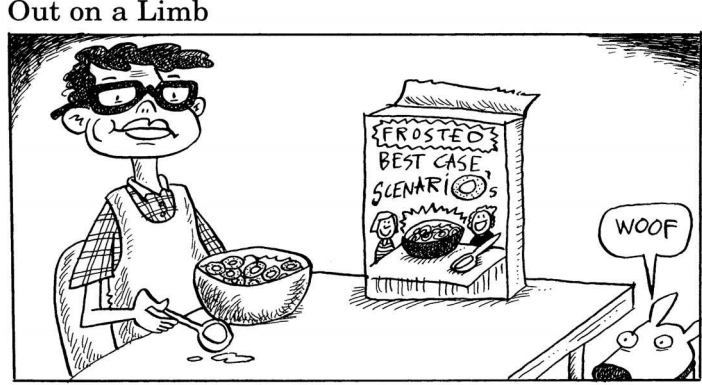
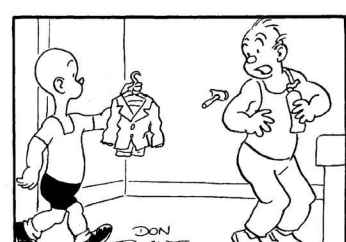
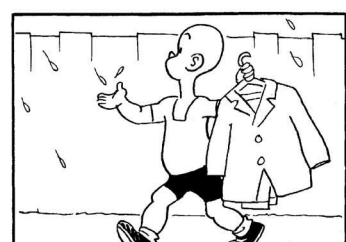
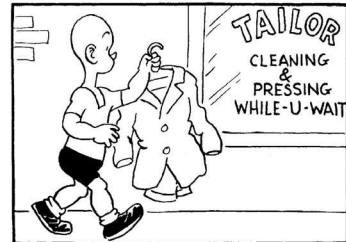
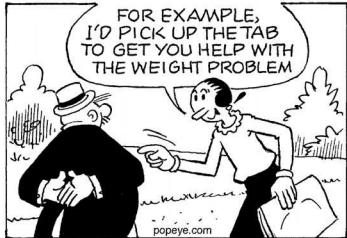
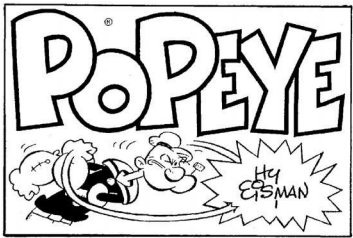
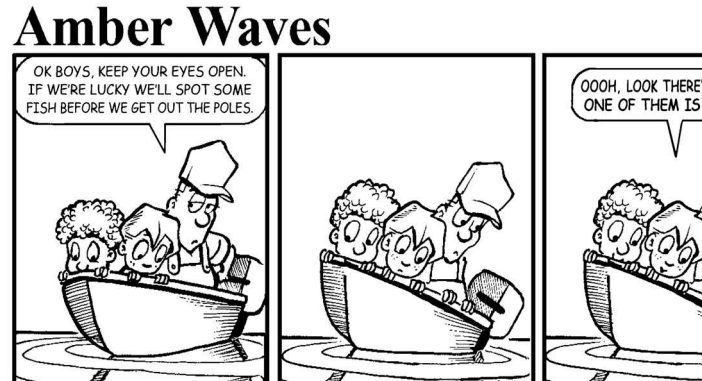


# SIDE SHOW



by Gary Kopervas

BREAKFAST OF OPTIMISTS



## TO YOUR GOOD HEALTH

### Can tea tree oil cure nail fungus?

DEAR DR. ROACH: I read in a medical advice column that tea tree oil can help cure the nail fungus that I have had for more than 10 years on my big toe. It did dramatically reduce the inflammation around the nail, but the nail is unchanged, and the inflammation subsequently returns. Recently, though, I have seen or heard of several nail fungus treatments that do not present a danger of liver damage. Are there any new treatments for the nail fungus that actually are effective? — J.S.

ANSWER: According to the Natural Medicines Comprehensive Database, 100 percent tea tree oil cream, applied twice daily for six months, is effective at curing infection in only 18 percent of people who try it. Most people have some benefit that isn't permanent, as you did.

## SALOME'S STARS

ARIES (March 21 to April 19) Although you would prefer to move forward at a steady pace, it might be a good idea to stop and reassess your plans. You could find a good reason to make a change at this time.

TAURUS (April 20 to May 20) Just when you thought you had everything planned to the smallest detail, you get some news that could unsettle things. But a timely explanation helps put it all back on track.

GEMINI (May 21 to June 20) Home and work continue to compete for your attention. But you handle it well by giving each its proper due. Someone you trust offers valuable advice. Listen to it.

