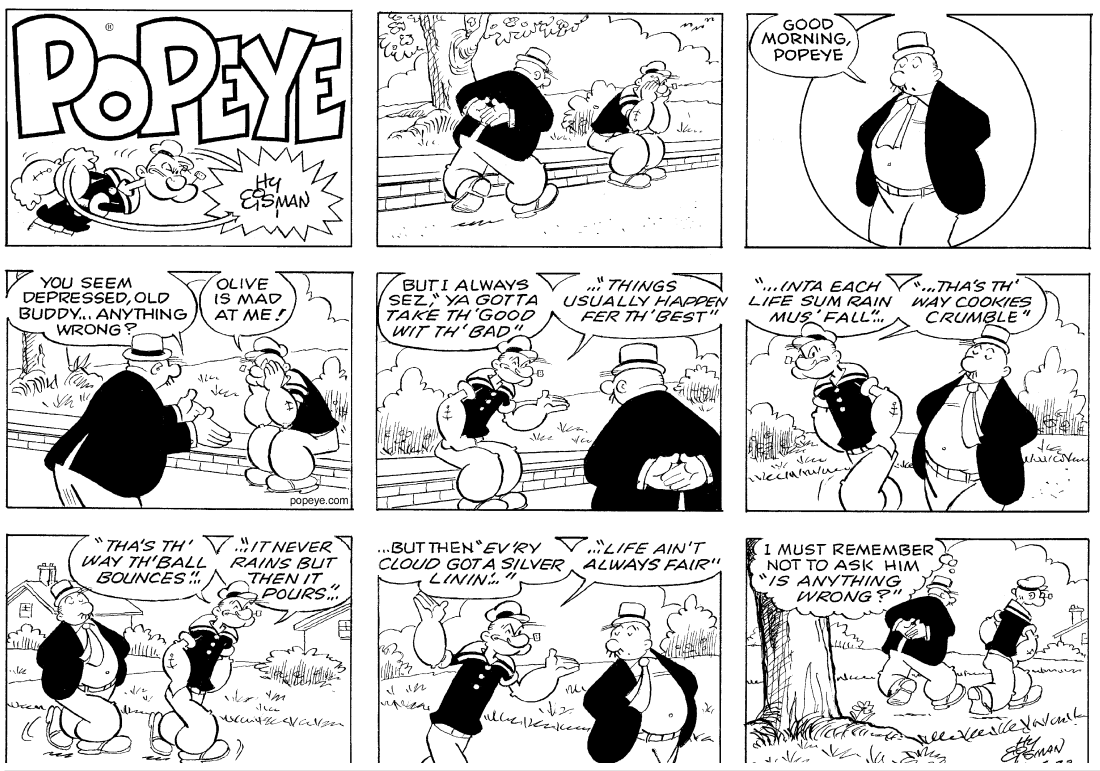
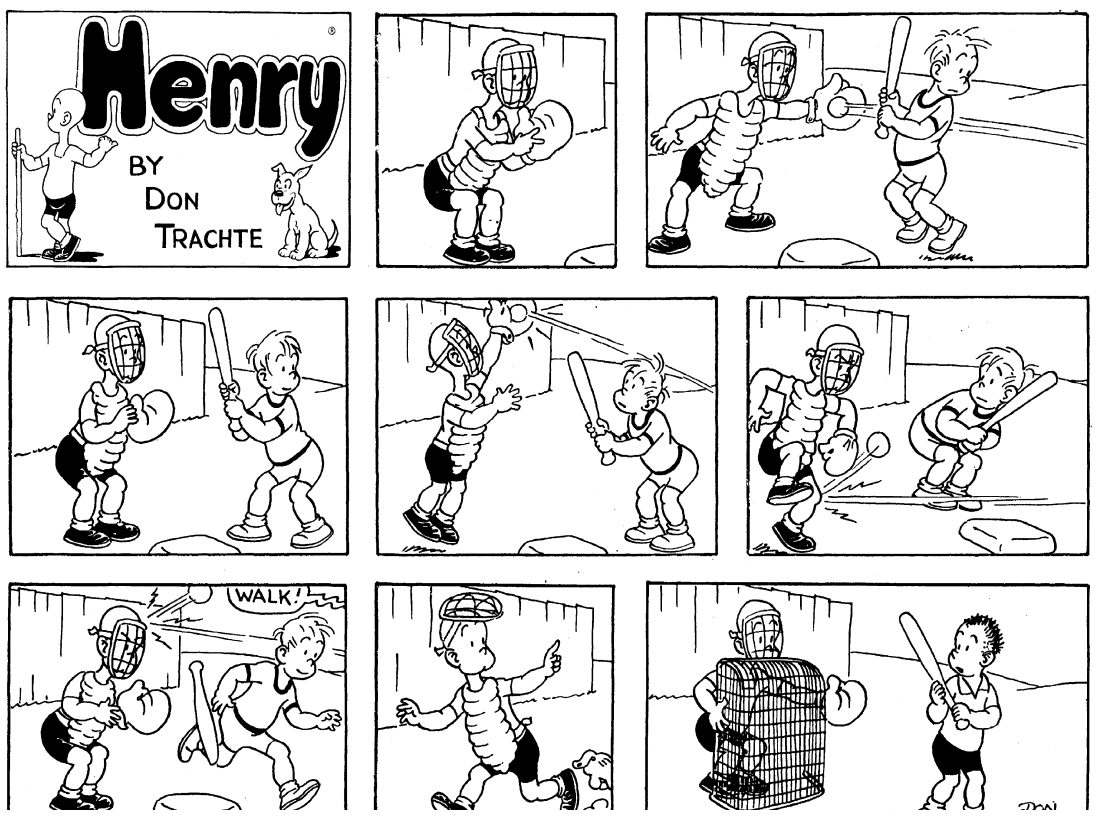
