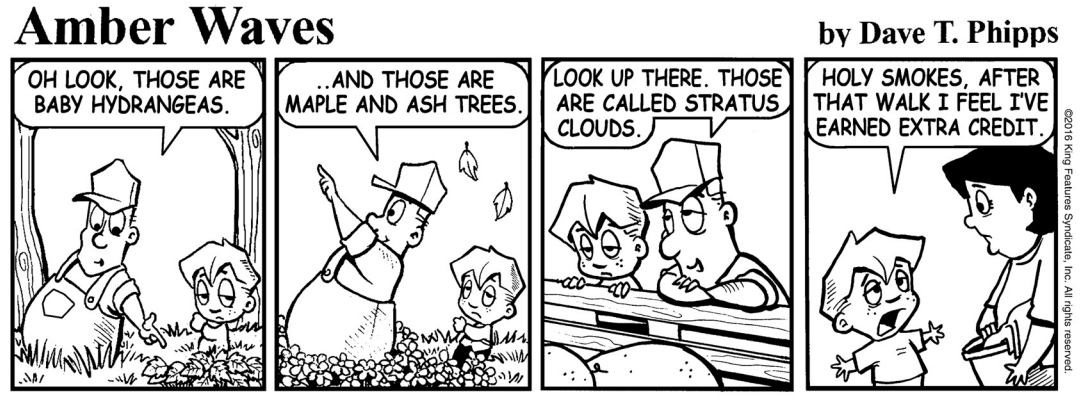
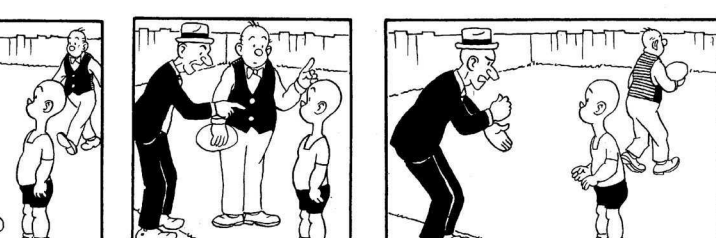
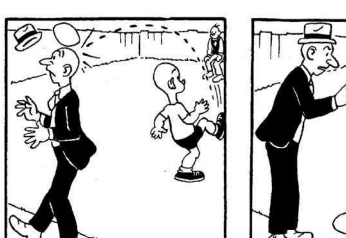
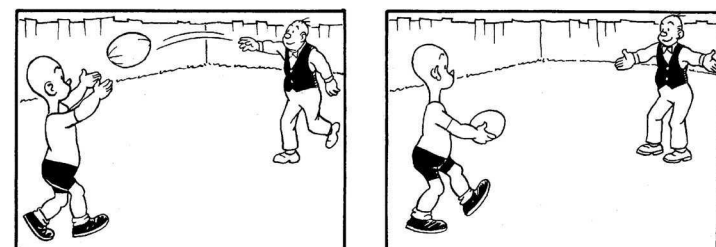
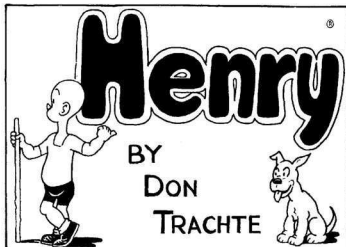
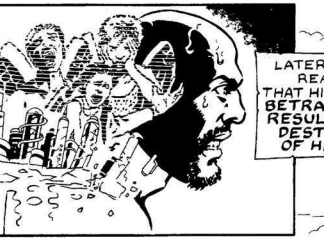
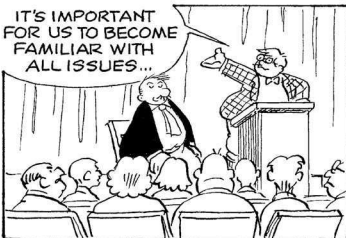
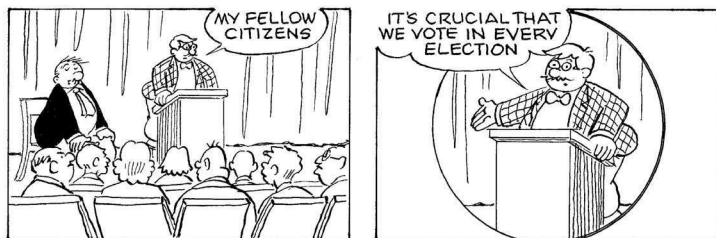
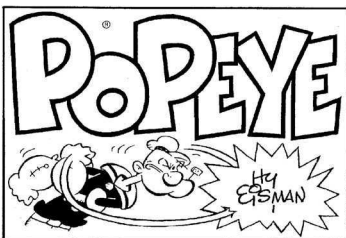


SIDE SHOW



TO YOUR GOOD HEALTH

Cooled thermotherapy is prostate option

DEAR DR. ROACH: What's your opinion on cooled thermotherapy for benign enlargement of the prostate? I recently was put on Flomax and finasteride, and was given the option of having this procedure to eliminate taking these two drugs.

My urologist has had great success, while my internist says the success rate is only 60 percent. My internist did say it's great if it works. — S.V.

ANSWER: Benign enlargement of the prostate is very common in older men, and medications like tamsulosin (Flomax) and finasteride (Proscar) often are used, and are pretty effective in most men. The most effective treatment remains surgery, called transurethral resection of the prostate, TURP, which reduces symptoms by at least half in 98 percent of men.

