







Six-day Outlook

					
TODAY High 88 / Low 54 Mainly sunny. Winds southeasterly 17 mph.	FRIDAY High 68 / Low 52 Sunny. Winds westerly 24 mph.	SATURDAY High 64 / Low 45 Sunny. Winds westerly 27 mph.	SUNDAY High 68 / Low 43 Sunny. Winds westerly 11 mph.	MONDAY High 70 / Low 45 Sunny. Winds northwesterly 10 mph.	TUESDAY High 73 / Low 45 Sunny. Winds northerly 13 mph.

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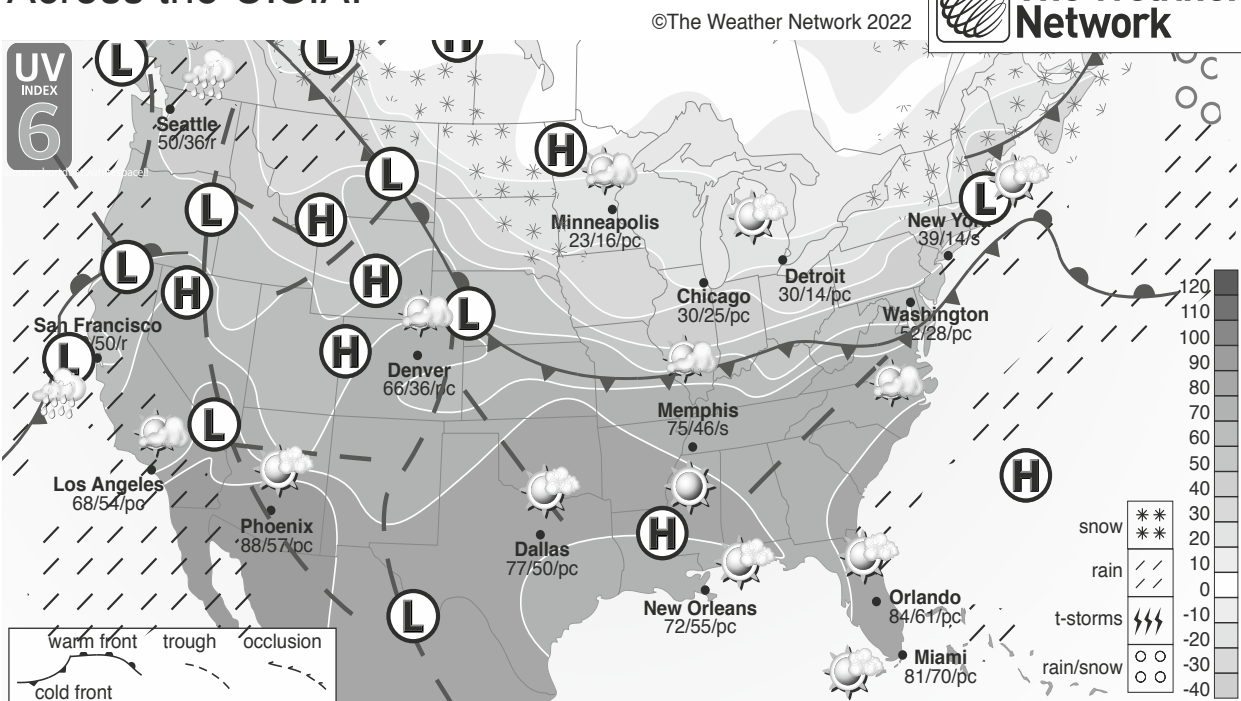
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PREDICTABLY UNPREDICTABLE
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Almanac

YESTERDAY'S REPORTED DATA	NATIONAL EXTREMES
High: 88.0°F Last Year High: 79.0° Low: 55.0°F Low: 45.0°	High Temperature: 93 at Palm Springs CA Low Temperature: -9 at 2 miles southeast of Rapid River MI
TODAY'S NORMALS	
High: 62° Record High: 80.6° in 1972 Low: 35° Record Low: 17.6° in 1977	

Across the U.S.A.



