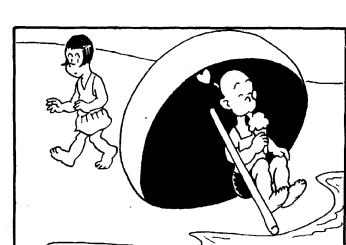
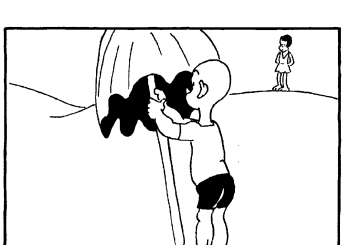
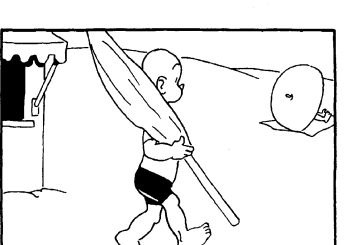
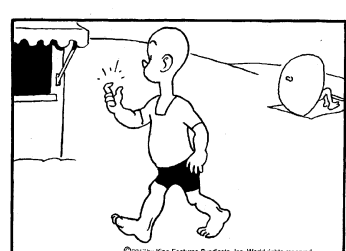
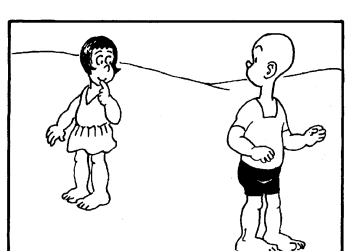
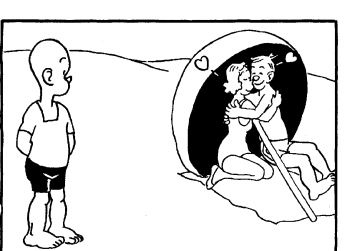
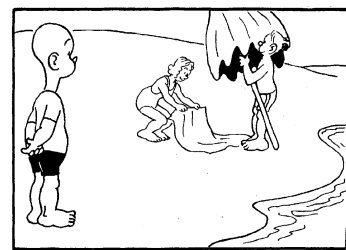
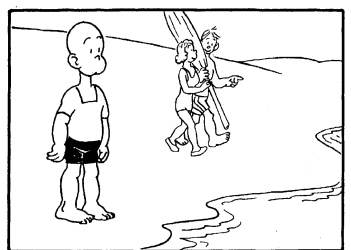
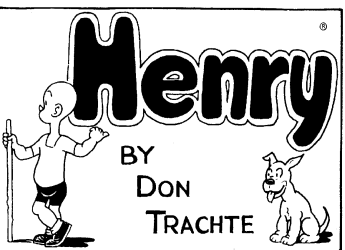
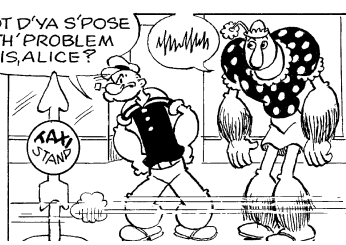
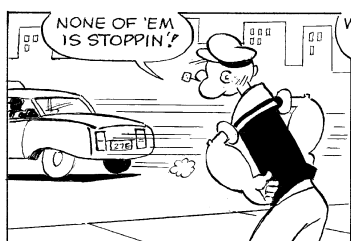
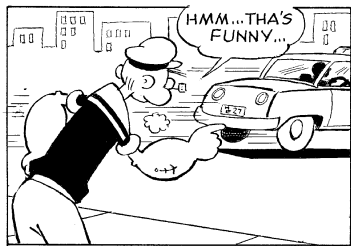
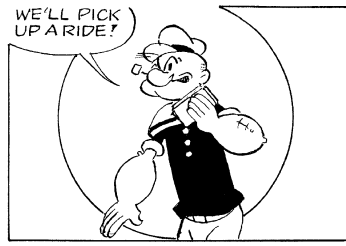
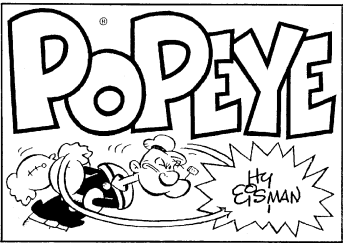
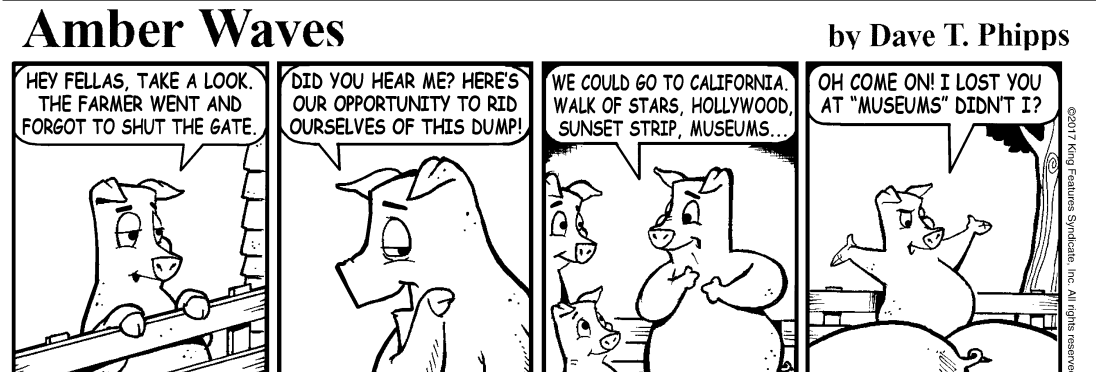
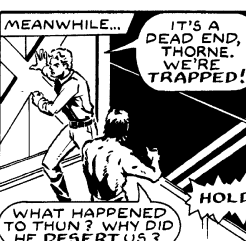
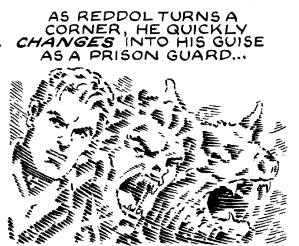
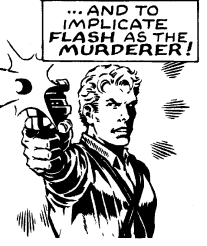


