

Six-day Outlook

TODAY High 68 / Low 52 Sunny. Winds westerly 21 mph.	SATURDAY High 64 / Low 46 Sunny. Winds westerly 27 mph.	SUNDAY High 68 / Low 43 Sunny. Winds westerly 10 mph.	MONDAY High 72 / Low 46 Sunny. Winds northerly 14 mph.	TUESDAY High 70 / Low 45 Sunny. Winds northwesterly 14 mph.	WEDNESDAY High 77 / Low 46 Sunny. Winds northerly 11 mph.

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PREDICTABLY UNPREDICTABLE
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Almanac

YESTERDAY'S REPORTED DATA

High: 63.0°F Low: 57.0°F
Last Year High: 72.0° Low: 48.0°

TODAY'S NORMALS

High: 63° Low: 36°
Record High: 82.4° in 1972
Record Low: 21.2° in 1977

NATIONAL EXTREMES

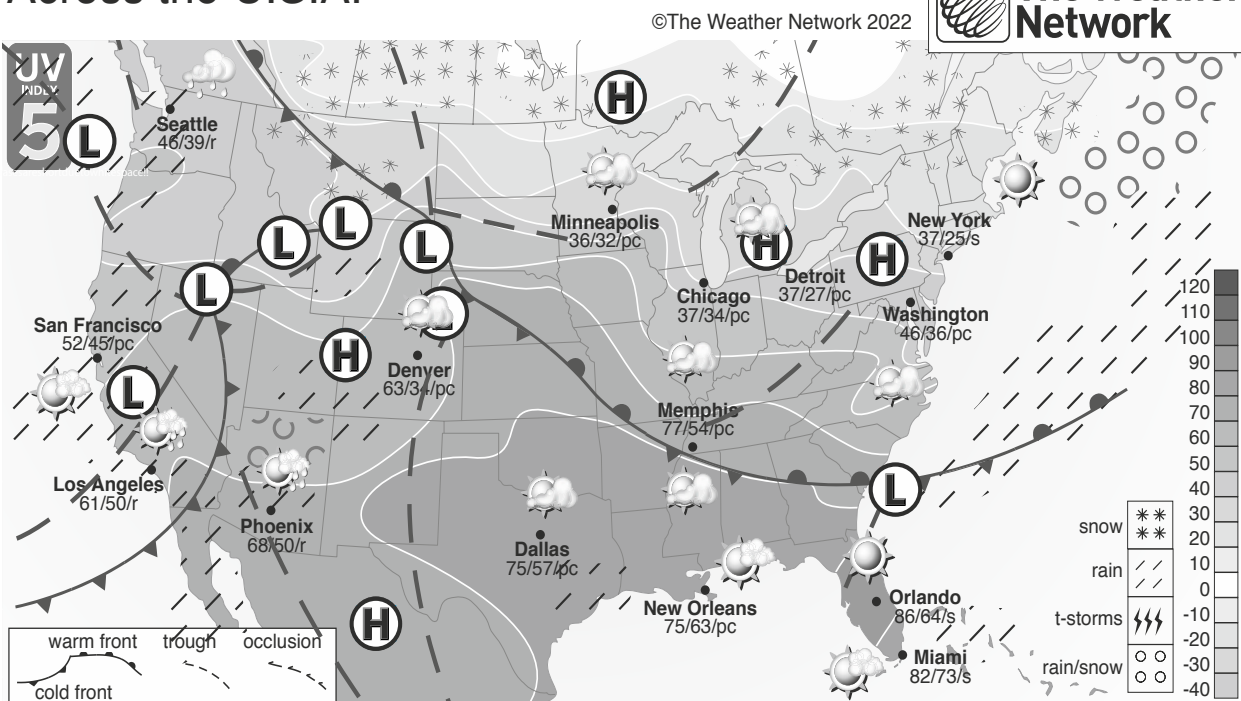
High Temperature:
92 at Ocotillo Wells CA

