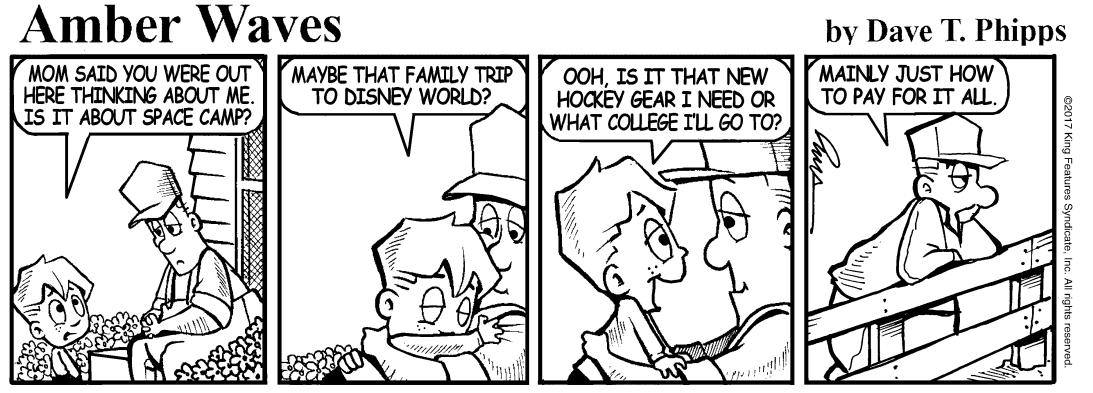
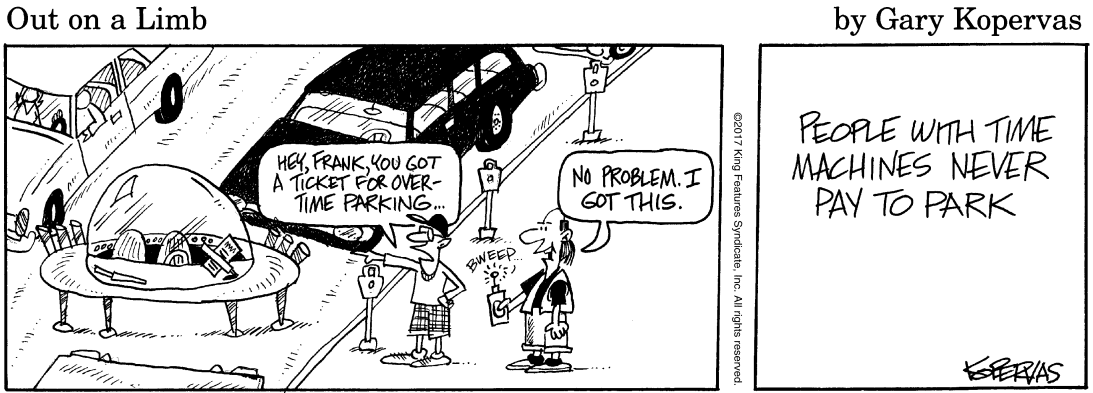
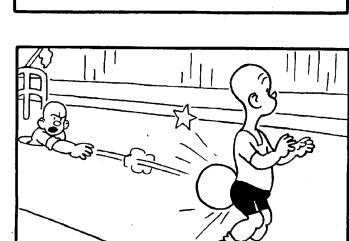
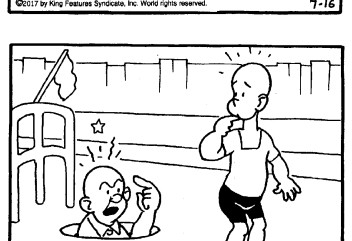
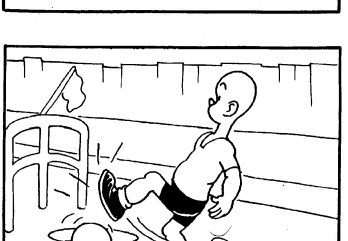
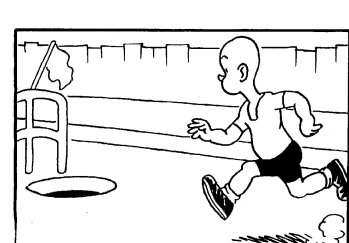
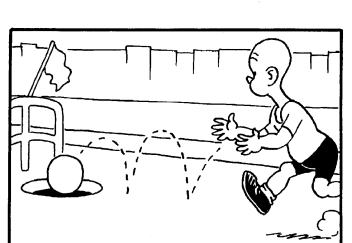
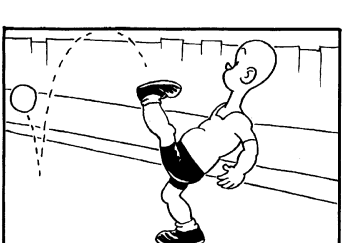
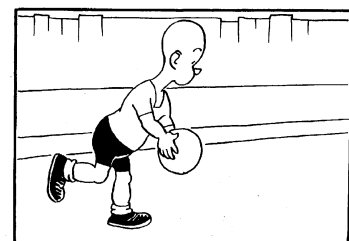
