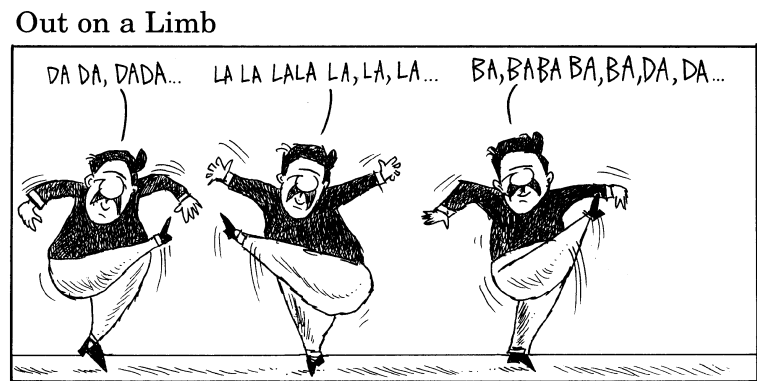
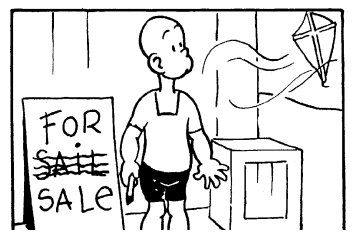
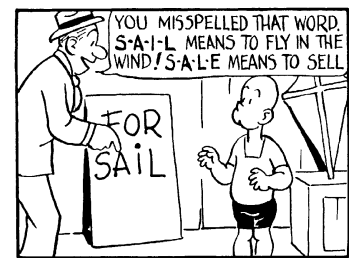
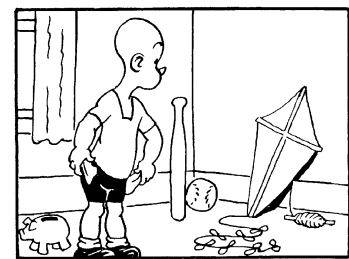
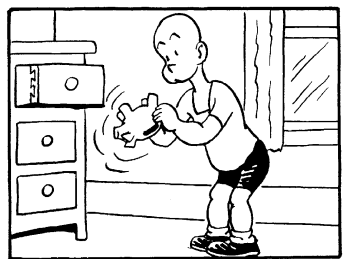
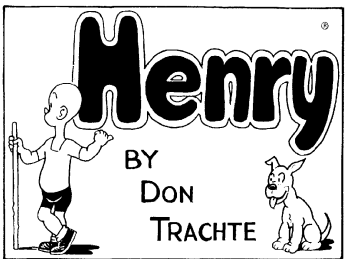
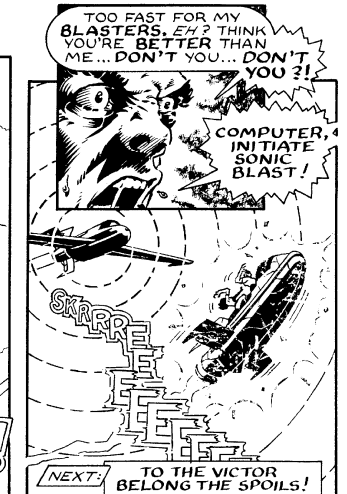
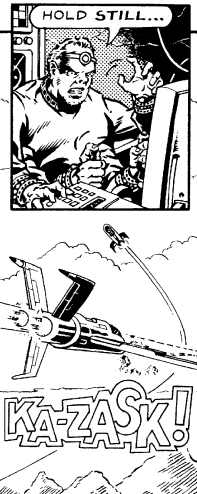
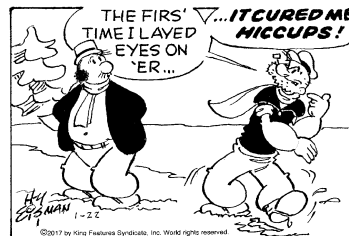
