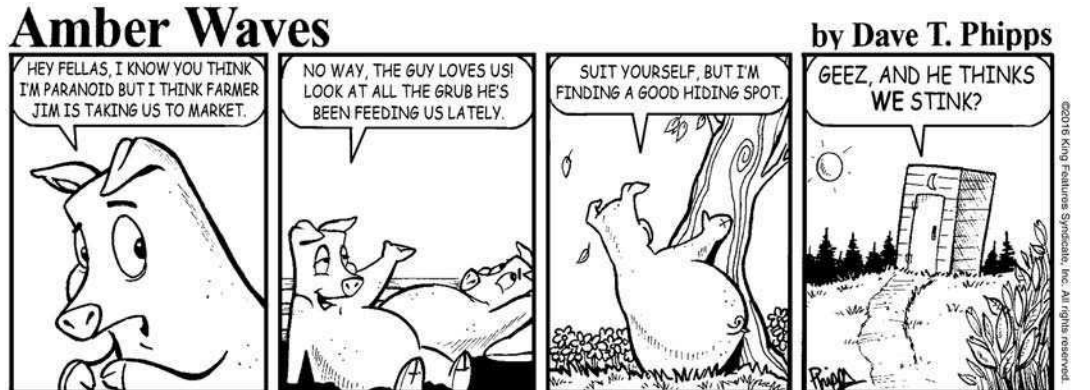
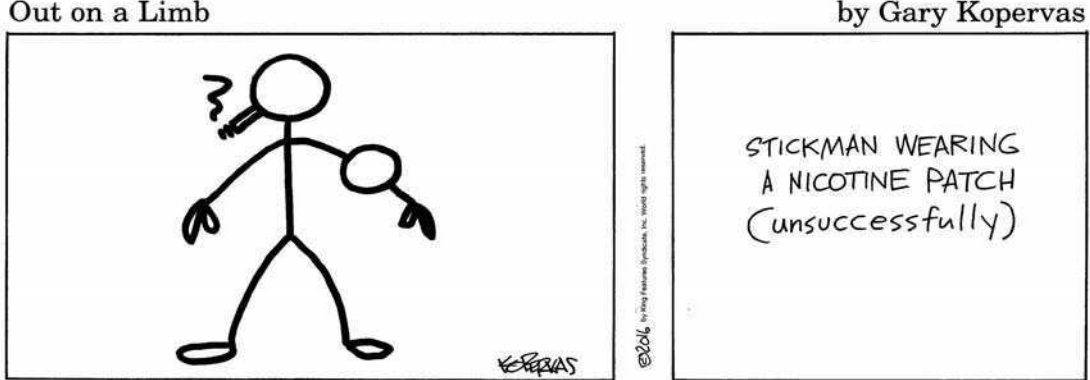
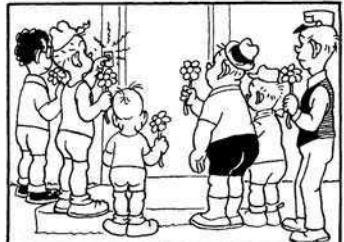
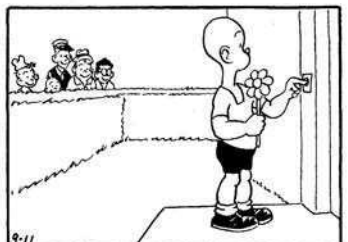
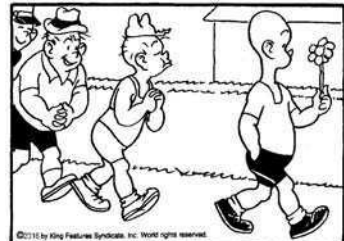
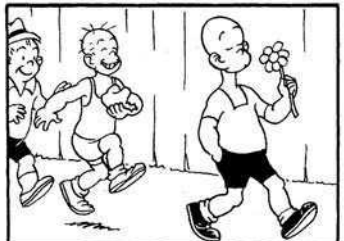
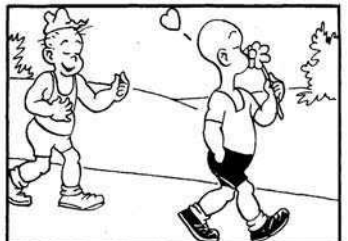
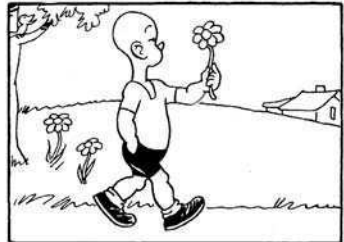
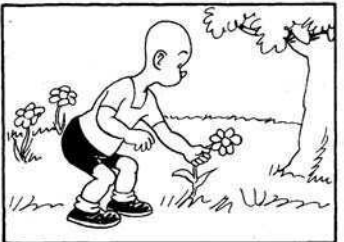
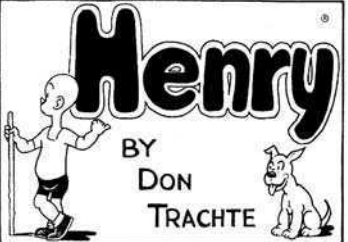
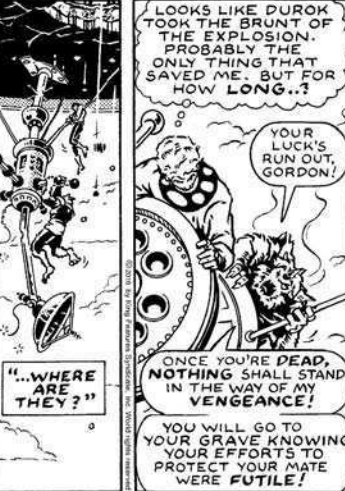
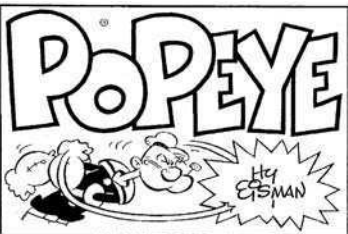