SIDE SHOW



OUR STORY SO FAR...



TO YOUR GOOD HEALTH

Can Magnesium Pills Help Control A-Fib?

DEAR DR. ROACH: Ten years ago, I had many episodes of rapid heartbeats, diagnosed as atrial fibrillation. My cardiologist put me on a medication, which I took for a couple of years, but the A fib came back. The doctor changed my medication to sotalol, but that didn't help either. I read that low magnesium could be a cause of atrial fibrillation, and I started taking calcium, magnesium and potassium, and have not an episode of rapid heartbeat for four years. I went back to my doctor, who told me it was a crazy idea. I haven't seen him in four years. It seems a shame that we hear of so many treatments for A fib when it might be stopped with a simple supplement. -- S.Z.

ANSWER: Well, it certainly isn't a crazy idea, but low magnesium isn't the only cause of atrial fibrillation, and supplementing magnesium and

other electrolytes will not stop atrial fibrillation in most people. However, low blood magnesium levels are a recognized risk factor for developing atrial fibrillation, and giving magnesium during heart surgery reduces the risk of developing A fib afterward in some (but not all) studies, so there certainly is something to it. Also, oral magnesium can make other medications for A fib work more effectively. Since oral magnesium is safe and cheap, I think it is reasonable to try.

However, I am concerned because atrial fibrillation can go on in some people without their being aware of it, and the major risk of A fib is blood clots. I would recommend that you continue to get evaluated periodically to make sure your heart rate is persistently normal. I also would try to find a physician who is willing to work with you on combining "alternative" treatments like magnesium with traditional therapy if needed.

READERS: Atrial fibrillation is quite common, affecting some 2 million Americans, and becomes more common with age. To learn more, order the booklet on Heartbeat Irregularities by writing: Dr. Roach -- No. 107W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75

U.S./\$6 Can. with the recipient's printed name and address. Please allow four weeks for delivery.

DR. ROACH WRITES: I wrote a column awhile back about a man who kept falling, whose doctor wasn't able to find the cause after a thorough search. I had suggested checking his vitamin D level, but many readers wrote in to tell me about conditions that were missed in themselves or in a loved one. I thought that a few of these were worth sharing.

Many people wrote that a physical therapist (and perhaps an occupational therapist as well) would be important, and I fully agree. I have found physical and occupational therapists to be among my most treasured but underappreciated colleagues, and almost always, they are able to improve people's function.