CANCER (June 21 to July 22) Unsettling news creates a difficult but

The only highly effective medicines I can find good evidence about, with cure rates of 50 percent to 75 percent, all have the possibility, albeit small, of liver damage.

DEAR DR. ROACH: I am 72. Several years ago, because of bad back pain, I had tests and X-rays. The orthopedic physician assistant I was directed to afterward said I'd need hip replacements, or I could get a shot. No more comment than that. At my own insistence, I tried physical therapy instead of a shot. It merely aggravated the situation.

Twice since, I've seen the same PA. We have a little conversation, and he bills me for the same advice. He did not display the X-rays, and I didn't think to ask. I've yet to see the licensed doctor in that office.

Walking is the one exercise that generally doesn't bother me, so that's how I keep a bit active. Judging by charts, I am about 30 pounds overweight. My leg and hip pains now do have me thinking about having at least one hip replaced. How do I initiate this? What sort of improved mobility can I expect? How long is recovery? Might my insurance cover a second

opinion? What options are there? Which implants are best? — J.W.

ANSWER: You need a different orthopedic surgeon. He or she will go over all the questions you have — all of which are reasonable, but can be answered only by someone who has examined you, listened to your concerns and knows your particular orthopedic problem. Almost all insurances will let you seek a second opinion.

If you are feeling kind, let the orthopedic surgeon you didn't see know the treatment you got from the PA. It has been my experience that physician assistants give out very good care, within the scope of their expertise, but this one is not giving good care to you, and I'm sure the surgeon would like to know.

The booklet on back problems gives an outline of the causes of and treatments for the more-common back maladies. Readers can order a copy by writing: Dr. Roach — No. 303W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

not impossible situation. Continue to follow your planned routine, but keep your mind open to a possible change down the line.

LEO (July 23 to August 22) Lick your wounded pride if you like, but it's a better idea to find out why your suggestions were rejected. What you learn could help you deal with an upcoming situation.

VIRGO (August 23 to September 22) Feeling a bit listless? No wonder. You might be pushing too hard to finish everything on your to-do list. Cutting it down could help get your energy levels up.

LIBRA (September 23 to October 22) Taking time out of your busy schedule might be the best way to handle that sensitive private matter. It will help reassure everyone involved about your priorities.

SCORPIO (October 23 to November 21) Insist on full disclosure by all parties before agreeing to be part of a "great deal." What you learn should

help you decide whether to go with it or not.

SAGITTARIUS (November 22 to December 21) Your decision to protect the secret that was entrusted to you might irk some people. But it also wins you the admiration of those who value trust and loyalty.

CAPRICORN (December 22 to January 19) Creative activities take on a practical approach as you realize you might be able to market your work. Ask for advice from someone experienced in this area.

AQUARIUS (January 20 to February 18) If you're suddenly a bit unsure about your decision, ask trusted colleagues and/or friends or family members for suggestions that could help resolve your doubts.

PISCES (February 19 to March 20) A workplace situation could get stormy. But stay on course until there's a solution that meets with everyone's approval, and things finally can calm down.

### King Crossword

ACROSS

- Creche trio
- Impress greatly
- Rhett's last word
- Terrible guy?
- "Holy cow!"
- Toast topper
- Collapse
- Existed
- Squid's protector
- Cover
- Prepare to propose
- Enthusiast
- Icemen's org.
- Dawdle
- Rocket launcher
- Lotion additive
- Moonshine container
- Desertlike
- Adorned with gems
- "Golden Boy" playwright
- Parcel of land
- "Help!"
- Pitch
- Occupation, for short
- Hot tub
- Georgetown athlete
- Parachutist's thrill
- Mimicked
- Gun the engine
- Astringent
- Mrs. Dick Tracy
- Have bills
- Pleads
- Gun the engine
- Sheltered
- Unembellished
- Yuletide refrain
- TV chef Bobby
- Frequency meas.
- Mooches
- Gripe constantly
- Mahal
- Milwaukee product
- Queue
- Unopened flower
- Raw rock
- Set of equip-
- ment
- Commercials
- Lustrous black
- Depressed
- Seep slowly
- Colander
- Just one of those things?
- Crosby's longtime pal
- Deli loaves
- Make
- Down
- Bargain
- Advertise
- Charitable donations
- To and --
- "Terrif!"

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### King Crossword

Answers

Solution time: 21 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

I CAN'T GIVE YOU MY OPINION YET ON THIS NUTRITION MEAL... I'M STILL WAITING FOR THE FLAVOR TO KICK IN

Siuslaw News

READ IT TODAY