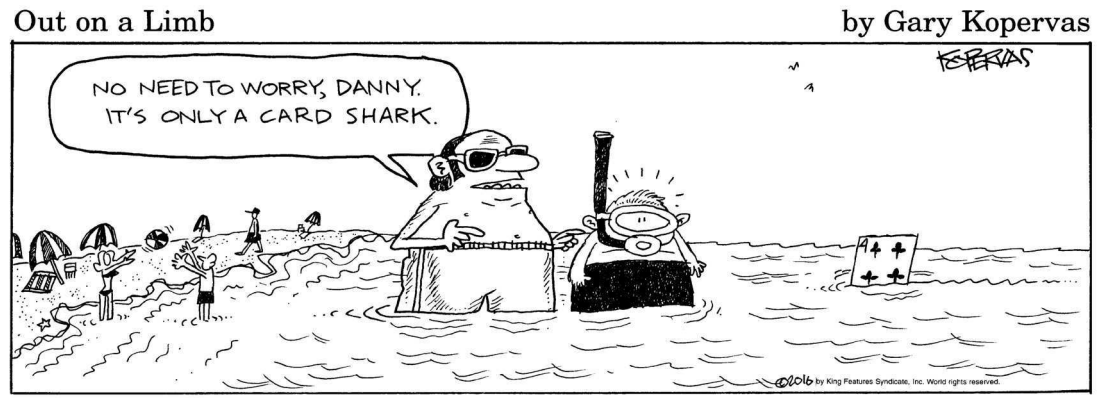
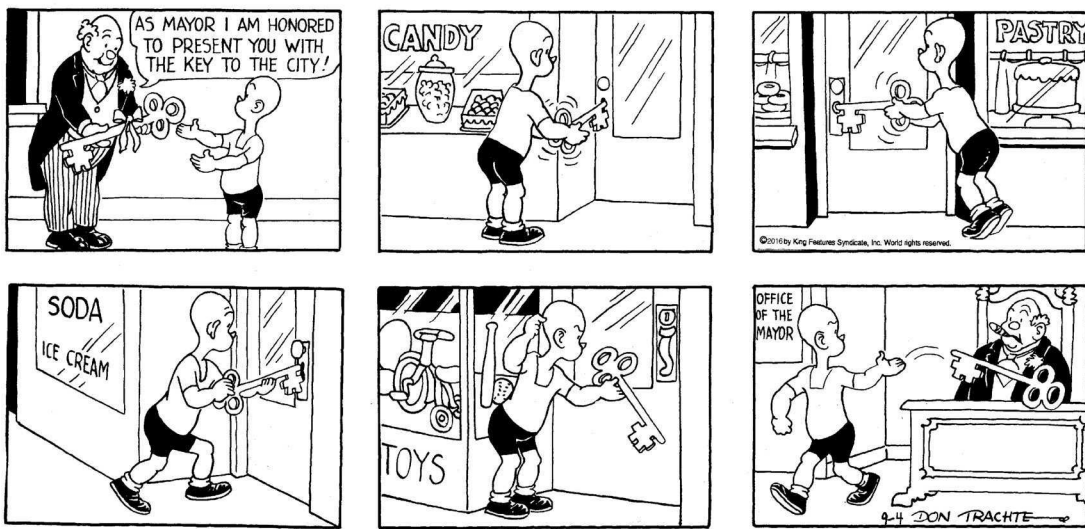
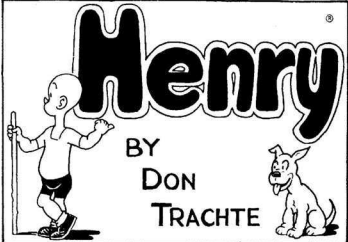
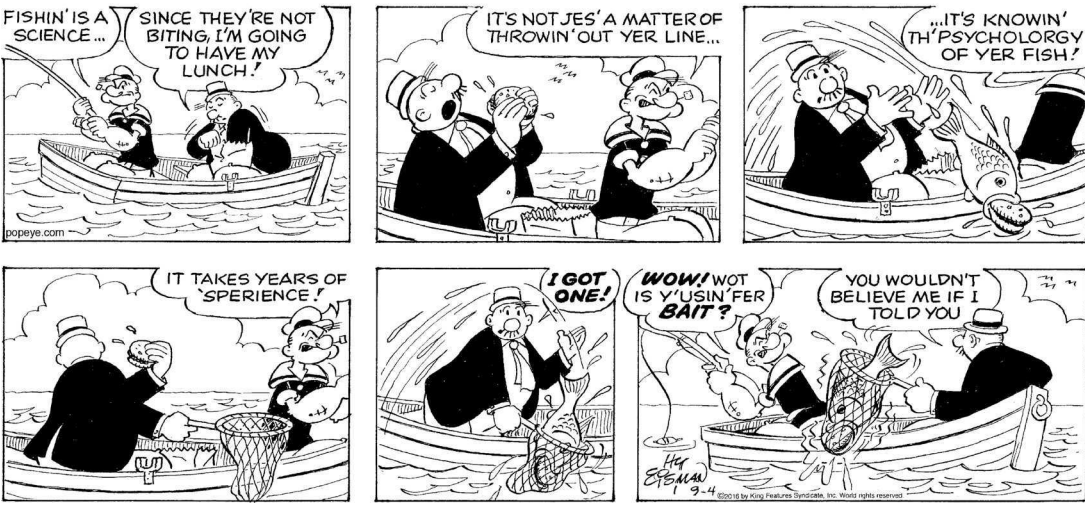
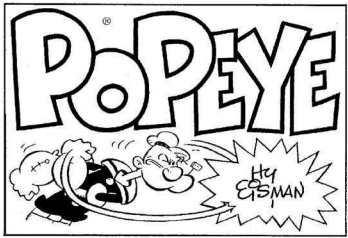


