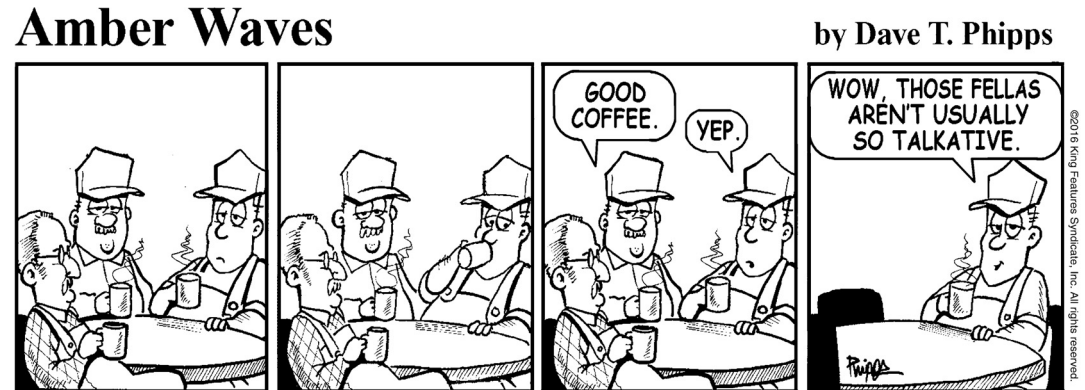
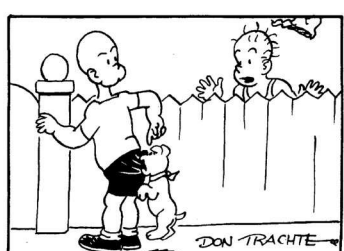
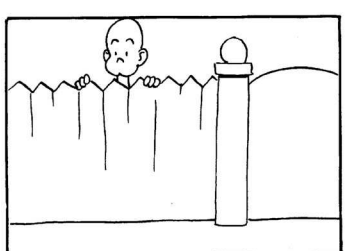
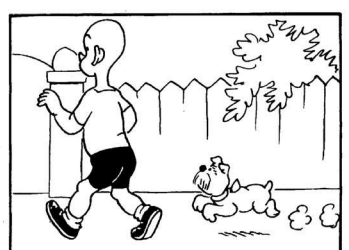
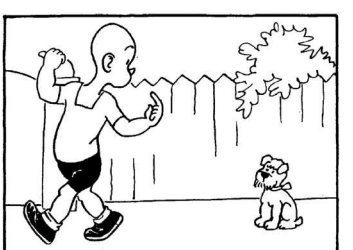
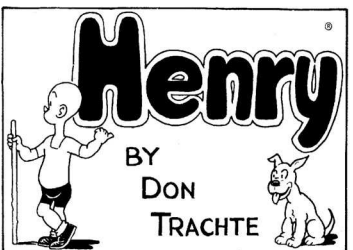
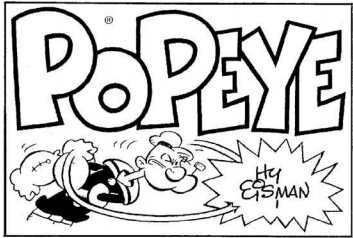


SIDE SHOW



TO YOUR GOOD HEALTH

Too much vitamin D

DEAR DR. ROACH: I am an 86-year-old woman with three doctors battling over my vitamin D level for many years. I am 59 inches tall and weigh 95 pounds. I play nine holes of golf three times a week. I have always been a poor eater, so I get little nourishment from food. I drink 3 ounces of scotch every evening with chips. That's my nourishment. I've beaten lung cancer and recently had skin cancer surgery in my ear. The vitamin D situation never goes away, and the doctors keep changing my meds. One of the doctors claims that my vitamin D count is almost toxic (my blood levels of vitamin D are 121 from my rheumatologist and 145 from my internist), and I have been taken off any meds with vitamin D in them, but it's still high.

I am feeling OK now and want to forget the whole matter of the vitamin D level. Your opinion would be appreciated. — Anon.

ANSWER: I admire your spirit for life, even if I don't agree with your diet. I have seen only one case of vitamin D excess in my career. It is very rare if people are taking less than 4,000 IU of vitamin D daily, so I suspect you were taking much higher doses at some point. When I hear that multiple doctors may have been taking care of you, I worry that more than one was prescribing high doses of vitamin D. There also have been cases of manufacturing errors and excess fortification of milk, but these are quite rare.