Other suggestions included looking for low oxygen levels, and checking whether the blood pressure drops too much upon standing. One person wrote in to note that walkers and wheelchairs can decrease activity and lead to loss of strength and balance. Another recommended looking for hidden infections, such as in the urine. These should have been checked for.

SALOME'S STARS

feel you can handle anything the job requires. That's great. But don't isolate yourself. Keep your door open to your workplace colleagues.

LEO (July 23 August 22) A workplace change could lead to that promotion you've been hoping for. But you'll have to face some tough competition before the Lion can claim his or her share of the goodies.

VIRGO (August 23 to September 22) Your rigidity regarding a difficult workplace situation could be the reason your colleagues aren't rushing to your assistance. Try being more flexible in your demands.

LIBRA (September 23 to October 22) That uneasy mood could be your Libran inner voice reminding you that while it's great to be with your new friends, you need to take care not to ignore your old ones.

SCORPIO (October 23 to November 21) A sudden spate of criticism could shake the Scorpion's usually high sense of self-confidence.

Best advice: You made a decision you believed in -- now defend it.

SAGITTARIUS (November 22 to December 21) Your reluctance to help restart a stalled relationship could be traced to unresolved doubts about your partner's honesty. Rely on a trusted friend's advice.

CAPRICORN (December 22 to January 19) The capricious Sea Goat is torn between duty and diversion. Best advice: Do both. Tend to your workaday chores, then go out and enjoy your well-earned fun time.

AQUARIUS (January 20 to February 18) Cutting back on some of your activities for a few days helps restore your energy levels. You should be feeling ready to tackle your many projects early next week.

PISCES (February 19 to March 20) A co-worker might be secretly carping about your work to mutual colleagues. But associates will come to your defense, and the situation will ultimately work to your advantage.

King Crossword

ACROSS

- 1 Finished
- 5 Western state
- 9 Netflix rental
- 12 Tragic
- 13 Mexican money
- 14 Debtor's letters
- 15 Doctor's determination
- 17 Beer cousin
- 18 Family member
- 19 Hides
- 21 Contribute to the mix
- 24 "Galloping dominoes"
- 25 Destroy
- 26 Proud birds
- 30 Alias (abbr.)
- 31 "No man is an island" writer
- 32 Cravat
- 33 Maryland city
- 35 Ill will
- 36 Wedding shower?
- 37 Breakfast side dish
- 38 Part of Hispaniola
- 40 Tolerate
- 42 Recede
- 43 Vibrating part of a microphone
- 48 Honest politician

DOWN

- 1 Peculiar
- 2 Half of XIV
- 3 Historic period
- 4 Get back
- 5 "Once -- a time ..."
- 6 Examination
- 7 " -- was saying, ..."
- 8 Monastery
- 9 Science of logic
- 10 Chevrolet model
- 11 Union payment
- 16 Sister
- 20 "Foucault's Pendulum" author
- 21 Bedouin
- 22 Noble title
- 23 Bitter speeches
- 24 Carvey or Delany
- 26 Sit for a shot
- 27 Conclusion
- 28 Narc's measure
- 29 Spotted
- 31 Tie-breaking game, e.g.
- 34 Smack
- 35 Keg
- 37 "Humbug!"
- 38 Leader
- 39 French cleric
- 40 Luggage
- 41 Duel tool
- 44 Altar affirmative
- 45 Rd.
- 46 Understand
- 47 Wife's address

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King Crossword Answers

Solution time: 21 mins.

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| O | V | E | R | U | T | A | H | D | V | D |
| D | I | R | E | P | E | S | O | I | O | U |
| D | I | A | G | N | O | S | I | S | A | L |
| A | U | N | T | P | E | L | T | S | | |
| A | D | D | I | N | D | I | C | E | | |
| R | U | I | N | P | E | A | C | O | C | K |
| A | K | A | D | O | N | N | E | T | I | E |
| B | E | T | H | E | S | D | A | B | I | L |
| H | A | I | T | I | B | E | A | R | | |
| E | B | B | D | I | A | P | H | R | A | G |
| A | B | E | E | D | G | E | E | V | E | R |
| D | E | S | R | O | S | E | L | E | T | S |

Just Like Cats & Dogs

WE SHOULD DEFINITELY WIN HOTTEST CHILL. WE'VE MELTED 3 TUPPERWARE AND HAD ONE TRIP TO EMERGENCY.

Siuslaw News
READ IT TODAY!