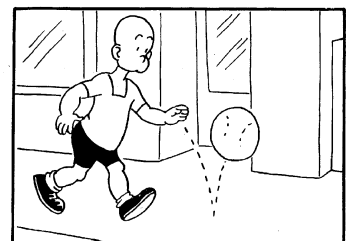
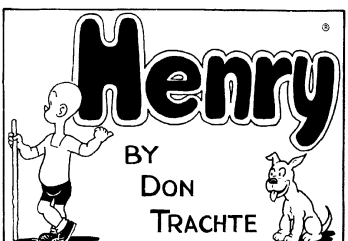
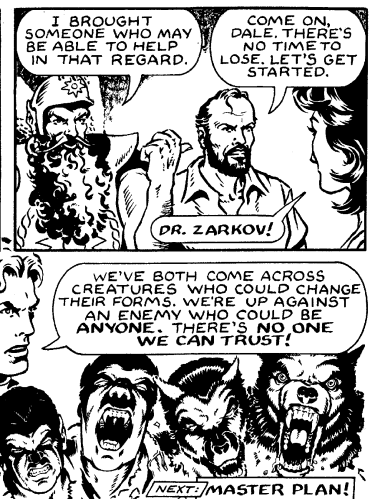
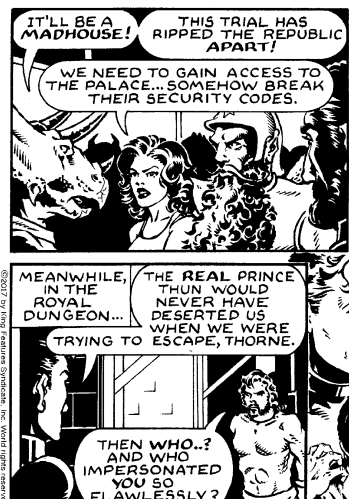
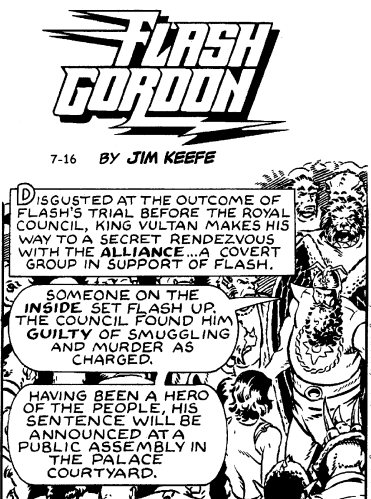
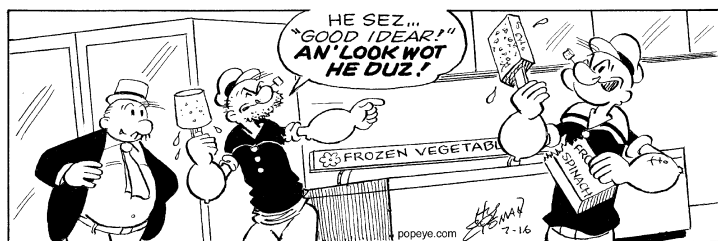
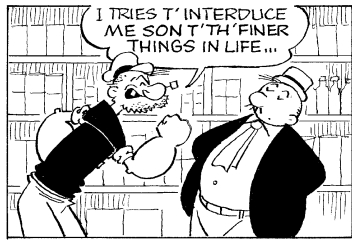
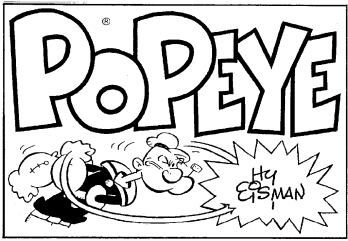


