

**To Your
GOOD HEALTH**

Keith Roach,
M.D.



New Symptoms From Return Of Past Tumor?

DEAR DR. ROACH: My mother was diagnosed with right frontal lobe meningioma 17 years ago when she was 83 years old. Surgery was successful in that most of it was removed and it was found to be nonmalignant. The doctor told us he couldn't remove it completely, and that it was a very slow-growing type of tumor and wouldn't return for about 20 years. Mom is now 100 and doing pretty well in general. She lives at home with family caregivers. We notice normal signs of aging ... confusion, forgetfulness, some lack of concentration and not much interest in TV or reading anymore. While those behaviors are common signs of dementia for someone her age, sometimes her behavior reminds us of the time shortly before she was diagnosed with the tumor back in 2004. Should we have an MRI of her brain done? If we find that the tumor has grown back and is putting pressure on areas of her brain, what would you suggest? What will happen if we do nothing?
— J.A.L.

ANSWER: A meningioma is the most common and (usually) benign tumor of the brain. Specifically, it's a tumor of the meninges, the lining of the brain. These tumors cause problems by taking up space in the skull and compressing the brain.

It is impossible to say without imaging whether her symptoms are due to the meningioma returning, or due to some other process, such as Alzheimer's or other dementia.

If you choose to get imaging, and the tumor has regrown to the point where it seems likely it could be causing symptoms, there are other choices besides surgery. Radiation therapy, including very precisely guided radiation, can be effective at relieving symptoms without performing surgery. Without treatment, symptoms will likely slowly progress.

The choice is yours, but I would tend to recommend getting the CT or MRI, so you at least know what you are dealing with. If it isn't the meningioma, she might benefit looking for other causes, such as medications, or from medication therapy for dementia.

DEAR DR. ROACH: I am 75 years old with good vision. Recently, my optometrist noticed a few tiny spots that could signal the start of macular degeneration, and urged me to start taking vitamins to possibly slow the onset. I started taking Bausch and Lomb's PreserVision supplement. It seems that the combination of ingredients in the product by themselves would be beneficial and are the only supplements or meds that I take.

My question is about the success of that product. I believe a recent article indicated that it could slow development of macular degeneration but not prevent it. Do you have any opinions on the product or the need for this type of supplement?
— S.W.

ANSWER: People with diagnosed age-related macular degeneration and significant abnormalities in the retina should take the combination of vitamins and minerals proven to slow the onset and progression of AMD. The PreserVision is the only product that exactly replicates the combination used in the studies (called AREDS and AREDS-2) that showed this benefit. It is indeed not a cure but was beneficial, and along with smoking cessation, remains the only effective treatment for the dry form of AMD.

I don't recommend taking the AREDS vitamin supplements to people who do not have diagnosed AMD. People with wet AMD require more aggressive therapy.



Photo Provided
Lee Ann Cleary, Ohio County Public Library children's specialist, stands beside the Safe Place sign outside the library at 52 16th St., Wheeling. The library was the first site to partner with Youth Services System as a Safe Place.

YSS Recognizing 'Safe Place' Partners

Help Available for Youth in Crisis Around Panhandle

WHEELING — The yellow and black diamond-shaped Safe Place sign catches the eye. There's one at the front entrance of the Ohio County Public Library. There's one on the side of every local public bus and outside every Wheeling firehouse. There's even one posted at K.E.Y. Animal Hospital.

So what is a Safe Place? All 21 Safe Places in the Northern Panhandle have partnered with Youth Services System to provide help to teens in crisis. If a youth is in trouble — fleeing from abuse, for instance — he or she can enter a Safe Place site to seek help. Employees at the sites will then call Youth Services System, where a trained staff member will provide assistance.

"Our Safe Place sites basically extend the reach of Youth Services System to serve local youth in crisis," said Betsy Bethel-McFarland, YSS communications director. "This week — March 21-27 — is National Safe Place Week, and we want to take this opportunity to thank all our partners for caring about teenagers."

Safe Place consists of a national network of more than 22,000 partnering businesses and community locations, such as fast-food restaurants, convenience stores, fire stations, public buses and libraries, which display the Safe Place sign outside or in their windows.

The Ohio County Public Library was the first designated Safe Place site in the Northern Panhandle in 2008. Library Director Dottie Thomas said: "We are proud of our partnership with Safe Place and Youth Services System. Even with our restricted hours and access because of COVID, if a child in need comes to our door, we will help."

