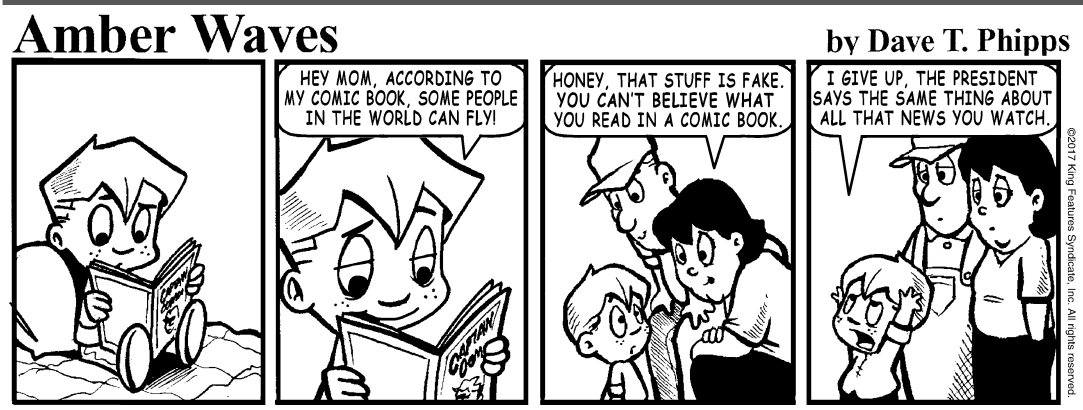
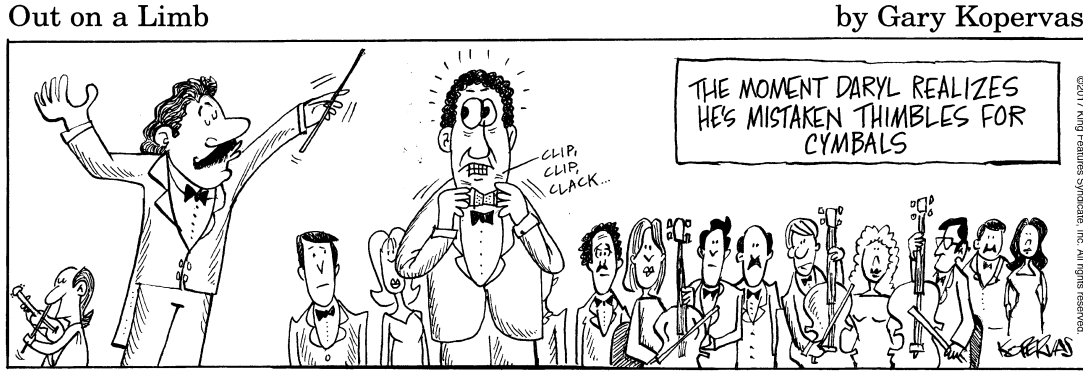
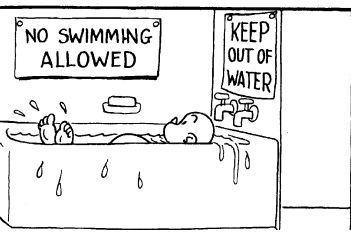
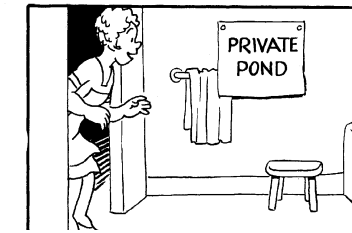
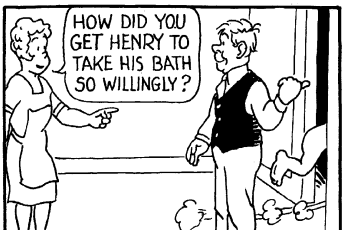
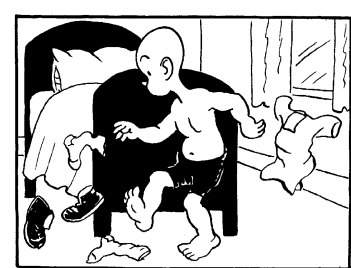
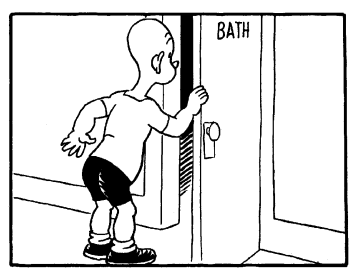
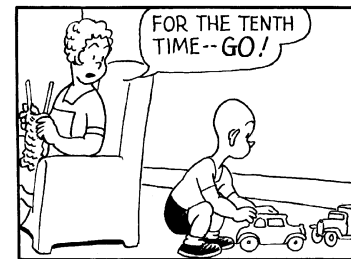
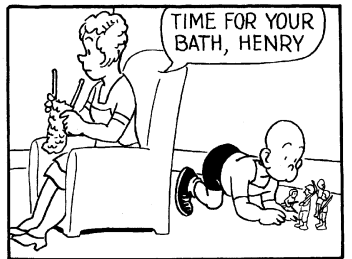
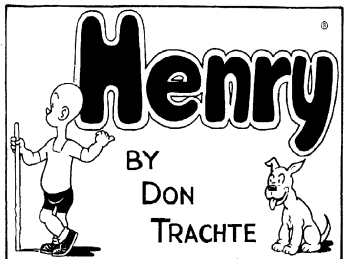
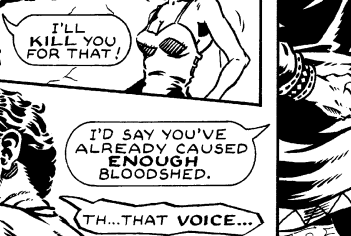
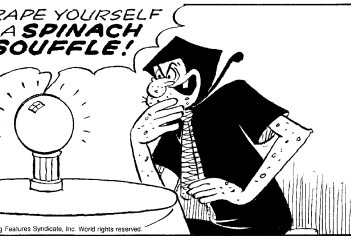
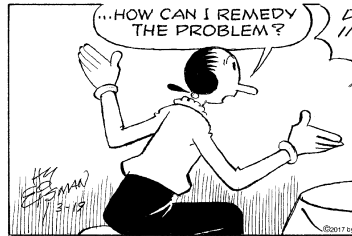
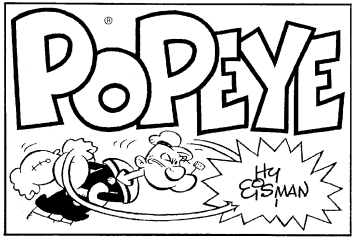