Unfortunately, TURP causes side effects in at least 20 percent of men, so there are several procedures designed to try to get the benefit of surgery without the drawbacks.

Cooled thermotherapy is a procedure using a microwave device to reduce prostate tissue. It isn't as effective as TURP: Only 72 percent of men reduce their symptoms by half or more; however, it has reduced side effects, such as need for blood transfusion. Unfortunately, there were more symptoms of uncomfortable urination, urgency and need for a catheter after surgery.

I think both of your doctors are right: Some men have good experiences, but not everyone will get relief. Some serious side effects are better with thermotherapy, and others are worse. You need to decide how much taking the medications bothers you and if you can live with the symptoms the way they are.

READERS: The new booklet on the prostate gland discusses cancer, enlargement, infections and erectile dysfunction in detail. Readers can obtain a copy by writing: Dr. Roach — No. 1001W, 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 up to four weeks for delivery.

DEAR DR. ROACH: I just read your column regarding the shingles vaccine. I am an insurance agent who is often asked about coverage for the shingles vaccine. The Affordable Care Act does include this under preventive care for individuals 60 and over. Preventive care is covered at 100 percent for health plans that are not grandfathered. (Grandfathered health plans are plans that have been continued virtually unchanged since 2010. They are not required to comply with all aspects of ACA, so these plans might not provide this service.)

You also may be interested in knowing that, in our area, the Department of Health clinic does offer the shingles vaccine for a fee of \$5 for individuals over the age of 50 who do not have it covered under a health plan. I am not aware if this is unique to our area, or if it is a widespread provision.

ANSWER: Thank you for writing in. Others wrote to me that their Department of Health paid for most or all of the cost. Some said they could get the vaccine covered at a pharmacy but not at physician's offices.

SALOME'S STARS

ARIES (March 21 to April 19) The pitter-patter of all those Sheep feet means that you're out and about, rushing to get more done. That's fine, but slow down by the weekend so you can heed some important advice.

TAURUS (April 20 to May 20) You're in charge of your own destiny these days, and, no doubt, you'll have that Bull's-eye of yours right on target. But don't forget to make time for family events.

GEMINI (May 21 to June 20) Be prepared for a power struggle that you don't want. Look to the helpful folks around you for advice on how to avoid it without losing the important gains you've made.

CANCER (June 21 to July 22) Congratulations! You're about to claim

your hard-earned reward for your patience and persistence. Now, go out and enjoy some fun and games with friends and family.

LEO (July 23 to August 22) The Big Cat might find it difficult to shake off that listless feeling. But be patient. By week's end, your spirits will perk up and you'll be your perfectly purring self again.

VIRGO (August 23 to September 22) A problem with a co-worker could prove to be a blessing in disguise when a superior steps in to investigate and discovers a situation that could prove helpful to you.

LIBRA (September 23 to October 22) This is a favorable time to move ahead with your plans. Some setbacks are expected, but they're only temporary. Pick up the pace again and stay with it.

SCORPIO (October 23 to November 21) Your creativity is recognized and rewarded. So go ahead and claim what you've earned. Meanwhile, that irk-

some and mysterious situation soon will be resolved.

SAGITTARIUS (November 22 to December 21) A new associate brings ideas that the wise Sagittarian quickly will realize can benefit both of you. Meanwhile, someone from the workplace makes an emotional request.

CAPRICORN (December 22 to January 19) It might be a good idea to ease up on that hectic pace and spend more time studying things you'll need to know when more opportunities come later in November.

AQUARIUS (January 20 to February 18) A relatively quiet time is now giving way to a period of high activity. Face it with the anticipation that it will bring you some well-deserved boons and benefits.

PISCES (February 19 to March 20) Go with the flow, or make waves? It's up to you. Either way, you'll get noticed. However, make up your own mind. Don't let anyone tell you what choices to make.

King Crossword

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47		48				49		50		
51						52				
	53					54				

ACROSS

- 1 Salk vaccine target
- 6 Frizzy coils
- 11 Mom or pop
- 12 Censoring sounds
- 14 Majestic
- 15 Reddish brown
- 16 Masseur's workplace
- 17 Nervous
- 19 Through
- 20 Southern st.
- 22 "Go, team!"
- 23 Get ready
- 24 Fiery crime
- 26 Audience
- 28 Jazz style
- 30 Payable
- 31 Risk
- 35 Skewered entree
- 39 Boring
- 40 Petrol
- 42 Pleasant
- 43 Greek vowel
- 44 Kentucky senator
- 46 Poolroom need
- 47 Writer
- 49 Foreign domestic
- 51 Hispanic chap
- 52 Says impul-

DOWN

- 1 Impoverished
- 2 Liver, spleen, etc.
- 3 Romanian money
- 4 "Meet Me — Louis"
- 5 Playful water critter
- 6 Embarrassed
- 7 Chimney
- 8 CSA soldier
- 9 Body of work
- 10 More agile
- 11 Trattoria fare
- 13 Breaks suddenly
- 18 "Unh-unh"
- 21 Dynamite inventor
- 23 Hog the mirror
- 25 Neither mate
- 27 Arctic bird
- 29 Refinery input
- 31 Perfect
- 32 — funds
- 33 Nebraska river
- 34 Long. crosser
- 36 Antacid reducer, for short
- 37 Keeness
- 38 Happy hour orders
- 41 Wound covers
- 44 One (Pref.)
- 45 Island dance
- 48 That guy
- 50 Deposit

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King Crossword Answers

Solution time: 24 mins.

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

