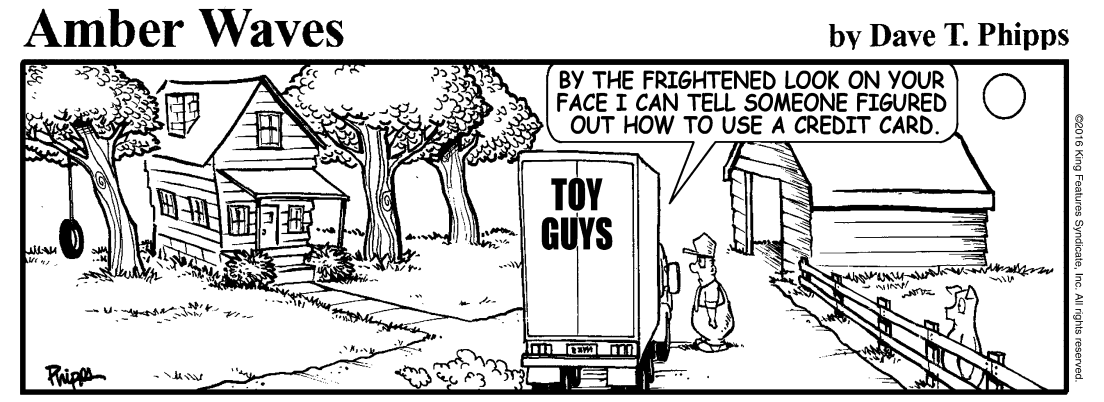
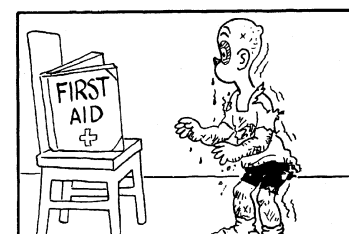
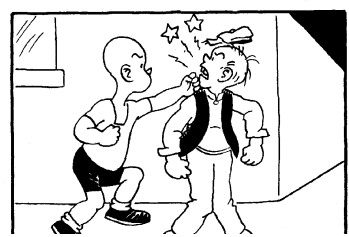
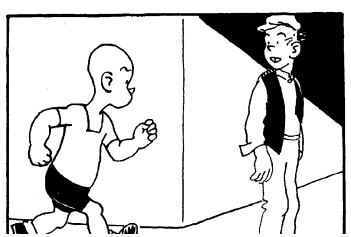
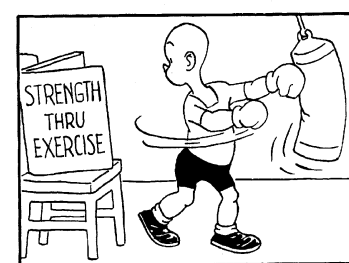
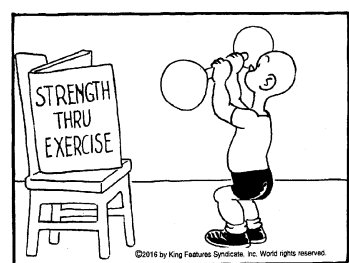
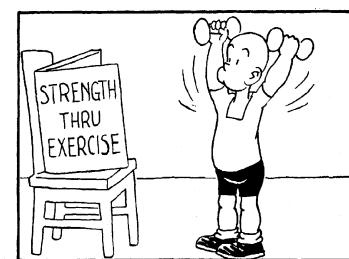
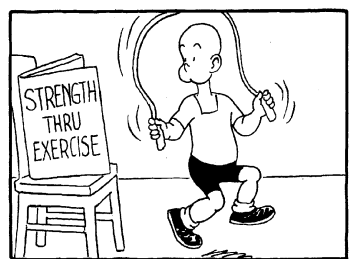
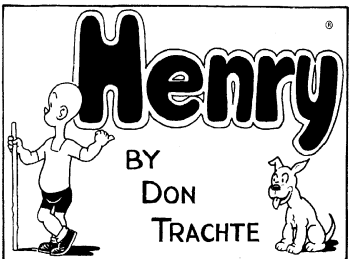
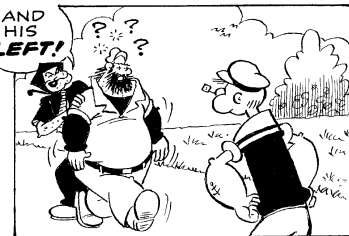
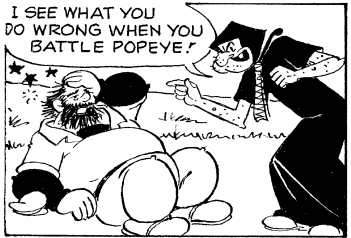
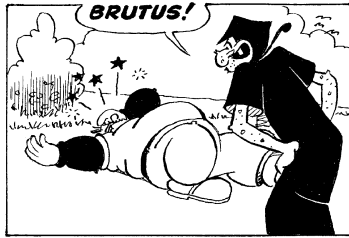
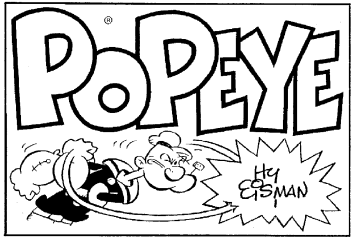


# SIDE SHOW



## TO YOUR GOOD HEALTH

### Chelation therapy: Tests can be flawed

DEAR DR. ROACH: Would you please comment on chelation therapy? A urine test for mercury, lead and arsenic was done that showed abnormal elevations after I was given DMSA. I also was prescribed a long list of vitamins and supplements. This testing and treatment have caused me great confusion. -- Anon.

