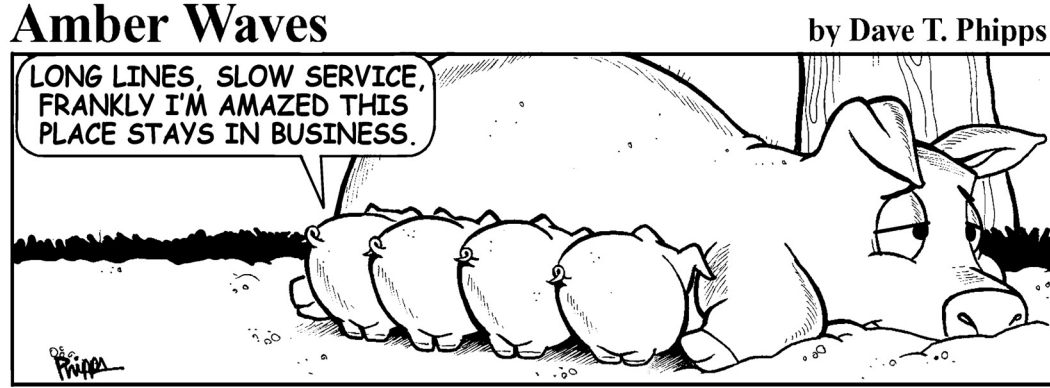
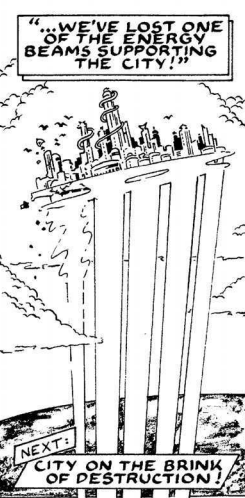
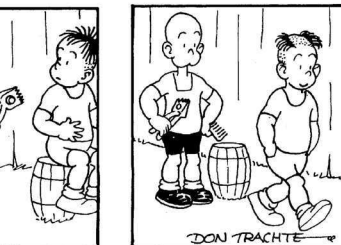
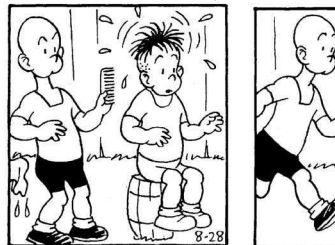
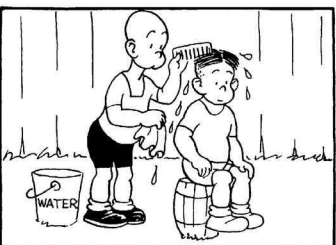
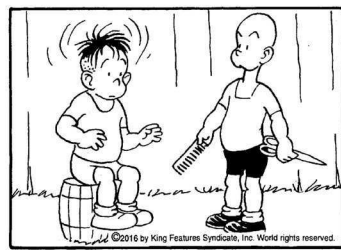
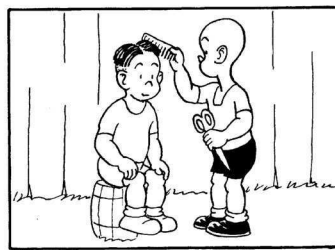
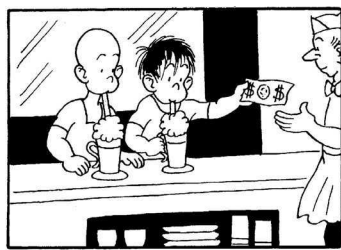
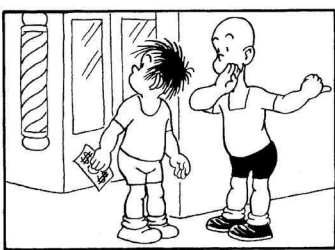
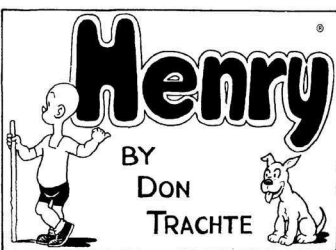
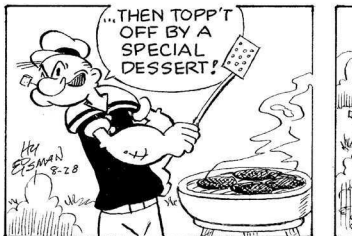
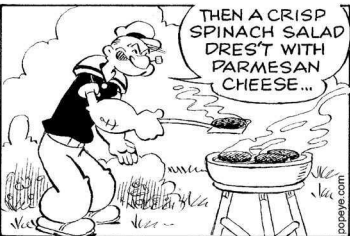
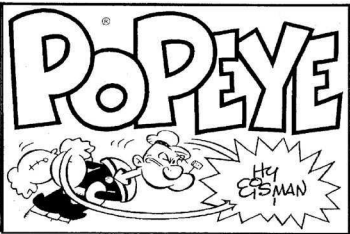


SIDE SHOW



TO YOUR GOOD HEALTH

Generics vs. brand name

DEAR DR. ROACH: My pharmacy recommends that I switch to the generic to save a lot of money on each refill, as it's exactly the same as the brand name. My neurologist is adamantly against this and says that generics vary too much and may not be effective. Who is right? I am paying the much higher amount for the brand name Keppra out of pocket.

Also, I only had a couple of seizures years ago — at some point, can't I wean off the meds? I think my seizures were a one-time event. — N.R.B.

ANSWER: Generics are required to have the same amount of the exact medication as the brand name. Some clinicians feel that some generic medications are absorbed differently from the brand name, and that very small variations in dosage are important. I won't tell you to ignore your neurologist's advice, but most people stay just as well-controlled on generic levetiracetam as on brand name Keppra.