SIDE SHOW



TO YOUR GOOD HEALTH

Irritable Bowel Syndrome Vanishes After 35 Years

DEAR DR. ROACH: I'm a 77-year-old man in good health except for irritable bowel syndrome for 35 years. Six months ago, I started taking two low-dose aspirins daily as a preventive, and since then all IBS symptoms have disappeared. Stools and frequency are now normal and without any intense cramping, gas or urgency, which I had for all those years. Frankly, I'm pleasantly shocked, since I thought IBS had no cure. I take no other medications or supplements, so it seems likely that the aspirin has alleviated or maybe cured my IBS. I thought other readers might be interested. Any thoughts? -- B.C.

ANSWER: Yours is a very unusual but not unheard of response to aspirin. Most people with IBS find that aspirin and other anti-inflammatories worsen IBS symptoms. I have

read of others who have the same response you seem to, however.

Aspirin remains controversial as a preventive in people without heart disease, but I believe the benefits outweigh the risks in people at high risk for heart disease, even if they are undiagnosed. Always speak with your doctor before beginning a course of aspirin, even if it's low-dose.

DEAR DR. ROACH: I have taken the same dosage of Synthroid for several years. Since this dose successfully maintains my thyroid level, is it still necessary for me to have my bloodwork done once a year, or could I either stop having bloodwork done or have the test performed every other year? -- R.M.

ANSWER: In general, the dose of replacement thyroid remains roughly constant over the long term. However, the dose may need to be adjusted for several reasons, including weight change, other medication use, change in absorption due to gastrointestinal developments or pregnancy. Also, even normal aging alters the metabolism of thyroid hormone, so I'd recommend continuing to check levels once yearly at a minimum.

The booklet on thyroid disorders

provides insight into the various forms and treatment of this disease. Readers can order a copy by writing: Dr. Roach -- No. 402W, 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.

DEAR DR. ROACH: Several weeks ago, I contracted a bad cold with much congestion.

I have received an antibiotic plus nasal spray, and most of the congestion is gone. I have no pain. My concern is that my ears are still partially blocked. I can clear them by pinching my nose and blowing, such as one does in an aircraft, but I must do this frequently. I am worried about hearing damage. I don't know what else to do. -- R.F.