Low Temperature:
-25 at 5 miles east of Seagull lake MN

California

	Today	Tom.		Today	Tom.
Bakersfield	61/39/r	52/37	Albany	32/9/s	37/30
Blythe	66/52/r	66/43	Albuquerque	70/32/s	61/32
Calexico	70/52/r	66/52	Atlanta	70/48/pc	75/54
Campo	46/39/r	43/39	Billings	37/21/sf	27/18
Eureka	46/43/r	52/37	Boston	32/14/s	39/30
Fresno	59/43/r	52/39	Buffalo	32/23/pc	46/41
Imperial	68/52/s	64/46	Chicago	37/34/pc	63/43
Long Beach	63/48/r	59/41	Dallas	75/57/pc	75/63
Los Angeles	61/50/r	55/45	Denver	63/34/pc	36/23
Merced	61/37/r	55/34	Flagstaff	41/25/rs	34/14
Modesto	63/37/pc	55/34	Honolulu	79/68/r	81/68
Needles	68/50/r	63/43	Indianapolis	50/41/pc	70/59
Oakland	57/43/pc	54/43	Las Vegas	63/50/pc	55/43
Ramona	55/37/r	52/36	Miami	82/73/s	82/73
Redding	57/36/r	59/36	Nashville	72/54/pc	70/63
Riverside	59/48/r	55/41	New Orleans	75/63/pc	81/66
Sacramento	64/37/s	57/34	New York	37/25/s	43/36
San Diego	59/52/r	57/50	Orlando	86/64/s	86/66
San Francisco	52/45/pc	52/43	Philadelphia	39/28/pc	52/43
San Jose	57/41/pc	57/41	Phoenix	68/50/r	66/45
S. Luis Obispo	61/41/r	54/37	Pittsburgh	43/30/pc	64/50
Santa Barbara	61/45/pc	57/43	Portland, OR.	50/30/r	54/32
Santa Cruz	55/45/pc	55/45	Reno	55/25/r	45/25
Santa Rosa	59/37/pc	59/37	Salt Lake City	57/41/pc	48/30
Stockton	63/37/s	63/34	Seattle	46/39/r	50/34
Thermal	68/45/r	70/37	Tucson	70/45/s	72/45
Ventura	59/46/s	55/41	Washington	46/36/pc	63/54

Across the U.S.A.



World

	Today	Tom.		Today	Tom.		Today	Tom.
Amsterdam	50/28/s	46/28	Dublin	46/34/r	46/41	Mexico City	79/48/s	79/50
Athens	55/48/pc	59/50	Edinburgh	46/30/r	46/34	Moscow	28/27/c	27/16
Auckland	72/64/c	72/66	Frankfurt	45/25/pc	43/25	Nairobi	82/61/pc	82/63
Barbados	81/77/pc	81/75	Havana	81/72/s	81/72	New Delhi	82/57/s	84/59
Beijing	50/28/s	52/27	Honduras	84/59/pc	84/61	Paris	52/32/pc	52/28
Berlin	39/28/pc	37/27	Hong Kong	70/66/pc	70/66	Prague	39/27/rs	37/25
Bermuda	70/61/pc	66/61	Istanbul	46/37/pc	50/41	P. Vallarta	81/64/s	82/66
Budapest	43/30/pc	43/28	Jerusalem	52/41/r	57/52	Rome	57/34/pc	57/30
Buenos Aires	82/72/r	79/70	Johannesburg	73/61/r	72/59	Seoul	54/30/r	43/27
Cairo	68/54/s	77/63	Kabul	54/41/pc	54/37	Stockholm	39/25/s	41/27
Cancun	81/75/r	81/77	Lisbon	57/46/pc	57/45	Sydney	81/70/r	81/70
Copenhagen	39/30/s	37/28	London	52/43/pc	50/39	Tokyo	50/39/pc	63/39
Dominican	81/70/t	79/70	Madrid	52/37/r	52/37	Toronto	36/21/pc	36/34
			Manila	91/75/pc	91/77	Vancouver	48/37/pc	50/36

You aren't absorbing all the salt in a saltwater hot tub

DEAR DR. ROACH: I am wondering if the claims of the health benefits from the manufacturers of saltwater hot tubs are factual.

My blood pressure reading was high, and it was suggested by my doctor to watch my salt intake. After reading the labels on food products, the sodium was very significant in most items. Since then, I have been able to drop it, but it is still slightly high.

I use a saltwater hot tub, and I am wondering if salt is absorbed through the skin and how much that would increase blood pressure. — D.B.

ANSWER: Many times, what seem to be health claims — whether it's a supplement, vitamin or device — are followed by the words: "These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease." (Sometimes, the writing is very small, but if you look for it, you'll find it.) When you see that statement, you can be sure there is not strong evidence that there is benefit from what they are trying to sell you. However, there might still be health benefits that have not yet been proven.

In the case of hot tubs and saunas, some of the proposed subjective benefits include stress relief, muscle relaxation and pain relief. Most people who enjoy hot tubs probably get these benefits. There is weak evidence that regular hot tub use might improve diabetes control, and preliminary evidence that it might help cardiovascular health. While large studies have shown that people who use saunas or



KEITH ROACH, M.D.

