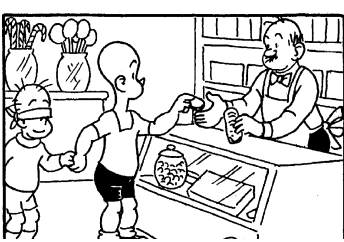
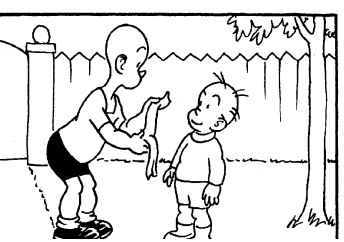
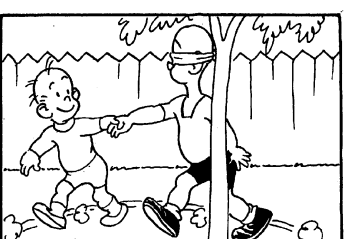
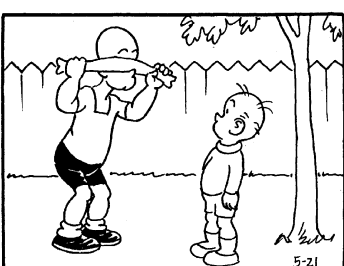
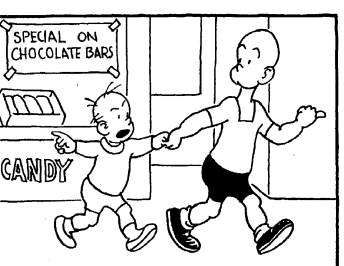
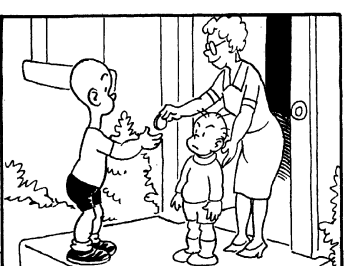
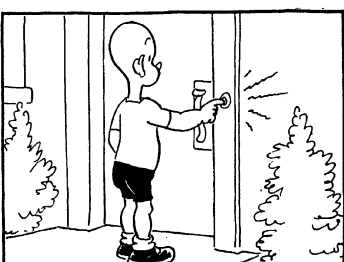
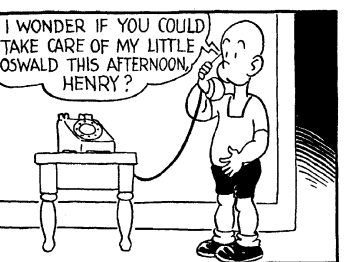
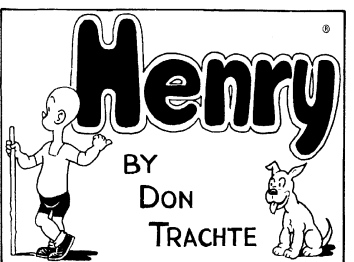
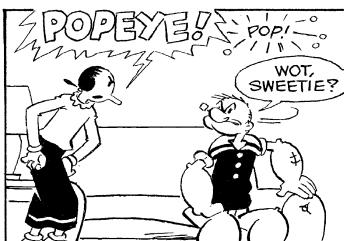
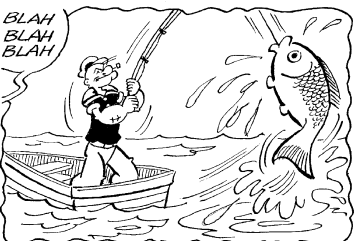
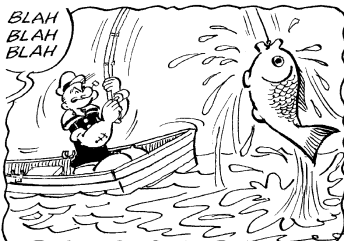
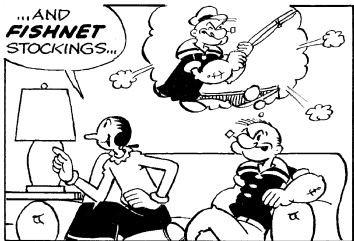
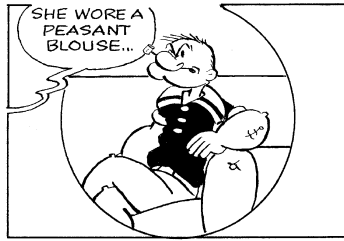
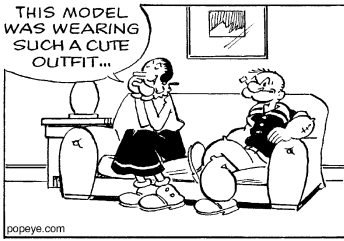
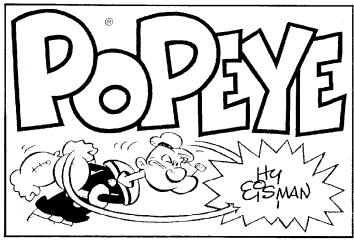
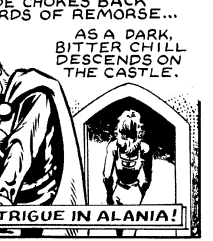
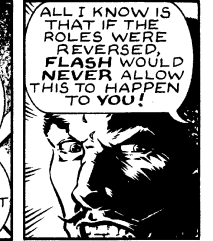
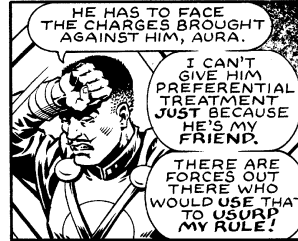
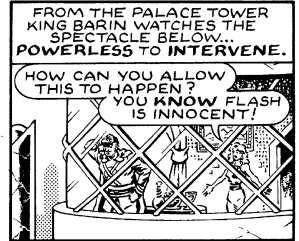


