finally should have all the information needed to move on with a project. If not, maybe you'll want to give everything a new and more thorough check before trying to move on.

VIRGO (August 23 to September 22) Too much emotional pain caused by someone you can't win over as a friend? Then stop trying to do so. You have other things you need to work on this week. Go to it, and good luck.

LIBRA (September 23 to October 22) It's a good time to reassess where and how your strengths can help you build, and where your weaknesses can hinder you. Remember to build on your strongest foundation.

SCORPIO (October 23 to November 21) That personal matter that seemed so hard to deal with should be less confusing now. Don't rush. Let things happen

easily, without the risk of creating even more puzzlement.

SAGITTARIUS (November 22 to December 21) Change continues to be a strong factor in many important areas. Keep on top of them, and you won't have to worry about losing control. A personal situation takes on a new look.

CAPRICORN (December 22 to January 19) A business offer sounds intriguing. But if you don't check it out thoroughly, you could have problems. Take a set of questions with you when you attend your next meeting.

AQUARIUS (January 20 to February 18) Your self-confidence should be coming back. That's good news. But it might be a bit over the top right now, so best to let it settle down before you start making expensive decisions.

PISCES (February 19 to March 20) Your life, your decisions. Good enough. But be sure you have all the facts you need to put into the decision-maker mixing bowl and hope it will come out as it should.

might have a blood clot in the leg and sent me to the hospital for more testing. After ultrasound testing, they did not find anything abnormal.

King Crossword

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56						57				58	

ACROSS

- 1 That guy
- 4 Autumnal abbr.
- 7 Colorful parrot
- 12 Big bother
- 13 Winter ailment
- 14 Foolish
- 15 Crossword-page abbr.
- 16 What a trigger triggers
- 18 Discoverer's cry
- 19 "A Tree Grows in Brooklyn" writer Betty
- 20 Inmates
- 22 Mandela's old org.
- 23 Pop
- 27 Illumination unit
- 29 Quaint fashion accessory
- 31 Urge
- 34 Put back to 0
- 35 Kegler's target
- 37 Meadow
- 38 Hint
- 39 — glance
- 41 Handle
- 45 Duck
- 47 Mimic
- 48 Certain

DOWN

- 1 Destruction
- 2 Baking potato
- 3 Nitwit
- 4 Kills, gangster-style
- 5 Culmination
- 6 Shroud city
- 7 Ho Chi —
- 8 Director Lee
- 9 Upper limit
- 10 Blackbird
- 11 Cyst
- 17 Pruritus
- 21 Ski run
- 23 Porterhouse, e.g.
- 24 Chances, for short
- 25 Conk out
- 26 Pismire
- 28 Half of bi-potato
- 30 Exist
- 31 "Yada yada yada"
- 32 Solidify
- 33 Wildebeest
- 36 Almost black
- 37 Pretentious
- 40 Recorded
- 42 Mother-of-pearl
- 43 Poppy product
- 44 Defeats
- 45 Leave a good impression
- 46 Grandson of Eve
- 48 Perch
- 49 Draft pick?
- 50 "A pox upon thee!"
- 51 Nosh

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King Crossword

Answers

Solution time: 27 mins.

H	I	M	O	C	T	M	A	C	A	W		
A	D	O	F	L	U	I	N	A	N	E		
V	A	R	F	I	R	I	N	G	P	I	N	
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C	O	N	S	A	N	C	S	O	D	A		
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T	E	N	P	I	N	L	E	A				
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Just Like Cats & Dogs by Dave T. Phipps

OK, WHY DO WE EVEN HAVE THIS? IT JUST MAKES US WANT TO CRAWL BACK IN TO BED.

Siuslaw News

READ IT TODAY!