California

	Today	Tom.	U.S.A.	Today	Tom.
Bakersfield	75/46/pc	61/39	Albany	28/3/pc	30/12
Blythe	88/57/pc	70/52	Albuquerque	70/43/pc	72/32
Calexico	88/57/pc	70/55	Atlanta	73/46/s	70/50
Campo	66/43/pc	45/39	Billings	52/32/pc	37/18
Eureka	52/41/c	48/41	Boston	34/3/sf	28/14
Fresno	73/54/pc	59/43	Buffalo	27/12/pc	32/27
Imperial	88/54/s	68/52	Chicago	30/25/pc	41/37
Long Beach	68/52/pc	63/48	Dallas	77/50/pc	75/59
Los Angeles	68/54/pc	59/50	Denver	66/36/pc	64/36
Merced	72/45/pc	61/37	Flagstaff	59/30/pc	43/25
Modesto	68/45/pc	61/37	Honolulu	81/66/t	79/66
Needles	88/57/pc	68/48	Indianapolis	41/27/c	50/43
Oakland	55/50/r	55/43	Las Vegas	81/52/pc	63/48
Ramona	70/39/pc	54/37	Miami	81/70/pc	82/73
Redding	63/48/r	57/37	Nashville	68/39/s	70/52
Riverside	75/48/pc	57/46	New Orleans	72/55/pc	75/63
Sacramento	68/46/pc	63/37	New York	39/14/s	36/28
San Diego	64/52/pc	59/52	Orlando	84/61/pc	86/64
San Francisco	52/50/r	52/45	Philadelphia	43/19/r	39/30
San Jose	61/46/c	55/41	Phoenix	88/57/pc	70/50
S. Luis Obispo	64/45/pc	61/41	Pittsburgh	36/18/pc	43/30
Santa Barbara	63/50/r	59/45	Portland, OR.	52/37/pc	54/34
Santa Cruz	55/50/c	54/45	Reno	68/30/pc	54/25
Santa Rosa	57/48/r	57/36	Salt Lake City	61/45/pc	57/41
Stockton	68/45/pc	61/37	Seattle	50/36/r	52/36
Thermal	88/46/s	68/45	Tucson	84/55/pc	72/45
Ventura	63/48/r	57/45	Washington	52/28/pc	46/36

World

	Today	Tom.	Dublin	50/34/pc	46/36	Mexico City	81/48/s	79/50
Amsterdam	52/32/s	50/30	Edinburgh	50/39/r	46/30	Moscow	34/32/pc	30/27
Athens	55/52/c	55/48	Frankfurt	48/25/s	43/25	Nairobi	82/63/pc	82/63
Auckland	72/63/r	72/64	Havana	81/72/s	81/73	New Delhi	97/79/pc	82/57
Barbados	81/77/r	81/77	Honduras	82/61/r	82/59	Paris	54/43/c	54/30
Beijing	57/39/s	50/28	Hong Kong	72/68/s	70/66	Prague	43/27/s	39/28
Berlin	43/28/pc	39/28	Istanbul	52/48/r	46/37	P. Vallarta	81/64/s	81/64
Bermuda	68/66/s	70/61	Jerusalem	59/48/pc	50/41	Rome	57/34/pc	57/34
Budapest	45/32/pc	45/30	Johannesburg	77/59/t	75/61	Seoul	43/36/r	54/28
Buenos Aires	77/72/pc	82/72	Kabul	59/43/r	54/41	Stockholm	41/25/s	39/27
Cairo	72/54/pc	68/52	Lisbon	59/48/r	57/46	Sydney	73/66/pc	81/70
Cancun	79/73/pc	81/75	London	55/46/c	52/43	Tokyo	59/48/r	50/39
Copenhagen	43/32/s	39/30	Madrid	48/43/r	54/37	Toronto	23/7/s	34/23
Dominican	82/72/pc	79/70	Manila	93/79/r	91/75	Vancouver	50/36/r	52/34

c - cloudy, fg - fog, fr - freezing rain, hz - hazy, pc - partly cloudy, r - rain, rs - rain/snow, s - sunny, sf - snow flurries, sh - showers, sn - snow, t - thunder, w - wind

Here's what happens after a high PSA result

DEAR DOCTOR ROACH: I'm a 91-year-old male who has had excellent health all of my life. I'm very active for my age, as I play golf twice a week, workout at the local gym once or twice a week and walk about 1/2 mile once to twice a week, including a rather steep grade.

At my recent annual physical exam, my blood test showed everything was normal except my PSA (prostate specific antigen), which had jumped to 15.8. I was told I could probably live another five to 15 years. Of course, 15 years is a stretch. My question is, What's realistic? What am I to expect at my age considering I have no other problems? Also, I understand there is a rather slow cancer and a more aggressive cancer. How do I find out which one I have? — D.H.