SIDE SHOW



TO YOUR GOOD HEALTH

Can laser zap nail fungus?

DEAR DR. ROACH: In discussing treatment of nail fungus, you did not mention newer laser treatments that I see advertised by podiatrists in my area. Are they effective? — J.F.

ANSWER: We don't really know if they are effective, since well-done studies haven't yet proven it; however, preliminary evidence is suggestive. This would be a great addition to treatment, since the only currently accepted highly effective treatments are oral medications, which have risk of liver damage. Even more exciting is the idea of combining a topical antifungal agent, amorolfine, with laser. This medication is not available in the U.S., but a study in Korea showed a 50 percent effectiveness rate (which is pretty good for this difficult-to-

treat condition).

Since I last wrote about this condition, I heard from a lot of readers. Some mentioned cures from Vicks Vapo-Rub, but the only study I found on that showed a 22 percent cure rate. One person asked about surgery, but since the fungus gets into the nail bed, the infection often recurs after removing the nail. Listerine and white vinegar mixed half and half cured one couple, and several people had success with Dr. Paul's Piggy Paste, which also is vinegar-based. None of these has good data to support its use, but all likely are safe.

DEAR DR. ROACH: I am 70 years old and have been dealing with a problem for about a month now that I've never read about in your column. The upper joint in my left thumb pops every time I bend it. The lower thumb joint is tender, and it is becoming increasingly difficult to grasp things. The thumb never gets stuck. My right thumb pops only occasionally, and there is no pain there. Can you please tell me the cause of such an anomaly, and the type of doctor that I should be seen by? I am very active, and this

has become a bit bothersome. — C.G.

ANSWER: If it's not getting stuck, then the popping sound can be made by one of the tendons snapping over a bony protuberance, or it can be from nitrogen bubbles coming out of solution. Neither of these usually causes much trouble, but the fact that you are having pain suggests that you may have some arthritis in the thumb joint. A rheumatologist is the expert in all joint matters, but your regular doctor probably has a fair bit of experience with this as well.

DEAR DR. ROACH: I am a 74-year-old male with a breast issue. When I press on the nipple or around it, I feel pain. It has been seven weeks, and no change. I can't say I feel a lump, but it does seem harder under the nipple compared with my other breast. I did not bump or bruise it, and I see no marks or discoloration. — R.F.C.