YOUR HEALTH

hot tubs enjoy a longer lifespan, it is not at all clear that the heat treatments are causing the observed benefits.

I can tell you that salt is not absorbed through the skin to any appreciable amount, so you need not worry about that. You'll get far more benefit from cutting out some of the high-sodium items from your diet.

DEAR DR. ROACH: I am suffering with vertigo. I went to an ENT doctor and was diagnosed with Meniere's disease. However, I have neck pain occasionally and have a hump on my neck. A friend suggested I go to a chiropractor for adjustments. Could what the chiropractor treats possibly be the cause of my vertigo issues? — M.C.

ANSWER: Meniere's disease is a cause of vertigo (a sensation such as spinning when a person isn't moving), along with hearing loss and tinnitus (a perceived sound such as ringing when there really isn't

any sound). Meniere's disease is caused by buildup of fluid in the inner ear.

Spinal manipulation, such as chiropractic manipulation, has been shown to provide immediate pain relief that was superior to medications, but not as effective as home exercises. I could find no convincing evidence that any kind of spinal manipulation would be effective for Meniere's disease, and no reason to think that it would be.

I'm not sure what you mean by a hump on your neck. We all have a prominence in the seventh cervical bone, but it's possible you have kyphosis, which should be evaluated by your regular doctor.

Standard treatment for Meniere's disease includes a low-sodium diet, caution with caffeine and alcohol, and vestibular rehabilitation (a series of exercises supervised by a physical or occupational therapist with special training). These have been shown to reduce the symptoms of imbalance. Some people will benefit from medication to reduce fluid buildup in the inner ear, such as diuretics.

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.

Mother doesn't want grandma involved in son's recovery

DEAR ABBY: My son just withdrew from college with a medical leave due to anxiety and depression. My husband and I support him fully and are helping him receive the help he needs. Of course, we are very concerned.

The problem is my mother. When I was young and had similar problems, she told me: "It's a sin for someone who has as much going for her as you do to be depressed." (This was especially strange since she's not religious.) She has been similarly dismissive of my feelings during other bouts of depression. She is generous with money, gifts, cooking, etc., but she cannot understand that being close with someone has more to do with emotional trust than simply time spent together.

I don't know how to handle this current situation with my son. She wants to be involved, but I have a strong aversion to her being around because I don't know what she'll say. I need to protect my son and myself, but I know she'll feel hurt if I leave her out. What should I do? — MENTAL HEALTH ADVOCATE

DEAR ADVOCATE: Your mother's feelings should not be a priority right now. I'm recommending you "Grandma-proof" your son to the extent you can, by explaining to him that "Nana" has some old-fashioned, outdated ideas about depression, an illness that can run in families and appears to run in yours.

There are far more effective interventions for him now than were available for you back then.



JEANNE PHILLIPS

DEAR ABBY

Medications and sometimes talk therapy can put him in a more positive frame of mind, and I'm glad you can help him get the professional help he needs.

DEAR ABBY: For most of my life, I've felt uncomfortable in my own body. It seemed as though my right arm belonged to someone else. I have decided to have it amputated, and I'm trying to find the best way to tell my family. I'd appreciate any suggestions you might have. — LOST FOR WORDS

DEAR LOST: There's a name for those feelings you have had for so long. It's called "body integrity identity disorder." Before trying to explain your desire for amputation to your family, please discuss this with a licensed psychotherapist who may be able to help you determine if you truly want to follow through with your intention. With psychiatric help, you may be able to integrate your "alien limb" into your body image.

DEAR ABBY: I lost a friend about two months ago. During the early morning hour of his death, I was having breakfast alone, and I had the light on in my dining room. All of a sudden, the light went out and then came back on. Abby, the only power that went out was the light over my head. I am a science person. I do not believe in mystical things. Now I am not so sure my friend wasn't communicating with me. I cried. What do you think? — MISSING HIM IN CALIFORNIA

DEAR MISSING HIM: I think if it comforts you to believe your friend was reaching out to you as he passed to the next realm, you should hold onto and treasure that thought. If it doesn't do that, let it go and dwell on the wonderful friendship you two shared.

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.

Abby shares more than 100 of her favorite recipes in two booklets: "Abby's Favorite Recipes" and "More Favorite Recipes by Dear Abby." Send your name and mailing address, plus check or money order for \$16 (U.S. funds) to: Dear Abby, Cookbooklet Set, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

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