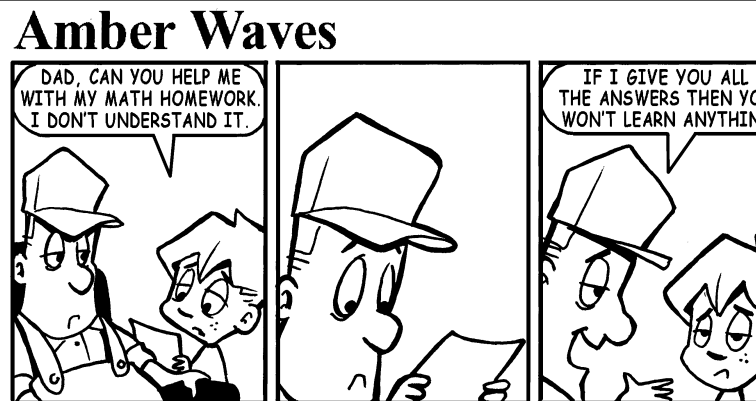
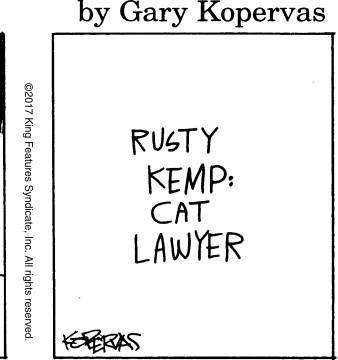
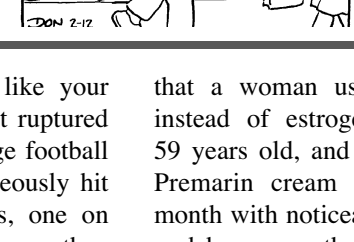
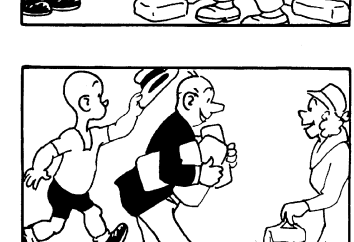
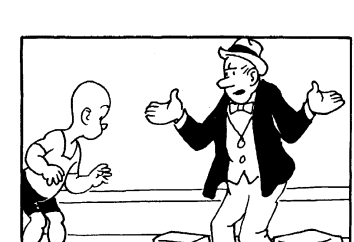
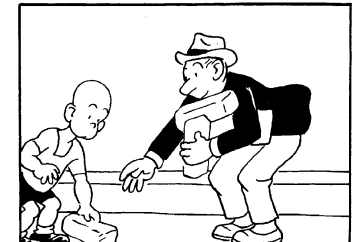
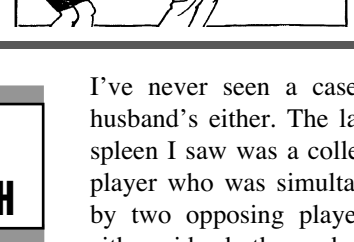
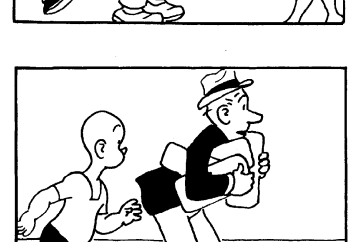
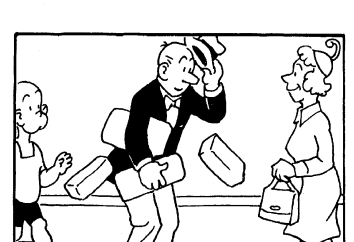
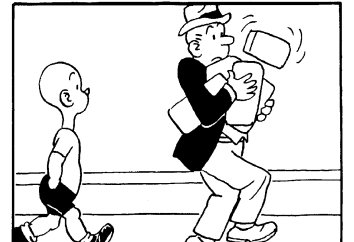
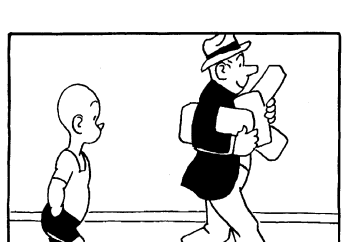
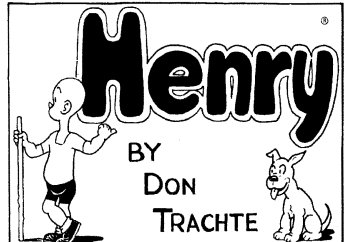
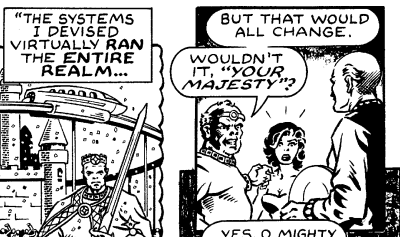
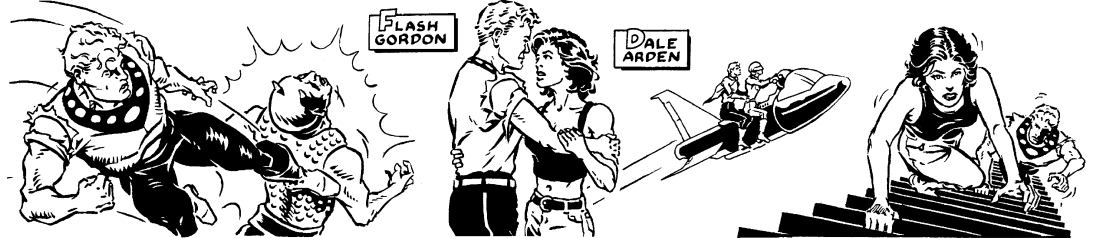
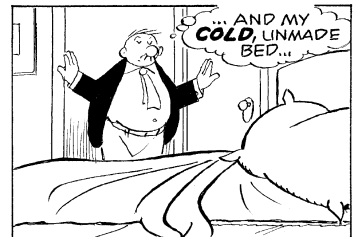
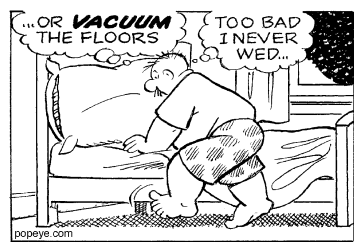
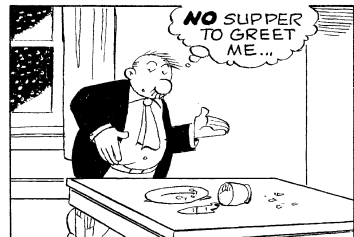
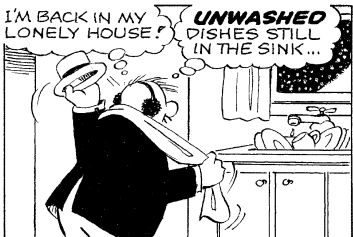
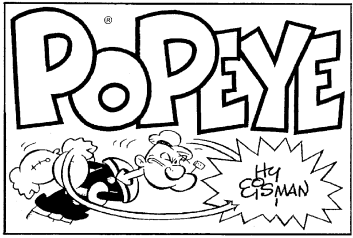