# SIDE SHOW



## TO YOUR GOOD HEALTH

### Too Old for Back Surgery?

**DEAR DR. ROACH:** An MRI shows that I have spinal stenosis. I have not improved with chiropractic care, electrical stimulation, medication (including hydrocodone, tramadol and a pain patch), physical therapy or three spinal injections. After the third injection did not help, I told the surgeon I would need back surgery, but he said I am too old. I am 76. Am I too old? -- H.S.

**ANSWER:** Spinal stenosis is a back condition in which the spinal cord or nerve roots are compressed due to bony abnormalities. The pressure on the nerves can cause pain, loss of reflexes and numbness. Spinal stenosis is most common in the lower back, but it can happen in the neck and mid-back as well. It is seen more often in people over 60 and is the most prevalent reason for back surgery in people over 65. The MRI usually shows the compression on the spinal cord or

nerve roots; however, the decision for treatment is made based on the symptoms, not necessarily how the back looks by MRI. You have had the recommended nonsurgical treatments, including several medications, physical therapy and injections. Consideration of surgical treatment is reasonable.

When considering any therapy, the physician must consider the potential benefits and risks. The benefit of surgery is that it is more likely to relieve pain and improve function. There is a small risk of a serious bad outcome (death, worsening of pain or weakness). In general, the older a person is, the more risky the procedure. However, there is no absolute age cutoff of who can and can't get the surgery. The overall health of the person is more important than age. Younger people may be a bit more likely to see better improvements in walking after surgery.

Back surgery shouldn't be undertaken lightly at any age. Get a surgical opinion -- and probably a second opinion -- before making a decision. Only the surgeon, with access to your MRI results and having completed a careful history and exam, can make an informed recommendation about your personal situation.

The booklet on back problems gives an outline of the causes of and treatments for the more-common back maladies. Readers can order a copy by writing: Dr. Roach -- No. 303W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

**DEAR DR. ROACH:** Has the use of white powder, monatomic gold nutritional supplement been verified by the medical profession? Are the claims of mental clarity, long life span, disease cures, etc., accurate? -- D.S.C.

**ANSWER:** I thought I knew supplements pretty well, but hadn't heard of monatomic gold. Monatomic gold is supposed to be an "orbitally rearranged monoatomic element." In fact, these don't exist chemically, and anyone selling a product like this and claiming health benefits is deliberately scamming you or is confused. Metallic gold is inert and has no effect in the body, as opposed to gold salts, which are powerful and potentially dangerous medications, now seldom used for rheumatic diseases. Avoid "monatomic gold" supplements.

## SALOME'S STARS

**ARIES** (March 21 to April 19) A turn in a relationship upsets the amorous Arian, who is puzzled by Cupid's romantic antics. Be patient and considerate. The confusion soon will sort itself out.