ANSWER: The Eustachian tube connects your middle ear with the back of the throat and equalizes the pressure in your ear. It is common for congestion to linger. Fortunately, it does not permanently damage hearing, and usually goes away by itself. Decongestants can help, but do not use a decongestant spray such as Afrin (oxymetazoline) for more than three days.

SALOME'S STARS

ARIES (March 21 to April 19) Be careful about doing someone a favor when you don't know the full story behind the request. Don't rely on someone's unsubstantiated assurances. Insist on all the facts before you act.

TAURUS (April 20 to May 20) That workplace problem still needs your attention before you finally can close the book on it. Meanwhile, a long-anticipated reunion gets closer to becoming a happy reality.

GEMINI (May 21 to June 20) You might be demanding more from others than they can give. Best advice: Have a long and frank talk to determine what the facts are. Tensions should abate as the week winds down.

CANCER (June 21 to July 22) Aspects are favorable throughout this

week for making contacts that could be important to your career plans. Meanwhile, an old friend offers the advice you're seeking.

LEO (July 23 to August 22) It's time to stop licking your wounds from past mistakes. Get up and get going toward your future. Loyal friends will be there to help the Lion get back into rip-roaring shape.

VIRGO (August 23 to September 22) Take time out to go over what's expected of you before you begin your new project. Otherwise, you run the risk of pushing yourself harder than you need to.

LIBRA (September 23 to October 22) An unusual request could put you in an awkward position. Best advice: Deal with it immediately. The longer you delay, the more difficult it will be to get out of it.

SCORPIO (October 23 to November 21) You should feel recharged and ready for whatever your workaday world holds for you. The same positive

energy spills over into your personal relationships.

SAGITTARIUS (November 22 to December 21) A prospect might be less than it appears to be. Like the Archer in your sign, you always aim for the truth. And this is no time to settle for less than full disclosure.

CAPRICORN (December 22 to January 19) Start doing some serious thinking about a career move that could entail more than just changing job sites. Some lifestyle changes also might be involved.

AQUARIUS (January 20 to February 18) With tensions easing at the workplace, a more positive environment once again encourages the free flow of ideas so typical of the always-innovative Aquarian.

PISCES (February 19 to March 20) Show some of that usually hidden steel-strong Piscean backbone, and stand up for yourself if you hope to make a case for that promotion you know you deserve.

King Crossword

ACROSS

- 1 Smooth-talking
- 5 Water barrier
- 8 Urban pall
- 12 Places
- 13 "Where did -- wrong?"
- 14 Ocean motion
- 15 Enthusiastic, plus
- 16 -- de deux
- 17 One
- 18 Cognitive
- 20 Dry cleaner's challenges
- 22 Acapulco gold
- 23 Branch
- 24 Freeway access
- 27 Small details
- 32 Peyton's brother
- 33 Alias (Abbr.)
- 34 Sharp turn
- 35 Church VIP
- 38 Titanic foe
- 39 Ostrich's cousin
- 40 "Flying Down to --"
- 42 High-ranking angel
- 45 Historic write-up
- 49 Rocky peak
- 50 Suitable

1	2	3	4	5	6	7	8	9	10	11	
12				13				14			
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53				54				55			
56				57				58			

- 52 Castle protection
- 53 Leering look
- 54 Zodiac cat
- 55 Former
- 56 Pitch
- 57 Listener
- 58 Abound
- 7 Peat source
- 8 Washington's portraitist
- 9 Play down
- 10 Valhalla VIP
- 11 Understands
- 19 It's between kue and ess
- 21 Greek consonant
- 24 Sleep phenomenon, for short
- 25 "The Greatest"
- 26 Ores
- 28 Prez after
- 29 Harry
- 29 Storyteller
- 30 Melody
- 31 Early bird?
- 36 Pictorializations
- 37 Dine
- 38 Witticism
- 41 Fashionable
- 42 Highlander
- 43 Therefore
- 44 -- and hearty
- 46 Top-rated
- 47 Chantilly, e.g.
- 48 Goblet feature
- 51 Shooter ammo

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King Crossword

Answers

Solution time: 25 mins.

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

Just Like Cats & Dogs

NOW SEE, WHILE YOU WERE GONE, THE BATHROOM STAYED CLEAN. OF COURSE I'M NOW BANNED FROM THE MINI MART DOWN THE STREET.

