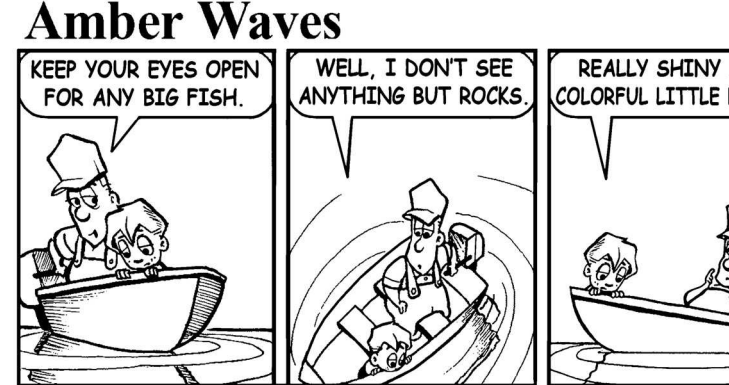
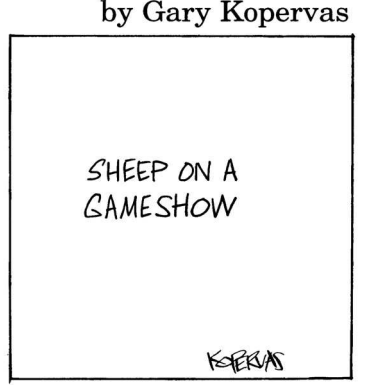
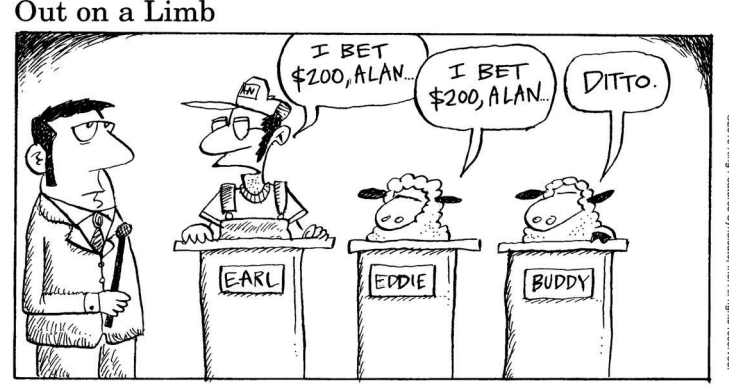
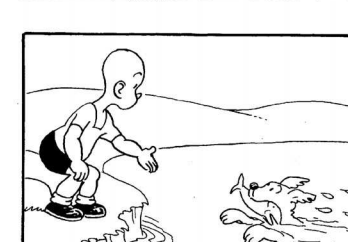
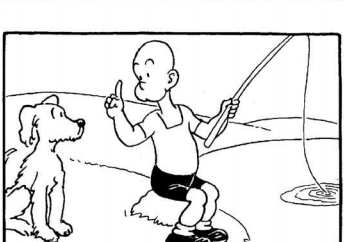
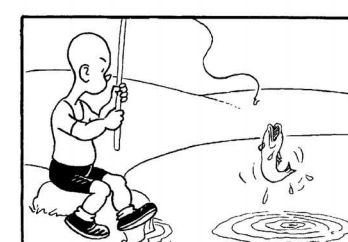
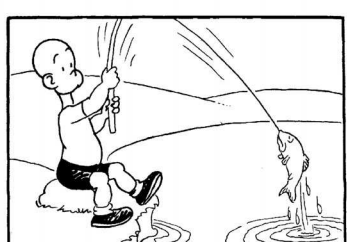
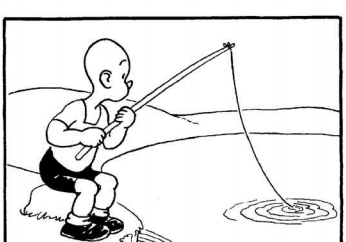
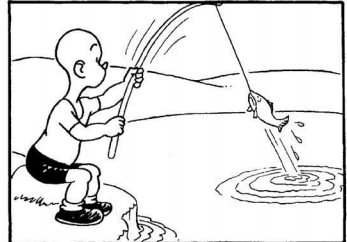
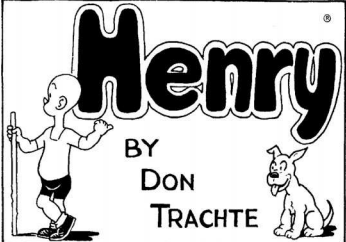
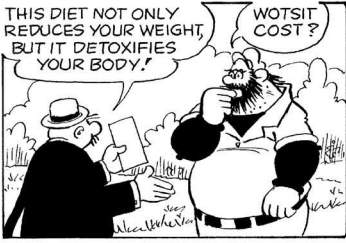
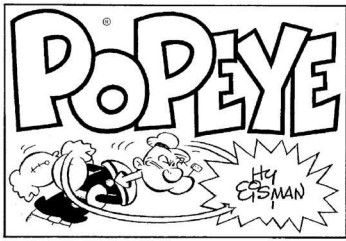


SIDE SHOW



TO YOUR GOOD HEALTH

Is knee replacement surgery the only option?

DEAR DR. ROACH: I am a female in my 60s, and for the past couple of months I have been having some discomfort and swelling in my right knee. I am slightly overweight and have osteoarthritis. I have no pain when walking, but when leaning over, I get a tight pain in the front of the leg, below the knee. I saw my orthopedic doctor, who told me that the cartilage is worn away, and said that I would need a knee replacement. I was given a cortisone shot, which helped the pain.