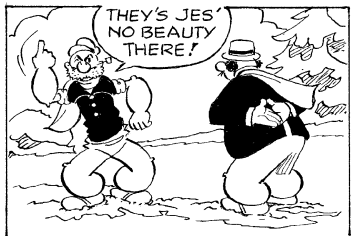
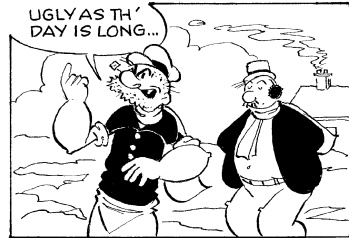
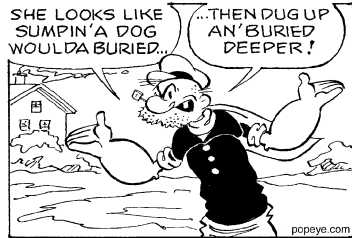
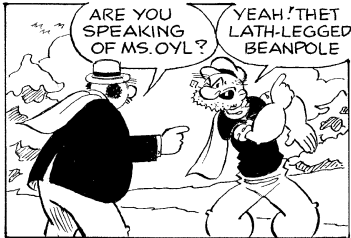
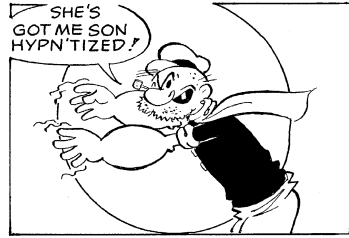
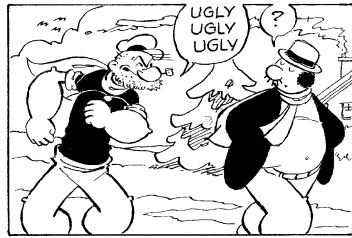
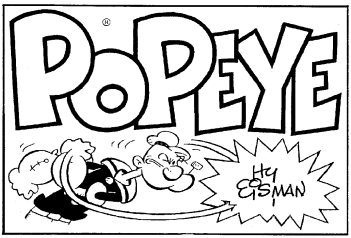
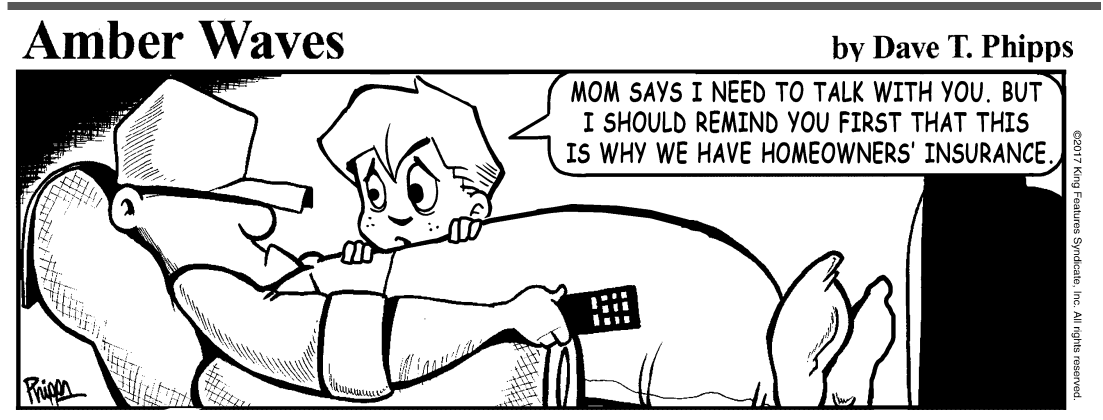