SIDE SHOW



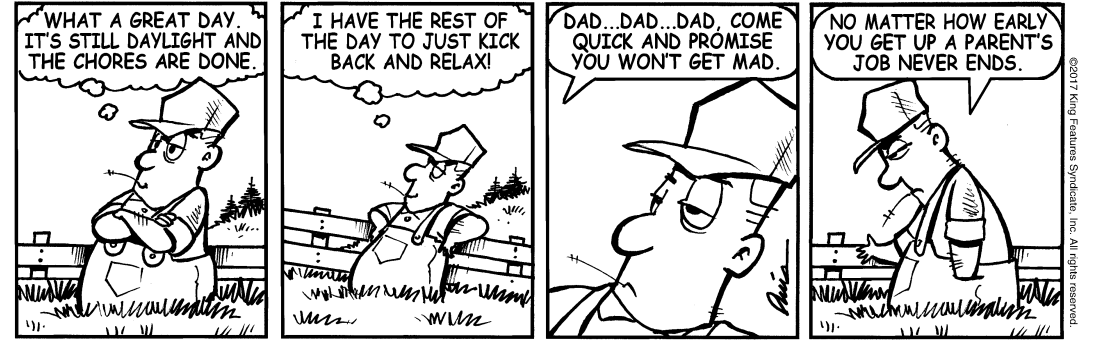
OUR STORY SO FAR...



Out on a Limb by Gary Kopervas



Amber Waves by Dave T. Phipps



TO YOUR GOOD HEALTH

Colonoscopy Is Best Test for Colon Cancer

DEAR DR. ROACH: My husband, who is 73 and otherwise in good health, had a colonoscopy in the summer of 2012 and was told that because no polyps or any problems were found, he did not need another test for 10 years. This October, he was diagnosed with stage 4 colon cancer, which has spread to the abdomen and omentum. He also had seven polyps removed during his latest examination. My question is, How likely is it that such a virulent cancer could grow in such a short time? I would be resigned to the diagnosis if I didn't feel that something was missed in the initial exam. Also, I had a colonoscopy done by the same doctor this summer and also was told that I need not come back for 10 years. Should I be concerned? -- H.B.

ANSWER: I am very sorry to hear about your husband. What happened is very unusual. All guidelines agree that in a person with a normal colonoscopy, a repeat in 10 years is recommended. A repeat in five years would have been recommended if a low-risk polyp had been found, earlier with high-risk or multiple polyps. I haven't personally seen a case like your husband's, where an advanced cancer presents less than 10 years after a normal colonoscopy. This should happen in fewer than 1 in 1,000 people.

There are several reasons why it can happen. The most important is that even a properly done colonoscopy misses polyps. Very small polyps (less than 5 mm) can be missed 26 percent of the time, but large polyps (greater than 10 mm) are missed only 2 percent of the time. Although the colonoscopy is the best screening test we have for colon cancer, it isn't perfect. It's also possible that he just had a very fast-growing cancer.

While I understand your concern about getting yourself an earlier repeat colonoscopy, your risk is very small, and if you trust the doctor who did the colonoscopy, you should get your repeat in 10 years.