SIDE SHOW



TO YOUR GOOD HEALTH

Can treatment delay” ‘Smoldering Myeloma’?

DEAR DR. ROACH: I have been diagnosed with multiple myeloma in the smoldering stage, based on a bone marrow biopsy and blood tests. Every three months, my hematologist checks my blood tests and tells me that when I feel bone pain, it will be time to begin chemo. While I am in the smoldering stage, is there anything I can do to prolong the shift to the full-blown stage? I am 79 and otherwise in good health. My only symptoms are some fatigue and lack of energy. — W.K.

ANSWER: Multiple myeloma is a type of cancer of blood cells — the plasma cells, which are responsible for making antibodies. Most, if not all, cases of myeloma have a precursor stage called MGUS, monoclonal gammopathy of uncertain signifi-

cance. About 3 percent of all people over 50 have MGUS, and about 1 percent of people with MGUS will develop MM per year. “Smoldering” MM is the diagnosis when the bone marrow biopsy shows evidence of MM, but there are no other signs of MM. Signs of MM include myeloma in the bones (on X-ray or CT, called lytic lesions, since they cause holes in the bones), anemia, high calcium, poor kidney function and high viscosity of the blood, which predisposes a person to strokes.

In addition to looking for physical symptoms, your hematologist is searching for any of these findings. In addition, the amount of immunoglobulin in the blood predicts risk for developing overt MM (the higher the immunoglobulin, the higher the risk). A level over 1.5 g/dL puts you at high risk. Although trials are ongoing, there are no generally accepted treatments to prevent progression to MM for people with MGUS or smoldering myeloma.

DEAR DR. ROACH: I had colon cancer nine years ago and had 12 inches of my colon removed. Quite a few times since then, I have lost control of my bowels, or have had a large movement that I couldn’t stop. Last

night, I had one in my sleep. This is the first time that has happened. I take Metamucil, which was recommended by my internist, but it doesn’t seem to work. What kind of doctor should I see to help it? — J.W.

ANSWER: Fecal incontinence is a common problem, but one that is so embarrassing for some people that they won’t bring it up with their doctor. It can lead to social isolation, and is the No. 2 cause listed for nursing-home placement. Incontinence has many possible causes and, therefore, many types of treatments.

Your internist is probably right about fiber, as it is very helpful in people with liquid stool, but it can make things worse in people with a stricture, such as from radiation, a common cause of incontinence. If you do try fiber, adjust amount so that you are having one or two soft but formed bowel movements daily.