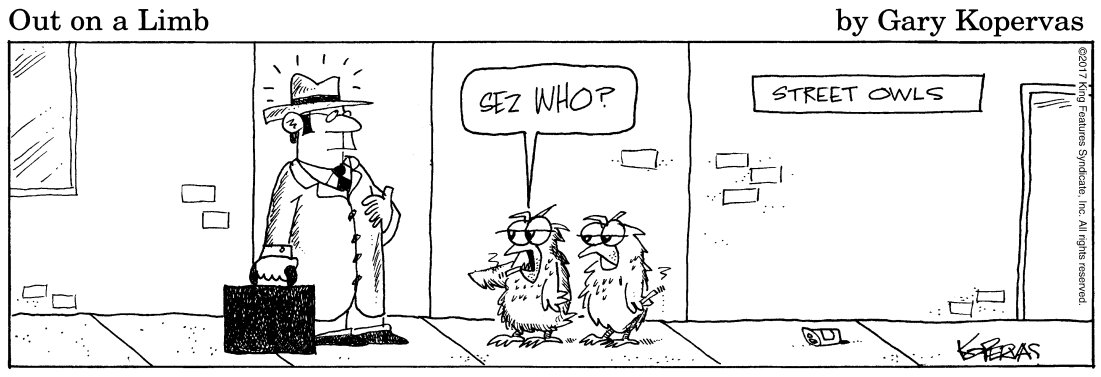
SIDE SHOW