Would losing weight help me avoid surgery? I take an anti-inflammatory and rubbed Bengay on the knee, which helped. I went for another opinion from a second orthopedic surgeon, had more X-rays taken and was given the same diagnosis. Is there anything

SALOME'S STARS

romantic relationship takes an unexpected turn. You might be confused about how to react. It's best not to be rushed into a decision that you're not ready to make.

LEO (July 23 to August 22) Don't let your pride stand in the way of resolving an emotionally painful situation. This is a good time to deal with it and let the healing finally begin.

VIRGO (August 23 to September 22) A workplace problem that you've been handling so well suddenly spins out of control. Don't panic. You can rely on your good sense to help you restore order.

LIBRA (September 23 to October 22) Wearing rose-colored glasses won't solve a thorny personal situation. You need to take a hard look at what's happening and then act according to the facts.

SCORPIO (October 23 to November 21) Weigh all your options carefully before making any decisions you've been putting off. Then go

more I can do to avoid having a knee replacement soon? — C.W.

ANSWER: Osteoarthritis of the knee can cause permanent loss of the cartilage. Once the cartilage is gone, the knee replacement is by far the best option to reduce pain and improve function. However, there are some things you can do to delay the need for surgery, as well as to feel better. Losing weight is important, if you are carrying more than you should. Your body weight is multiplied when you are going up and down stairs, so losing even a few pounds means much less pressure inside the knee.

Anti-inflammatories and Tylenol reduce pain but don't affect the progression of disease. Bengay, topical anti-inflammatories and capsaicin creams help some people. Steroid injections are a good option for some: Hyaluronic acid shots, such as Synvisc, help many as well. Exercise, however, definitely improves both pain and function. Walking a little bit farther each day means being able to walk still more without pain.

A joint-replacement surgery shouldn't be undertaken lightly. Not everybody has a good outcome, and an infection in an artificial joint can be devastating. However, it has been my

experience that most people who have gotten a joint replacement wish they had done so sooner, so don't suffer for too long if these treatments aren't helping.

The arthritis booklet discusses osteoarthritis, along with rheumatoid arthritis and lupus. Readers can order a copy by writing: Dr. Roach — No. 301W, 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: What do you know about Himalayan salt? Is it harmful to take every day? I am told that it can help lower blood pressure, because it has minerals and trace elements. — M.S.

ANSWER: Himalayan salt, though it has a pretty pink color and trace minerals, is still almost all table salt — sodium chloride — and salt raises blood pressure for most people. Keeping sodium intake down is likely to reduce risk of heart disease and stroke. Generally, people with a healthy diet get all the trace minerals they need. Most studies on multivitamin and mineral supplements have shown no benefit.

ahead and plan a weekend of family fun.

SAGITTARIUS (November 22 to December 21) While personal and financial situations continue to improve, some setbacks might occur. But they're only temporary, so hang in there.

CAPRICORN (December 22 to January 19) Family matters dominate the week. Health problems raise concern, but soon prove to be less serious than you had feared. Things start easing up by the weekend.

AQUARIUS (January 20 to February 18) Most situations are calmer now, both at home and on the job. But there's still a chance that a co-worker will set off another round of unpleasantness.

PISCES (February 19 to March 20) There's no need to fish for compliments from an admirer who can't say enough nice things about you. The upcoming holiday bodes well for family gatherings.

King Crossword

1	2	3	4	5	6	7	8	9	10	11
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53					54					55

ACROSS

- 1 A piece
- 4 Hot tubs
- 8 Vail gear
- 12 Expert
- 13 Ancient Briton
- 14 Flirtatious look
- 15 Review
- 17 Roddick or Rooney
- 18 Popular logic puzzle
- 19 Nonstick spray
- 21 Teensy
- 22 Unrivaled
- 26 Tatter
- 29 Mole, e.g.
- 30 Off-chanted letters
- 31 Revolutionary period?
- 32 They're between mis and sols
- 33 Architect -- van der Rohe
- 34 A Bobbey twin
- 35 Aviate
- 36 In one's cups
- 37 In-group
- 39 Ger. neighbor
- 40 Actress
- 41 "Doonesbury" journalist
- 45 Arp's style
- 48 Chic shop
- 50 Tidy
- 51 Bancroft or
- 7 Increases
- 8 Pundit
- 9 Family
- 10 Third-party abbr.
- 11 Firmament
- 16 Eiffel's masterpiece
- 20 Whatever amount
- 23 Witticism
- 24 Works with
- 25 Uncomplicated
- 26 Harmonization
- 27 Get better
- 28 Hindu princess
- 29 Express
- 32 Sleazy hotel
- 33 -- Vanilli
- 35 "Fee fi fo --!"
- 36 Person with a horn?
- 38 Production number?
- 39 Lop
- 42 Blue hue
- 43 Crazy
- 44 Profound
- 45 "CSI" evidence
- 46 Moray or conger
- 47 Taxi
- 49 Yoko of music

DOWN

- 1 Lobbying orgs.
- 2 Beige
- 3 Nevada senator Harry
- 4 Added alcohol to
- 5 Resentment
- 6 Prefix with puncture
- Boleyn
- 52 Salt Lake athlete
- 53 Actress Jessica
- 54 No stay-at-home
- 55 Cleo's slayer

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King Crossword

Answers

Solution time: 27 mins.

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