**TAURUS** (April 20 to May 20) It's a good time for travel-loving Taureans to take off for fun-filled jaunts to new places. And don't be surprised if Cupid tags along for what could be a very eventful trip.

**GEMINI** (May 21 to June 20) You appear to be of two minds about continuing a relationship that seems to be riding roughshod over your emotions. A frank talk could help you decide one way or the other.

**CANCER** (June 21 to July 22) Stepping back from a relationship prob-

lem provides a fresh perspective on how to deal with it. Meanwhile, watch your words. Something said in anger now could backfire later.

**LEO** (July 23 to August 22) A changing situation makes the Big Cat uneasy. But hold on until things settle down around the 5th. Meanwhile, continue your good work on that still-unfinished project.

**VIRGO** (August 23 to September 22) A decided improvement in a workplace situation results in an unexpected, but very welcome, added benefit for everyone. Personal relationships also improve.

**LIBRA** (September 23 to October 22) Money matters remain a bit unsettled but soon will ease into the kind of stability you appreciate. Meanwhile, an expanding social life offers a chance to make new friends.

**SCORPIO** (October 23 to November 21) Use an unexpected roadblock in your monetary dealings to reassess your financial plans and make chang-

es, if necessary. It soon will be smooth sailing again.

**SAGITTARIUS** (November 22 to December 21) Aspects of love are strong for both single and paired Sagittarians. Professional dealings also thrive under the Sag's clever handling of difficult situations.

**CAPRICORN** (December 22 to January 19) Set a realistic goal and follow it through to completion. Remember: You're more likely to impress the right people with one well-done job than with lots of jobs left undone.

**AQUARIUS** (January 20 to February 18) You like to plan ahead. That's fine. But be prepared to make some changes because of an unsettled period that influences your aspects through the 5th.

**PISCES** (February 19 to March 20) A brief phase of instability affects your usual work cycle. Use the time to catch up on chores around the house or office. Things settle down soon after the 5th.

## 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
56					57				58		
59					60				61		

**ACROSS**

1 Speedometer stat  
4 Puncturing tools  
8 Into the sunset  
12 Savings plan acronym  
13 Biblical boatwright  
14 Eastern potentate  
15 Wanting company  
17 One of the Jackson 5  
18 Margery of nursery-rhyme fame  
19 Played aloud, as a TV  
21 Without a cent  
24 Winter woe  
25 Year, in Uruguay  
26 Snitch  
28 Square dance group  
32 Rickey flavoring  
34 Shriek bark  
36 Genealogy chart  
37 Put forth  
39 Cookie holder  
41 Coffee vessel  
42 U.K. flyers  
44 Burns or Browning  
46 Serving piece

**DOWN**

1 Wire measure  
2 Expert  
3 Good-looking  
4 "Jeopardy!" clue, e.g.  
5 Court  
6 Mary's follower  
7 Ledge  
8 Diving garb  
9 Send forth  
10 Location  
11 Walked (on)  
16 Corrode  
20 Hearty brew  
21 Hay bundle  
22 Alternative to Windows  
23 Rotation duration  
27 — Mahal  
29 Macabre  
30 Frau's mate  
31 Camp shelter  
33 Unsteady  
35 Standard

50 Astronaut  
51 Grissom  
52 Boring  
56 Con  
57 Culture  
58 Scratch  
59 Uncategorized (abbr.)  
60 Legislations  
61 Early bird?

38 Highlander's hat  
40 Astaire's frequent partner  
43 Of the unborn  
45 Urban transport  
46 Pull an all-nighter  
47 Hindu princess  
48 Little salamanders  
49 Latvia's capital  
53 Uncooked  
54 Periodical, briefly  
55 Work measure

© 2017 King Features Synd., Inc.

## King Crossword Answers

Solution time: 25 mins.

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



**Frank's 101 Barber Shop**  
396 Highway 101, Florence  
541-902-9588

Frank is back and proud to support Relay For Life.  
Love you Carol!