READERS: Some 140,000 people are diagnosed with colon cancer in the U.S. each year. The booklet on colon cancer provides useful information on its causes, symptoms and treatments. To order a copy, write: Dr. Roach -- No. 505W, 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: My mother, 88 years old, recently switched her medicine for hypertension from timed release, which she has been taking for 10 years, to one that is not timed release, because the timed release was too expensive. I'm worried. Has she compromised her health by doing this? Her cardiologist gave her the go-ahead. -- J.R.

ANSWER: In my opinion, timed-release versions for high blood pressure are preferable to non-timed-release because the level of the medication in the blood can go up and down to a greater degree with the regular-release formulation. However, it does depend on the medication, and her cardiologist knows more than I do about her particular situation.

SALOME'S STARS

ARIES (March 21 to April 19) A heads-up alert to all free-spirited Ewes and Rams: Be wary of a deal that could result in compromising your independence. Check every detail before making a commitment.

TAURUS (April 20 to May 20) New facts emerge that help put an irksome workplace situation in perspective. Meanwhile, pay more attention to a family member who needs your wisdom and strength.

GEMINI (May 21 to June 20) A slight setback in plans is nothing to worry about. Use this delay to deal with a number of matters you might have ignored for too long. Expect news from someone in your past.

CANCER (June 21 to July 22) You're entering a period of stability. Use it to straighten out any out-

standing problems related to a very personal situation. Also, pay closer attention to financial matters.

LEO (July 23 to August 22) As much as you love being a social Lion, you might well benefit from staying out of the spotlight for a while. You need time to reflect on some upcoming decisions.

VIRGO (August 23 to September 22) A difficult family situation improves, thanks to your timely intervention. You can now start to focus more of your attention on preparing for a possible career change.

LIBRA (September 23 to October 22) An on-the-job change works to your benefit by offering new opportunities. It's up to you to check them out. Meanwhile, a stalled romantic situation starts up again.

SCORPIO (October 23 to November 21) That flare-up of Scorpion temperament cools down, leaving you more receptive to suggestions about changes that might need to be made in your personal

life. SAGITTARIUS (November 22 to December 21) An unusual period of indecisiveness is a mite frustrating. But things soon clear up, allowing the sage Sagittarian to make those wise pronouncements again.

CAPRICORN (December 22 to January 19) You might feel that you know best, but it's not a good idea at this time to try to force your opinions on others. Best advice: Inspire change by example, not by intimidation.

AQUARIUS (January 20 to February 18) Some setbacks could affect your plans to fortify your financial situation. But things start moving again by early next week. Meanwhile, enjoy your resurgent social life.

PISCES (February 19 to March 20) Show that often-hidden steely spine of yours as you once again stand up to an emotional bully. You've got the strength to do it, especially as friends rally to your side.

King Crossword

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
18			19				20			
			21				22			
23	24	25			26			27	28	29
30				31				32		
33			34	35			36	37		
			38				39			
40	41	42			43			44	45	46
47					48			49		
50					51			52		
53					54			55		

ACROSS

1 Nuclear energy source
5 Pigpen
8 Hairdresser's item
12 Pop
13 Raw mineral
14 Hawaiian feast
15 Desert-like
16 Painting, sculpture, et al.
18 Conifer exudation
20 Lascivious
21 Two, in Tijuana
22 Owns
23 Hodgepodge
26 Reception amenity
30 Coop dweller
31 Ewe's mate
32 Altar affirmative
33 Tram, usually
36 Otherwise
38 Grecian vessel
39 Supporting
40 Pedro's pal
43 TV schedules
47 Oscillation rendering
49 Locate
50 Picture on a PC
51 Zero

DOWN

1 Pronto, on a memo
2 Spelling of TV
3 Valhalla VIP
4 Got by somehow
5 Couches
6 Stumble
7 Longing
8 Contract section
9 What we share
10 Dillon or Damon
11 Not idle
17 Verve
19 "Help!"
22 That guy
23 Resistance measure
24 Garland for 14-Across
25 Hostel
26 Series of battles
27 Crib
28 Big bother
29 Deteriorate
31 Scooted
34 Oregon city
35 Singer Sheryl
36 Charged bit
37 Painting on plaster
39 Profession
40 Unrepaired
41 Isinglass
42 Privy to
43 Roman 57
44 "Once — a time ..."
45 Shetland, for one
46 Underworld river
48 Moreover

© 2017 King Features Synd., Inc.

King Crossword Answers

Solution time: 21 mins.

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