As far as discontinuing seizure medicine, really, only your neurologist can answer that. It depends on your seizure history, and the results of your EEG and possibly your brain MRI. Most neurologists will consider stopping the medication after one or more years with no seizures, in most cases.

DEAR DR. ROACH: You have written about screening for breast cancer, but are there any ways to prevent breast cancer in the first place? — T.C.

ANSWER: There are three behaviors that are well-accepted to reduce the risk of breast cancer. Breastfeeding is one, and it's so good for the baby that we might forget that it has long-term advantages for moms, but add reducing the mother's breast cancer risk to the list. The second is dietary phytoestrogens, compounds such as soy isoflavones and lignans, which are found in soybeans and other legumes. This data is most clear among Asian women. Finally, regular physical exercise reduces breast cancer risk, especially for women after menopause.

Other dietary factors, such as a diet high in fruits and vegetables and low in meat and saturated fat, may reduce risk of breast cancer, but this isn't proven. Studies are ongoing to examine whether vitamin D or omega 3

fatty acids may reduce risk, as suggested in previous studies.

For high-risk women, consider chemoprophylaxis with a SERM or aromatase inhibitor, and also a more-intensive screening program.

Readers: Women today have the best chance ever of overcoming breast cancer. To learn more, order the booklet Breast Cancer: Detection and Treatment by writing Dr. Donohue — No. 1101W, 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 4-6 weeks for delivery.

DEAR DR. ROACH: I heard that tuna fish contains a lot of mercury, so intake should be limited. I like solid white albacore tuna. I eat one 4-ounce can per week. How much is safe? — P.W.K.

ANSWER: Albacore has relatively high amounts of mercury, and the recommendation by the Environmental Protection Agency is to limit consumption to three 6-ounce portions per month for women, and three 8-ounce servings for men. You are well within the safe limit. Canned light tuna and canned salmon have much less mercury.

SALOME'S STARS

ARIES (March 21 to April 19) Mars, your ruling planet, helps you deal with career challenges in a way that reflects some of your own hidden strengths. This impresses some important decision-makers.

TAURUS (April 20 to May 20) Your strong Bovine will, combined with your romantic nature (you are ruled by Venus), helps turn a romance with a potential for problems into one with more-positive possibilities.

GEMINI (May 21 to June 20) Mercury's influence creates some unsettling moments, but nothing that you can't live with. You'll soon learn more about that major change that is about to be revealed.

CANCER (June 21 to July 22) Opportunities for you are like the phas-

es of the Moon: constantly appearing and reappearing. So, cheer up. The opportunity you think you let slip by will be replaced by another.

LEO (July 23 to August 22) An opportunity that you hoped would open up for you remains closed. Stop wasting time scratching at it. Something else you'll like will soon make itself apparent and accessible.

VIRGO (August 23 to September 22) Congratulations. You'll soon hear some positive feedback for all the hard work you recently put into a project. A Pisces could soon swim into your personal life.

LIBRA (September 23 to October 22) Someone whose friendship you felt you had to write off will try to revive it. What you do is up to you. But don't do it without giving it considerable thought.

SCORPIO (October 23 to November 21) A job-related plan might need to be reworked to allow for changes. Lucky for you that Saturn remains a strong

influence that can help you focus on getting it done right.

SAGITTARIUS (November 22 to December 21) This is a good time to move into areas of self-discovery. You might be surprised about who you really are and how you really relate to those around you.

CAPRICORN (December 22 to January 19) Expect to confront someone who will make an unwelcome request. Stand by your resolve to do the right thing no matter what "persuasion" might be offered.

AQUARIUS (January 20 to February 18) A friendly competition could become more contentious than you expected. Take time out to discuss the reasons behind this unexpected change, and act accordingly.

PISCES (February 19 to March 20) You have a wonderful mind for solving mysteries, so you should feel confident about solving the one developing very close to you. An unlikely source offers help.

King Crossword

ACROSS

- 1 The girl
- 4 Possesses
- 7 Man of morals?
- 12 Crone
- 13 Oklahoma city
- 14 Give birth to, on a farm
- 15 Fix the outcome
- 16 Record-setting fast-baller
- 18 Craft from far off
- 19 Jack
- 20 Ricochet, in billiards
- 22 Bachelor's last words
- 23 TV clown
- 27 They're between mus and xis
- 29 Someone who carries a torch?
- 31 Some skirts
- 34 Passenger
- 35 Easily built home
- 37 Held a meeting
- 38 Abhor
- 39 Carte lead-in
- 41 Dreyfus defender
- 45 Go
- 47 Sharp turn
- 48 She played Granny

1	2	3	4	5	6	7	8	9	10	11
12			13			14				
15			16			17				
18			19							
20			21		22			23	24	25
			27	28		29	30			
31	32	33					34			
35					36		37			
38				39	40		41	42	43	44
				45			46		47	
48	49	50	51						52	
53						54			55	
56						57			58	

- Clampett
- Sapporo sash
- Heals
- Id counter-part
- Negative prefix
- Heron's cousin
- In medias —
- Work unit
- Dermatologist's case
- Listener
- Wily
- Eggs
- Nerd-pack occupant
- Acknowledge
- Bowie's weapon
- Shut out
- Peculiar
- Last letter
- Bobby of hockey
- Can. neighbor
- Geological
- Periodical
- Speedometer abbr.
- Levin
- Trawler need
- Boxer Max
- Ferocious
- See 42-Down
- With
- 40-Down, depleted atmospheric region
- Toil
- Gerontologist's study
- For fear that
- Grandson of Eve
- Lemieux milieu
- Carpenter
- Mess up
- Born

© 2016 King Features Synd., Inc.

King Crossword

Answers

Solution time: 27 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