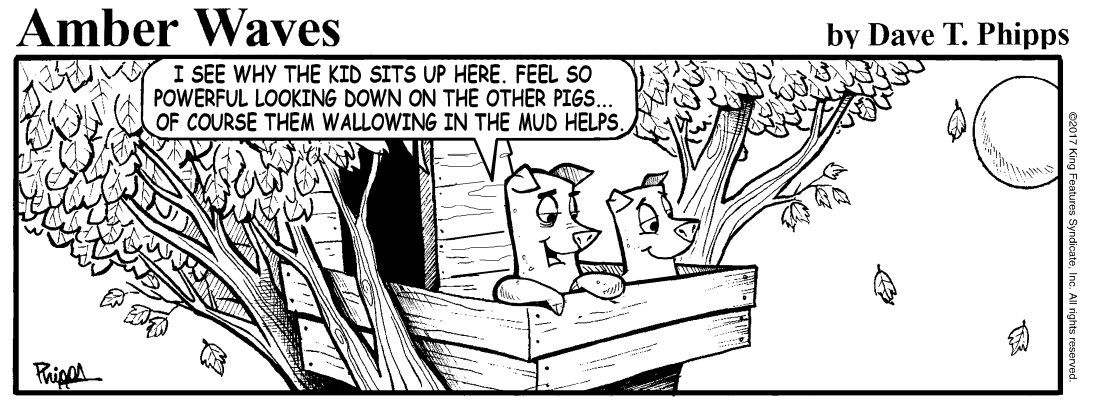


Out on a Limb by Gary Kopervas



Amber Waves

by Dave T. Phipps



TO YOUR GOOD HEALTH

Swallowing Pills Just Got Easier

DR. ROACH WRITES: A while back, I asked readers for suggestions on swallowing pills, and I got many helpful answers. I particularly liked this pharmacist's advice, since it combines physics and common sense:

"Because capsules FLOAT and tablets SINK, two ways are helpful. For capsules this works for me: Place the capsule on your tongue, then take a big swallow of water through a straw, keeping your chin neutral. For tablets, put water in your mouth first, then tilt your head back and drop the tablet into your mouth and swallow."

Using a straw was the most frequent advice I heard. Thicker liquids were the key for other readers, while one reminded me that an inexpensive pill crusher can turn a pill to powder, which can then be mixed into yogurt or applesauce. However, always check with your pharmacist, since some pills, such as long-acting formulations, should not be crushed, and a few should not be mixed with foods. Another person found that swallowing some ice chips for a few minutes prevented the gag reflex that kept her from swallowing medicines.

DEAR DR. ROACH: My father read your recent column pertaining to kidney stones. He recently passed a kidney stone and was wondering if there is a lab that he could send his stone to directly to be analyzed? Unfortunately, he prefers not to visit an internist or urologist. -- L.P.

ANSWER: It depends on the state, but most laboratories require a professional's order to perform testing. I have mixed feelings about this; however, I generally agree, since a physician or other provider should provide individualized recommendations on the appropriate changes in diet, medication and fluid intake, based on the stone type, medications taken, diseases or conditions present and other factors. There are services available on the Internet that will perform laboratory testing without an order (by having a medical director in a given state order the lab), but I don't recommend it for the reasons above.

DEAR DR. ROACH: I have to take levothyroxine in order to obtain an acceptable TSH number. I have read that some doctors are stating that there is a relationship between hypothyroidism and gluten intolerance, possibly even celiac disease. Is this proven to the point where a patient should alter his or her diet and give up the basic foods of bread and cereal? -- R.K.

ANSWER: People with celiac disease have a much higher risk of autoimmune thyroid disease (especially Hashimoto's, the most common cause of low thyroid) than expected, to the point where everyone with celiac disease should have a blood test to look at thyroid levels. Celiac disease, or intolerance of gluten in general, may have few or subtle symptoms, and it might be worthwhile to consider testing for celiac disease in people with autoimmune thyroid disease. However, I would not recommend a drastic change in diet for people with thyroid disease if there are no symptoms.

SALOME'S STARS

ARIES (March 21 to April 19) A recent spate of confusion regarding decision-making begins to clear up. But caution is still advised. Continue to check details. An old friend has important news.

TAURUS (April 20 to May 20) You're anxious to see your ideas move from concept to development. But trying to force the issue right now could backfire. Wait for movement to resume shortly.

GEMINI (May 21 to June 20) Keep your thoughts focused on the positive as you deal with an unexpected turn of events in a personal or professional relationship. This could be the start of a welcome change.

CANCER (June 21 to July 22) Health matters take on added importance at this time. Deal with them before they interfere with your summer plans. A relationship that cooled off could soon warm up again.

LEO (July 23 to August 22) While a few details involving upcoming decisions still need your attention, you fun-loving Felines can begin to spend more time enjoying your lively social life again.

VIRGO (August 23 to September 22) That long-sought-after career change could require you to move to another city. Weigh your decision carefully before either accepting or rejecting the offer out of hand.

LIBRA (September 23 to October 22) A workplace situation can be awkward for Librans who prefer to keep their problems private. But you might have to "tell-all" if you hope to see it resolved in your favor.

SCORPIO (October 23 to November 21) Although your financial situation starts to improve this week, you still need to be cautious about money matters. Avoid major obligations, for now.