# SIDE SHOW



## TO YOUR GOOD HEALTH

### Can Spleen Rupture Without Any Trauma?

**DEAR DR. ROACH:** My husband was admitted to the hospital with a ruptured spleen that bled into his belly. His surgeon repaired it with a coil. He was not in an accident and had no injuries or any bruising anywhere on his body. His doctor had never seen this; he says a ruptured spleen usually is sustained from some sort of accident. My husband is almost 59, and in good health otherwise. How could this happen, and could this happen again? -- J.C.

**ANSWER:** The spleen removes defective red blood cells from the circulation, and it also destroys bacteria and infected cells. In fact, it is in many ways like a big lymph node, responding to infections by activating and enlarging.

Although a ruptured spleen is well-described in the literature,

I've never seen a case like your husband's either. The last ruptured spleen I saw was a college football player who was simultaneously hit by two opposing players, one on either side, both much larger than he was.

Most people with spleen rupture had an enlarged spleen to begin with, from cancer such as leukemia or lymphoma, infection such as EBV (the virus that causes mononucleosis), inflammatory conditions such as pancreatitis or mechanical causes such as pregnancy. A few cases are related to medications, and a few have no identifiable cause for rupture.

As far as risk of it happening again, there you have me. I found one paper that says the prognosis is "excellent." I would have to refer you back to his surgeon. People who have had their spleens removed are at risk for certain infections, and should have a vaccine for pneumococcus, a major cause of pneumonia. The vaccine is normally given at age 65. Your husband should speak with his doctor about getting it now (since I don't know if his spleen is now considered normal).

**DEAR DR. ROACH:** I read in your column that for vaginal atrophy (dryness/itching) you suggest

that a woman use topical cream instead of estrogen cream. I am 59 years old, and have been using Premarin cream externally for a month with noticeable results. I use a dab every other day. Should I continue to use it even when I don't have symptoms, or only as needed? If you think non-hormonal cream would be better, could you suggest one? I have tried one, but it didn't seem to be effective. -- A.A.