ANSWER: The prostate specific antigen test is a blood test that identifies an enzyme made by the prostate, which is secreted into semen but also normally found in small amounts in the blood. High amounts of PSA are found in the blood of most men with prostate cancer, but high PSA levels may be found as a consequence of benign conditions as well. I don't know if you have prostate cancer or not now.

A PSA level that has suddenly increased could be due to a rapidly growing prostate cancer; how-



KEITH ROACH, M.D.
YOUR HEALTH

ever, it may also be due to inflammation or infection of the prostate. These are usually, but not always, symptomatic.

It is not normally recommended to test a PSA level in a man who is 91 years old, but you aren't a normal 91-year-old. Still, you have the result, and you have to decide what to do. One approach is to ignore the result. This isn't satisfying, as you will still be left wondering what is going on.

If you decide to move forward in making a diagnosis, the first step is always a careful exam and history, followed by a picture of the prostate. MRI is the preferred way of taking pictures when available, as the MRI can give important information about potential cancer. If the MRI is suspicious for cancer, a biopsy would then be recommended. Once you have a biopsy and MRI, and

probably with another PSA test to determine how fast it is rising, you will know whether this is cancer. And if so, you will have a very good idea if it is a more aggressive or more slow-growing type.

Armed with this information, you can decide whether treatment or active surveillance is more appropriate for you.

DEAR DR. ROACH: If a person has a very severe reaction to a COVID booster, will they benefit from it? My cousin got very ill after her third shot. She has severe allergies. Will she be immune to COVID? — C.W.

ANSWER: Severe reactions to any dose of the COVID vaccine are unusual and unfortunate, but normally the vaccine is still effective at providing protection to the COVID virus. As we have seen, vaccinated people can still get infected, but they are much less likely to get so sick that they need to be in the hospital (or worse).

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu or send mail to 628 Virginia Dr., Orlando, FL 32803.

Drug abuse, bad finances derail caregiver's life

DEAR ABBY: I'm conflicted about a relationship I have developed with a 77-year-old lady I'll call "Martha." I have been acting as her caregiver.

For the first three years, I was addicted to pain pills, which Martha and I both get. I was so strung out I didn't realize what kind of person she was. She expects me to be there every free minute, which, under different circumstances, would be fine. But I have a husband and a dog. I have since gotten sober, while Martha is still strung out. She threatens to destroy my life if I won't do what she wants, and I'm scared to quit because we have loans together.

How do I start having a healthy balance with her and my life? Now that I'm sober, I realize how badly she has been treating me the whole time. Can you please advise me how to distance from her? — SOBER WOMAN IN GEORGIA

DEAR SOBER WOMAN: For the sake of your sobriety, your relationship with Martha must end. Do not allow yourself to be blackmailed into continuing one with her. She needs to find another caregiver, and you need to find another job. Because your name is on those loans, you may be obligated to pay them off if she doesn't. This is why you should discuss this mess with an attorney. That Martha still abuses her meds means you may have some leverage.



JEANNE PHILLIPS
DEAR ABBY

DEAR ABBY: My husband and I argue about returning gifts his parents give us. They are well-off and buy excessively for their grandkids throughout the year, especially at holidays. They also buy multiple gifts for my husband and me. We are drowning in too much stuff and constantly battling clutter in our home.

None of these gifts are from our family's wish lists, nor are they particularly thoughtful. In years past, I have asked my mother-in-law to limit her purchases to three gifts — one toy, one outfit, one book — with no success. I also have pleaded with her to stop buying me small knickknacks, and have suggested more experience-based gifts. Still, year after year, we come home with a bunch of stuff we neither need nor want.

How can I get my in-laws to respect our wish-

es? To make matters worse, my husband becomes defensive of his parents when I get frustrated, even though he fundamentally agrees with me. How do I help his parents understand that what they are really giving us is a fight? And, if none of them care about my wishes, how do I get past feeling disrespected and disregarded? — BURIED IN STUFF

DEAR BURIED: By now you should have realized that your mother-in-law, "Lady Bountiful," isn't going to change. You will spend less time being frustrated if you let go of your resentment about her spending sprees. My heartfelt advice to you is to develop a sense of humor where she's concerned. If you can't use her gifts, donate, regift or sell them.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

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