ANSWER: You should go and get it checked out right away. While breast cancer in men is uncommon, it does happen, and the sooner it is evaluated, the better. Odds are it's nothing to worry about, but get seen.

SALOME'S STARS

ARIES (March 21 to April 19) After much traveling this year, you're due for some settled time with family and friends. Use this period to check out situations that soon will require a lot of serious decision-making.

TAURUS (April 20 to May 20) Keep that keen Bovine mind focused on your financial situation as it begins to undergo some changes. Consider your money moves carefully. Avoid impulsive investments.

GEMINI (May 21 to June 20) You'll need to adjust some of your financial plans now that things are changing more quickly than you expected. All the facts you need haven't yet emerged, so move cautiously.

CANCER (June 21 to July 22)

Personal and professional relationships dominate this period. Try to keep things uncomplicated to avoid misunderstandings that can cause problems down the line.

LEO (July 23 to August 22) That elusive goal you'd been hoping to claim is still just out of reach. But something else has come along that could prove just as desirable, if only you would take the time to check it out.

VIRGO (August 23 to September 22) This is a good time to get away for some much-needed rest and relaxation. You'll return refreshed and ready to take on the workplace challenge that awaits you.

LIBRA (September 23 to October 22) Confidence grows as you work your way through some knotty situations. Watch out for distractions from well-meaning supporters that could slow things down.

SCORPIO (October 23 to November 21) Consider spending more time contemplating the possibilities of an offer

before opting to accept or reject it. But once you make a decision, act on it.

SAGITTARIUS (November 22 to December 21) You're in a very strong position this week to tie up loose ends in as many areas as possible. Someone close to you has advice you might want to heed.

CAPRICORN (December 22 to January 19) Congratulations. This is the week you've been waiting for: After a period of sudden stops and fitful starts, your plans can now move ahead with no significant disruptions.

AQUARIUS (January 20 to February 18) You're in an exceptionally strong position this week to make decisions on many still-unresolved matters, especially those involving close personal relationships.

PISCES (February 19 to March 20) The new moon starts this week off with some positive movement in several areas. A special person becomes a partner in at least one of the major plans you'll be working on

King Crossword

1	2	3	4	5	6	7	8	9	10	11
12			13					14		
15			16					17		
18			19					20		
23	24	25			26			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		

ACROSS

1 Blonde shade
4 Unkempt one
8 Old portico
12 Adversary
13 Hemingway nickname
14 Freshwater fish
15 Every crumb
16 Courtroom call
17 Leak slowly
18 Couch potato's gizmo
21 Supporting
22 Feedbag morsel
23 Bad lighting?
26 Firmament
27 Explanation
30 At the home of
31 Feathery accessory
32 Oliver Twist's request
33 Heavy weight
34 Saute
35 River barrier
36 "No seats" sign
37 Stewie, to Lois
38 Reunion invite, maybe
45 Teen's woe
46 Go fast
47 Corroded
48 Slay
49 Sea eagle

DOWN

1 Off
2 Unrivaled
3 Steering wheel
4 Exact
5 Tier
6 Oil cartel
7 Rocket launcher
8 "Ivanhoe" author
9 Hammer

10 Anise-flavored liqueur
11 First victim
19 "The Wizard"
20 Aye undoer
23 Performance
24 Pi follower
25 D.C. pol
26 Sauce source
27 Carpool-lane abbr.
28 Raw rock
29 Teensy
31 Faux-suntan cosmetic

32 Options list
34 Monk's address
35 Appeared ominously
36 Dictator's aide
37 Teatime treat
38 Pedestal part
39 PC picture
40 Fit of peevishness
41 Sped
42 Out of harm's way
43 Thing
44 Information

© 2016 King Features Synd., Inc.

King Crossword Answers

Solution time: 24 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

GOOD NEWS, IF YOU WANT MORE OF THESE HEALTH SMOOTHIES, I HAVEN'T EMPTIED THE MOWER BAG YET.

Siuslaw News

READ IT TODAY!