**ANSWER:** I'm sorry I wasn't clear. "Topical" in this case meant a vaginal estrogen cream, as opposed to estrogen taken by mouth. I would continue using it, since it has been effective. Most women use it twice a week after initial treatment.

Non-estrogen creams are fine for many women, but estrogen creams like Premarin usually are more effective.

Dryness and itching may be caused by recurring vaginal infections, which are often troubling to women. The booklet explains them and their treatment. Readers can order a copy by writing: Dr. Roach -- No. 1203W, 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 four weeks for delivery.

## SALOME'S STARS

**ARIES** (March 21 to April 19) The adventurous Aries won't be disappointed with taking on a new challenge, despite some initial misgivings. Look for this move to open other opportunities down the line.

**TAURUS** (April 20 to May 20) Let that beautiful Bovine smile not only put you at ease, but also show that you're ready, willing and more than able to confound the naysayers around you. A new admirer has important news.

**GEMINI** (May 21 to June 20) Be careful how you handle a relationship that you're hoping to save. You already have the facts on your side. Avoid weakening your position by embellishing it with unnecessary dramatics.

**CANCER** (June 21 to July 22)

Taking definitive stands isn't easy for the often-wavering Moon Child. But you not only need to stay with your decision, but also reassure others it was the right thing to do.

**LEO** (July 23 to August 22) As a proud Lion, you're right to be upset about those who might be lying about you to others. But the best revenge is proving them wrong by succeeding at what you set out to do.

**VIRGO** (August 23 to September 22) Caution is still advised before making a financial commitment to a "promising" project. Look for the facts behind the fluff. Devote the weekend to loved ones.

**LIBRA** (September 23 to October 22) A Taurus offers comfort and advice as you deal with an upsetting event. Use this as a learning experience that will help you avoid similar problems in the future.

**SCORPIO** (October 23 to November 21) A romantic situation creates some chaos for single Scorpions. But it's well

worth the effort to work things out. A trusted friend can offer some helpful advice.

**SAGITTARIUS** (November 22 to December 21) Expect to make new friends as your social circle expands. Also, remember to tell that family member how proud you are of his or her achievements.

**CAPRICORN** (December 22 to January 19) New ventures continue to be favored. And with your self-confidence rising all the time, you'll want to see how well you can do with a new challenge. So, go to it.

**AQUARIUS** (January 20 to February 18) This is a good time for the usually "serious-minded" Aquarian to let loose and enjoy some fun times. Expect to get good news about a workplace issue.

**PISCES** (February 19 to March 20) Changed plans might upset some people, but your needs should be respected. Offer explanations when necessary. But don't let yourself be talked into changing your decisions.

## King Crossword

1	2	3	4	5	6	7	8	9	10	11	
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45						46				47	
48						49				50	
51						52				53	

- ACROSS**
- 1 One of the kin
  - 4 Genie's home
  - 8 Green or Rogen
  - 12 Noshed
  - 13 Bloodhound's clue
  - 14 Temptation
  - 15 Cribbage scorer
  - 16 Unescorted
  - 17 Belligerent deity
  - 18 Insignificant sum
  - 21 Still
  - 22 Last letter
  - 23 Pollster's find
  - 26 Moment
  - 27 Moo goo gai pan pan
  - 30 Deception
  - 31 Solidify
  - 32 Marathon fraction
  - 33 Mel of Cooperstown
  - 34 "Family Guy" aier
  - 35 Annie's dog
  - 36 Botheration
  - 37 Erstwhile acorn
  - 38 Universe explanation
  - 45 Vicinity
  - 46 Greek vowel
  - 47 Court
  - 48 Inmates
  - 49 Watchful one
  - 50 Drag along
  - 51 Dandling site
  - 52 Whodunit writer
  - 53 Vast expanse
  - 10 Almond or pecan
  - 11 Pianist Dame Myra
  - 19 Bobcat kin
  - 20 Early nuclear org.
  - 23 However, in verse
  - 24 Deterioration
  - 25 Dine on
  - 26 Driver's license datum
  - 27 Triumph
  - 28 Bygone
  - 29 Crucial
  - 31 Treasure seekers in a 1985 movie
  - 32 Create
  - 34 Rx watchdog grp.
  - 35 About 30 percent of Africa
  - 36 Lower in rank
  - 37 Playful water critter
  - 38 Endorse
  - 39 Press
  - 40 Heredity unit
  - 41 "The Third of May 1808" painter
  - 42 They give a hoot
  - 43 Libertine
  - 44 Relaxing practice

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### King Crossword Answers

Solution time: 24 mins.

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