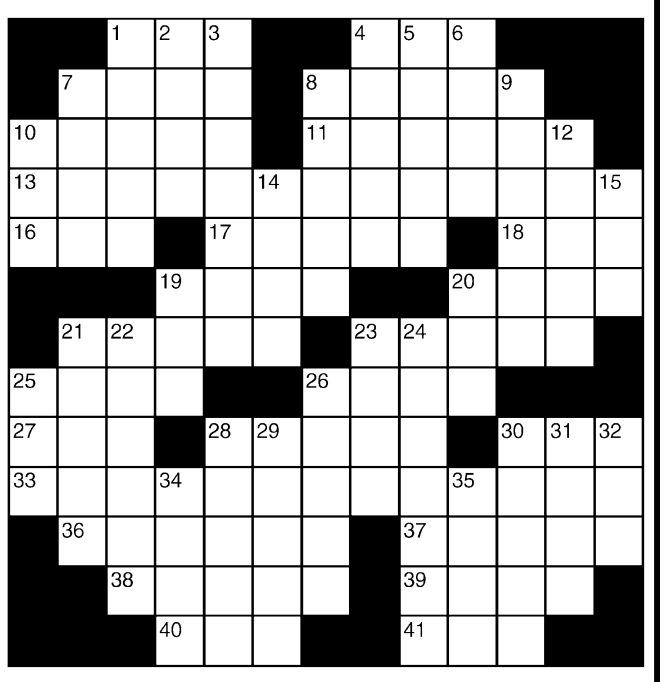
SAGITTARIUS (November 22 to December 21) Your overall aspects continue to brighten, allowing you to tackle long-deferred challenges. A change in travel plans could work to your benefit.

CAPRICORN (December 22 to January 19) Things seem to be slowing down for the usually restless Sea Goat. But wouldn't a bit of respite be just what you need right now? Activity picks up by the weekend.

AQUARIUS (January 20 to February 18) Personal relationships take a positive turn for both married and single Aquarians. Professional commitments, however, could be complicated by newly emerging events.

PISCES (February 19 to March 20) A decision you thought was final might be reopened as new facts are discovered. This could lead to a short-term problem, but ultimately might prove beneficial.

King Crossword



ACROSS
1 Space
4 Recipe meas.
7 Lass
8 Luster
10 Calcutta's land
11 High, wispy cloud
13 Orphan Annie's benefactor
16 Really messy place
17 Frogs' hangouts
18 Whopper
19 Crooked
20 Witnessed
21 Representative
23 Dervish
25 "Two and a Half Men" role
26 Oodles
27 Cacophony
28 Colorado tribe
30 Chum
33 Spider's cousin
36 Certain winner
37 Assessed
38 Tittles
39 Iowa State's home
40 Scepter
41 Scratch

DOWN
1 Lightheartedly silly
2 Dry
3 Nursery item
4 Bronze medalist's place
5 Belgrade natives
6 Lima's land
7 Summertime pest
8 Meager
9 Centers
10 Egos' counterparts
12 Downhill athlete
14 Refuse to
15 D.C. fig.
19 Stiller or Affleck
20 Firmament
21 Rap sheet entry
22 Best Picture of 1982
23 Bambi, for one
24 28-Down, to Tokyo
25 Toss in
26 Io and Ganymede, e.g.
28 Japanese city
29 Homeric epic
30 Heavenly gate keeper St. —
31 Census stats
32 1960s hallucinogen
34 Entrance
35 Dalai —

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King Crossword Answers

Solution time: 25 mins.

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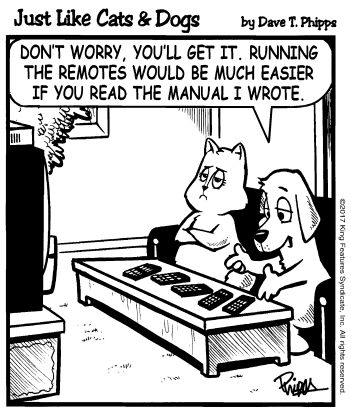
			R	O	D			M	A	R		

Just Like Cats & Dogs by Dave T. Phipps



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