Other types of treatments depend on the underlying problem. Biofeedback, medications, surgery and nerve stimulation are all treatments that have been useful in some people. A gastroenterologist, the specialist in this area, or your cancer surgeon would be the right person to start with.

SALOME’S STARS

ARIES (March 21 to April 19) You’ll soon have a chance to take a big step up from where you are to where you want to be. Check it out first. Remember: Even the Mountain Sheep looks before it leaps.

TAURUS (April 20 to May 20) This week brings a challenge that could determine the future direction of your life. If you’re ready for a change, accept it with confidence. A loved one supports your decision.

GEMINI (May 21 to June 20) A disruption creates a delay in completing your projects. Use this time to pursue a personal matter you were too busy to deal with before. You’ll find it will be time well spent.

CANCER (June 21 to July 22) You

still need to be on the alert for any signs of problems that could create serious misunderstandings. A more positive aspect begins to emerge toward the week’s end. Be patient.

LEO (July 23 to August 22) With things slowing down a bit this week, it would be a good time for luxury-loving Leonines to go somewhere for some well-earned pampering. Things liven up around Friday.

VIRGO (August 23 to September 22) Single Virgos looking for partners are finally getting a break from Venus, who has moved in to make things happen. Attached Virgos see their relationships blossom.

LIBRA (September 23 to October 22) You’ve been working hard to get things done. Now take a breather and recheck your next step. You might want to make some changes in view of the news that comes your way.

SCORPIO (October 23 to November 21) The watchword for savvy Scorpios this week is “preparation.” Consider

sharpening your skills to make the most of the new opportunity you’re about to take on.

SAGITTARIUS (November 22 to December 21) There might still be some loose ends that need tucking up if you hope to get that important relationship repaired. A new spurt of activity starts soon.

CAPRICORN (December 22 to January 19) It’s a good idea to keep the positive momentum going by finding and getting rid of anything that could cause you to stumble. Keep the path ahead clear and open.

AQUARIUS (January 20 to February 18) A period of contemplation is advised before you make your next move. Be sure that where you decide to go is the right place for you. A health matter needs attention.

PISCES (February 19 to March 20) That new energy surge that hit you last week continues to send out good vibrations. Try investing a part of it in creating something noteworthy on the job.

King Crossword

ACROSS

1 Rearward, at sea

4 Highlanders

9 AAA job

12 Scatter seeds

13 Monastery head

14 Years you've lived

15 9-Ball setting

17 Popular sandwich, for short

18 Him (Ger.)

19 They can't be compared to oranges

21 Thickly entangled, as hair

24 Aching

25 Playwright Levin

26 Steal from

28 Do, re and mi

31 Occupy completely

33 Ph. bk. data

35 Colt's mama

36 Dervish

38 Affirmative

40 Falsehood

41 Sketch

43 Rouse

45 Journalist

47 Fallaci

48 Scot's hat

49 Cheating, e.g.

54 Superlative ending

55 Small egg

56 Citric bever age

57 Secret agent

58 Apportioned

59 Tatter

DOWN

1 Cleopatra's snake

2 Egg — yung

3 Pair

4 Accumulate

5 Strand

6 Recede

7 Albright and Falana

8 Trample

9 Mealtime chat

10 Lecherous look

11 Drenches

16 Illuminated

20 Seniors' dance

21 Anger

22 Opera solo

23 Swear

27 Lad

29 A Great Lake

30 Witnessed

32 Old Italian money

34 Washington city

37 Haphazard

39 Vacillated

42 Relinquish

44 Pump up the volume

45 Has bills

46 Grate

50 Trench

51 Rowing tool

52 Harem room

53 Lower limb

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King Crossword

Answers

Solution time: 21 mins.

AFT GAELS TOW

SOW ABBOT AGE

POOL TABLE BLT

IHN APPLES

MATTED SORE

IRA ROB NOTES

FILL NOS MARE

FAKIR YES LIE

DRAW AWAKEN

ORIANA TAM

WAR DIRTY POOL

EST OVULE ADE

SPY METED RAG

Just Like Cats & Dogs by Dave T. Phipps

I HAVE BEGUN WRITING MY LIFE'S STORY. THIS TAKES ME UP TO MY SIXTIES!

Siusslaw News

READ IT TODAY!