Vitamin D is normally stored in the liver, with the fat cells becoming a second reservoir. The toxicity of vitamin D is due to high calcium levels, which can cause confusion, nausea and vomiting, and muscle weakness. Toxic levels can be treated with short-term prednisone, but that isn't necessary unless there are symptoms or a dangerously high calcium level.

By the time your letter is published, your vitamin D levels should

have returned to normal. If they haven't, it's time to look for a rare cause, such as sarcoidosis, where occasionally the abnormal cells can make vitamin D.

The booklet on sodium, potassium and mineral discusses the importance of these and other substances to our health. Readers can obtain a copy by writing: Dr. Roach — No. 202W, 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: My mother was diagnosed a few years ago with macular degeneration (both wet and dry). Is this disease hereditary? What can I do to prevent myself from getting this disease? — K.

ANSWER: There does seem to be an increased risk in people with a family history. Several studies have shown that vitamins, especially B vitamins, can reduce risk by a third or so. Since a combination of zinc and vitamins A, C and E was shown to help reduce progression of macular degeneration, many experts recommend it for prevention as well.

SALOME'S STARS

roller coaster and start experiencing more stability than you've been used to. This is a good time to let someone new into your life.

LEO (July 23 to August 22) Good news: A trusted friend comes through for you. But you still need to shed that last scrap of self-doubt and once more become the cool, confident Cat we all know and love.

VIRGO (August 23 to September 22) Things should be getting back to a less hectic pace. Enjoy the more peaceful atmosphere. You earned it. But don't forget about those still-unresolved issues.

LIBRA (September 23 to October 22) A more positive family relationship develops as misunderstandings are explained away. A job situation appears promising, but check it out before you act on it.

SCORPIO (October 23 to November 21) Congratulations. That on-the-job situation is working out as you'd hoped. Now's a good time to relax and to enjoy

the company of family and close friends.

SAGITTARIUS (November 22 to December 21) You might feel as if you're caught in an emotional tug-of-war. But don't be rushed into a decision on either side. Wait for more facts before you act.

CAPRICORN (December 22 to January 19) The Goat's usually high level of self-confidence is brimming over these days. This should help you deal with a situation that you've avoided for far too long. Go for it.

AQUARIUS (January 20 to February 18) Relationships become more intense. But be careful not to be pushed into decisions you're not comfortable with. Remember: You're the one in charge of your life.

PISCES (February 19 to March 20) You need to show more confidence in your ability to reach your goals. Make that long-delayed decision, and avoid floundering around in a sea of self-doubt.

King Crossword

ACROSS

- Colorado Springs org.
- Bivouac
- Hot tub
- Ashen
- Winged
- "Holy mackerel!"
- Independent's ballot, at times
- George's brother
- Group of actors
- Island
- Smaller map
- Titanic's woe
- Treats the lawn
- Praiseworthy
- Greek consonant
- NHLer in Buffalo
- Summer mo.
- Judge's pronouncement
- Not fooled by
- Heredity unit
- Guys
- Weary of it all
- Prizefight
- Venusian vessel?
- Playground structures
- "The way," philosophically
- Teeny amount
- Met melody

DOWN

- and downs
- Cutting tool
- Mr. Baba
- Borderline constructs
- Cleveland NBAers, for short
- Oodles
- Wrestling surface
- Go before
- Benny Goodman's
- group, e.g.
- Skin opening
- Vacationing
- Gangster's weapon
- Man-mouse link
- Mischievous tykes
- Schnozz
- Double-hinged entry
- Pavel of hockey note
- Bowler's path
- "Wipeout" network
- Troubadour's instrument
- Broadway clashers
- Submits
- Ball holder
- Waited longer than
- Used a shovel
- Rope fiber
- Somewhere out there
- -Honey candy bar
- Biblical brother of Er
- Court
- Historic period
- Stannum
- Drop

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King Crossword

Answers

Solution time: 21 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

THIS IS PERFECT. BUY 3 PIZZAS GET ONE FREE. THAT COVERS ALL 3 MEALS AND A LATE NIGHT SNACK.

Siuslaw News

READ IT TODAY!