In addition to Safe Place sites, youth also may use

LOCAL 'SAFE PLACE' SITES

Ohio County

- K.E.Y. Animal Hospital, 855 Warden Run Road, Wheeling
- Laughlin Memorial Chapel, 129 18th St., Wheeling
- OVRTA/EORTA buses and Administration Building, 21 South Huron St., Wheeling
- Ohio County Public Library, 21 South Huron St., Wheeling
- Youth Services System Samaritan House, 1050 Eoff St., Wheeling
- Youth Services System Helinski Shelter, 110 North York St., Wheeling
- Wheeling Fire Department Headquarters, 2126 Market St., Wheeling
- Wheeling Firehouses in Woodsdale, Elm Grove, Wheeling Island, Warwood, Downtown and South Wheeling
- Wheeling Police Department, 1500 Chapline St., Wheeling

Marshall County

- Grand Vue Park, 250 Trail Drive, Moundsville
- Moundsville-Marshall County Public Library, 700 Fifth St., Moundsville

Brooke County

- DiCarlo's Pizza, 107 May St., Follansbee
- Mark's Carry Out, 2519 Commerce St., Wellsburg
- Mark's Carry Out Too, 1100 Commerce St., Wellsburg

Hancock County

- Weirton Christian Center, 117 Ivy St., Weirton
- Hancock County Health Department, 100 North Court St., New Cumberland



TXT 4 HELP, a 24/7 text-for-support service. Teens can text the word "SAFE" and their current location (address, city, state) to 4HELP (44357) to receive a message with the closest Safe Place location and the YSS 24/7 hotline number, which is 800-977-8918. Users also have the option to text interactively with a counselor for more help.

Since its inception in 1983, Safe Place has helped more than 359,000 youth and currently serves more than 1,500 communities across the country. The program is managed by 140 youth agencies in 38 states

and the District of Columbia. The website is <http://nationalsafeplace.org>.

Youth Services System has helped create better futures for children, families and the community since 1974. In addition to two emergency shelters for teens and a Transitional Living Program for older youth facing homelessness, YSS operates the Winter Freeze Shelter, three recovery homes and the Sophie Moses Free Store. The website is <http://www.youth-servicesystem.org>.

For information about how to become a Safe Place site, call Jill Eddy at YSS, 304-218-2806.



The Wheeling Fire Department station on Poplar Avenue in the Woodsdale neighborhood is one of 14 "Safe Places" in Ohio County.

Photo Provided



DEAR ABBY

Abigail Van Buren

Fortunes Shift For Woman But Not Companion

DEAR ABBY: I used to be a successful working woman until I lost my husband of 30 years. After I became homeless, I met "Tom." We've been good friends for the last five years, hanging out in the woods, sometimes getting hotel rooms. It's a platonic relationship, but we rely on each other.

I receive Social Security survivor benefits now, and I want to move on and get my own place. He says he's fine with it, but I feel terribly guilty. He gets a small disability check but is not wise with money. How can I comfort him? — GUILTY IN FLORIDA

DEAR GUILTY: Tom has told you he is fine with you upgrading your living situation. I presume that you don't intend to desert him. Believe him and stop flogging yourself for your good fortune. Help him when you can and encourage him to contact an agency that helps the homeless so he can get his life back on track, too.

DEAR ABBY: I'm in a same-sex relationship with a woman I love and admire. But five months in, sex is becoming impossible because I think I'm heterosexual. Leaving this relationship scares me because I can't imagine a life without her.

I told her I didn't know if, for several reasons, sex would be a part of our relationship, but that I do love her. She doesn't seem to mind at all. I'm not sure what to do. Please help. — LOVING IN LOUISIANA

DEAR LOVING: What you need to do is be honest with your partner. It is possible that you are bisexual and need to explore relationships with men before making up your mind about any permanent relationship. If sex is important to you, then the person you wind up with may not be this woman you love and admire, but someone else entirely.

DEAR ABBY: My grandson died by suicide in 2019. My daughter, who lives in another state, hasn't spoken to me since. Why? Because we did not call her on the phone. We were texting her, and she was texting us back. When I did try to call, she wouldn't answer the phone.

It has been more than a year now. She won't respond to other family members, either. Please advise me what to do in this sad situation. — WOUNDED GRANDMA IN TEXAS

DEAR GRANDMA: Not knowing your daughter, I am hesitant to guess why she has isolated herself from everyone. She may have felt she was entitled to more support from you all and didn't receive it.

As many people have pointed out in my column, while texts may be efficient, they are a poor substitute for a human voice. Because she refuses your calls, write her a letter telling her you love her and apologize for letting her down after the tragedy of losing her son. Whether it will help, I can't guess — but at least the olive branch will have been offered.

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.