ANSWER: Chelation is the process of using a medication to rid toxic chemicals, especially the heavy metals you mention, from the body. DMSA is a chemical that binds to mercury and lead, and is then excreted into the urine.

We all have some amount of these metals in our bodies, because they are present in the environment, but few people have toxic amounts. Toxicity happens mostly in people with industrial exposure to the heavy metals. Toxic levels usually,

but not always, are associated with symptoms.

The DMSA you took before the urine test will cause these small amounts to be rapidly excreted by the kidney. The problem I have with this type of testing is that comparing your urine toxin levels after DMSA with urine toxin levels in healthy people who have not had DMSA is not valid, and I would not recommend treatment based on this faulty analysis. Unfortunately, the analysis you had is commonly done, so that nearly everybody tested will show falsely abnormal results. Thus, I recommend strongly against testing without a clear reason to do so, and never using this method.

Chelation treatment of heavy metals is appropriate only if there are symptoms and a history of exposure, and if blood levels not obtained after administration of a chelating drug are high (or urine, for mercury). An occupational medicine physician has expertise in this area and would be a good consultant if you still are confused.

DEAR DR. ROACH: My relative is a 69-year-old who has smoked for 55 years. She has a terrible cough. I want her to cover her mouth with a hankie or tissue when she coughs.

The coughing can go on for a few minutes. She insists that she is not sick, and that it's just allergies. I say she is spraying her sputum, and I might catch what she doesn't know she has. -- S.B.

ANSWER: You don't need to be worrying about yourself. Although it is possible that she has pneumonia, most pneumonias are not transmitted from person to person, so the risk to others is low.

You need to be worrying about your relative. With this degree of cough, it is very likely that she has chronic obstructive pulmonary disease. What's worse, a small number of smokers with a cough like this have lung cancer. In all probability, she is fooling herself that she has only allergies. She needs to quit smoking, now, and also get evaluated.

The booklet on COPD explains in detail both emphysema and chronic bronchitis, the two elements of COPD. Readers can obtain a copy by writing: Dr. Roach -- No. 601W, Box 536475, Orlando, FL 32853-6475. 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.

## SALOME'S STARS

ARIES (March 21 to April 19) This is a good time to let that intrepid Aries temperament take charge. Your strong leadership will help settle those still-unresolved situations. Support comes from a surprising source.

TAURUS (April 20 to May 20) Your problem-solving talents shine as you move to cool down heated emotions. You also inspire trust in all parties when you act with careful consideration of their feelings.

GEMINI (May 21 to June 20) That long-delayed commitment begins to look better to you. But there's still a crucial fact or two you need to know about it. A health problem needs to be taken care of.

CANCER (June 21 to July 22) Don't waste time trying to learn why someone

you relied on is wavering in his or her support of your stand on a workplace issue. Move on with the help of more steadfast allies.

LEO (July 23 to August 22) Relationships enter a brighter period, both at home and in the workplace. Prospects also look good for single Leos and Leonas, who can expect a welcome visit from Cupid.

VIRGO (August 23 to September 22) Those mixed signals that were complicating your life are giving way now to clear, definitive guidelines. This makes it easier for you to weigh your options and make decisions.

LIBRA (September 23 to October 22) Ask your partner for an explanation of what seems to be a sign of strain in your relationship. The sooner you understand the problem, the sooner you can both act to resolve it.

SCORPIO (October 23 to November 21) A new challenge in the workplace holds an exciting promise for the future. But be aware of the fact that you

haven't been told about all the demands you might have to meet.

SAGITTARIUS (November 22 to December 21) Your financial picture brightens as you get into sorting out realistic goals and those that are not reachable at this time. "Caution" remains your fiscal watchword.

CAPRICORN (December 22 to January 19) You're deep into your new project, and that's just fine. But don't neglect your family and friends. Spending time with people you care for is always a wise investment.

AQUARIUS (January 20 to February 18) Past feelings are suddenly reawakened. This could make you emotionally vulnerable. Be careful about decisions you might be asked to make at this time.

PISCES (February 19 to March 20) You've come to a place where you'll be facing important decisions that can affect your future. Rely on your strong moral compass to guide you toward making the right choices.

### King Crossword

ACROSS

- Like a snail
- Biblical verb suffix
- Venomous vipers
- Swearing-in utterance
- Extinct bird
- Actress Perlman
- Acolyte
- Gruesome
- More indigent
- Runs off to wed
- Soar
- Croon
- Possesses
- Thither
- Scratch-and-
- Canyon phenomenon
- Scale member
- Great Lake
- Mall unit
- Wrong (Pref.)
- "Ben-Hur" author Wallace
- Volition
- Denials
- Game with lettered cubes
- Put into cipher
- Met melody
- G.I. of WW I
- Bacterium
- Hiatus
- Telegram
- One's performances
- Speech hesitations
- \$ dispensers
- Cleanser
- Composer Schiffrin
- "Beetle Bailey" dog
- Harbor structure
- Early life forms
- G.I. of WW I
- 19th presi-
- "A pox on thee!"
- A handful
- Folding art
- Police methods
- Right angle
- Composition
- Sill
- Unstressed vowel
- Luggage
- Sandwich cookie
- Last write-up
- Campus quarters
- Spud's buds
- Rowing need

DOWN

- Father (Fr.)
- Emulates Simon?
- Depend (on)
- Fleur-de--
- "-- a real nowhere man"
- Do something
- Vegas troupe member
- de plume

© 2016 King Features Synd., Inc.

### King Crossword Answers

Solution time: 25 mins.

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