SIDE SHOW



by Gary Kopervas

RAY RAY,
A MAN'S MAN,
DOES THE CAN-CAN



TO YOUR GOOD HEALTH

Reducing the Risk of Breast Cancer

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

SALOME'S STARS

ARIES (March 21 to April 19) Lots of mixed signals can create an unreliable situation in which to make decisions. Best advice: Hold off on making any commitments until you're sure you know what's going on.

TAURUS (April 20 to May 20) An apparently friendly offer comes with some strings attached. Be careful not to get tied into something you don't really want. Thoroughly examine all your options before making a choice.

GEMINI (May 21 to June 20) If you're not careful, distractions can interrupt your best efforts. Continue to focus on what you need to do. You'll soon have lots of time to enjoy the rewards of your dedication.

CANCER (June 21 to July 22) Knowledge replaces suspicion as you

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.

DEAR DR. ROACH: I went to my ENT doctor in January complaining of muffled hearing and a loud, high-pitched noise in my left ear. He gave me a hearing test, and it showed 50 percent loss. I had an MRI and was told that I have an acoustic neuroma on my left side. This has caused me to go 50 percent deaf in my ear. The ENT doctor wants me to wait six months and see if it grows more, which I don't want to do because I feel it should be taken out while it is small.

The choices I have are to watch and wait; to have traditional surgery; or to have surgery with gamma knife or cyber knife. I would really like to just get this done and have it taken out before it causes more problems, like affecting my facial nerve, balance nerve or if it gets too close to my brain

stem. I also am worried that I may go completely deaf. I am getting a second opinion next month from a neurosurgeon. What are your thoughts on all of this? -- B.D.

ANSWER: An acoustic neuroma, also called a vestibular schwannoma, is a type of non-cancerous tumor on the eighth cranial nerve, which is responsible for hearing and balance.

These tumors usually are treated, although some authorities recommend a watch-and-wait approach if they aren't bothering the patient, if the patient is a poor candidate for surgery or if the patient is otherwise reluctant. None of these seems to apply to you, so I would recommend proceeding with the second opinion, the neurosurgeon, whom I think is likely to recommend treatment. Progressive hearing loss is a clear indication that treatment likely would be beneficial sooner rather than later.

All the treatments you mentioned are reasonable. Cyber knife and gamma knife are ways of delivering radiation to the tumor. Since any of these can achieve the goal of preventing the tumor's growth and any worsening of symptoms, the choice should be left to the expert.

begin to learn more about that "act of betrayal." On a lighter note, someone close to you might be planning a pleasant surprise.

LEO (July 23 to August 22) Control your sometimes-overactive jealousy gene before you find yourself saying or doing something that you could later regret. Best advice: Stop obsessing and move on.

VIRGO (August 23 to September 22) It's a good time to loosen up and do something wonderful and exciting before your more reserved nature resurfaces. A message brings news of imminent change.

LIBRA (September 23 to October 22) Cheer up. Things begin to improve significantly by mid-February. However, you might still need help to get through the rest of this sometimes-difficult period.

SCORPIO (October 23 to November 21) Something you learned last week takes on new meaning as you begin to relate it to another situation in your life.

It's best to keep this matter to yourself for now.

SAGITTARIUS (November 22 to December 21) Your energy level is climbing, and so is your self-confidence. Good for you, because you'll need a good dollop of both to tackle an exciting challenge on the way.

CAPRICORN (December 22 to January 19) A family issue might interrupt a career-linked project. Try to give the matter the attention it needs, but be careful not to jeopardize your workplace situation.

AQUARIUS (January 20 to February 18) Some self-doubt shows up this week, causing you to question your ability to handle a new challenge. But you know you can do it, and this is your chance to prove it.

PISCES (February 19 to March 20) A personal matter requires you to be as clear and forthcoming as possible in order to avoid misunderstandings. A career move is eased with the emergence of new facts.

King Crossword

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56				57					58	
59				60						61

ACROSS

1 Stomach muscles
4 Graceful sprite
8 Wise one
12 Promise
13 Surrounded by
14 From the beginning
15 Mound stat
16 Make more acceptable
18 Picture puzzle
20 Thee
21 Sharp turns
24 Horse's call
28 Drool
32 Unrivalled
33 Heavily brew
34 Beethoven's "Fuer --"
36 Pitch
37 Campus mil. org.
39 Part
41 Man of morals?
43 Mediocre
44 Workweek end (Abbr.)
46 Poisonous
50 Asphyxiate
55 Cattle call?
56 Capri or Wight
57 Always
58 Puncturing tool
59 Bygone

DOWN

1 State with certainty
2 Use a drill
3 Use a mop
4 Lethargic
5 Ostrich's cousin
6 Cage component
7 Without doing anything
8 Justice Alito
9 Literary
10 Obtain
11 Ram's mate
17 Charged bit
19 Submachine gun
22 Guys' dates
23 Pigs' digs
25 Tittle
26 Summertime pest
27 Present
28 Poet Teasdale
29 Lotion additive
30 "-- Make a Deal"
31 Hockey legend Phil, to
35 fans
38 Morning stimulant
40 Kanga's kid
42 Expert
45 On the rocks
47 Grand opening day?
48 Midwest state
49 45-Down, perhaps
50 Knightly address
51 Mex. neighbor
52 Aviate
53 "Hail!"
54 Alternative to 38-Down

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King Crossword

Answers

Solution time: 25 mins.

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

Just Like Cats & Dogs

by Dave T. Phipps

OH, COME ON, YOU WANTED TO TRY A NEW PLACE FOR "DATE NIGHT"... I EVEN LET YOU SUPER SIZE IT!

READ IT TODAY!