



FISH CAMP & RESTAURANT

"On The River"

Voted in the Top Ten of Central Florida Restaurants
Southern Seafood with an Attitude

"Key West Style Sunsets"

Also KAYAK RENTALS

Bait and Tackle Shop 7am 'Til...
386-427-5747
New Smyrna, Beachside

A1A & Pompano • 7 miles south of The Islander
JBsFishCamp.com

Heath's Natural Foods

ORGANIC FOODS & PRODUCE,
FRESH JUICES, SALADS, SOUPS, WRAPS,
SMOOTHIES, SANDWICHES, ACAI BOWLS,
ORGANIC BEER & WINES

Since 1970

Breakfast Burritos
Deli & Juice bar
Rotisserie Chicken

CBD Oil,
Gummies, Salves,
Vape Cartridges

(386) 423-5126
www.HeathsNaturalFoods.com

Monday - Saturday
8:00am-6:00pm
Sunday 8am-5pm

600 E. Third Avenue, South Causeway, New Smyrna Beach



to
Your
good
health

WITH
Dr. Keith
Roach

Quitting Smoking Better Than Any Cough Syrup

DEAR DR. ROACH: My daughter smokes. She doesn't have COPD now, but last spring she had bronchitis and was off work for a week. When she went back to work, she didn't feel good, and her doctor told her that she had pneumonia in both lungs and wondered why she went back to work. She still takes cough syrup under her doctor's orders. -- N.P.

ANSWER: Getting someone to quit smoking is a challenge, but perhaps some advice I can give your daughter might help. The first piece of advice is that a cough necessitating cough syrup on a routine basis indeed might be a sign of COPD. There are two major forms of COPD: emphysema and chronic bronchitis. The definition of "chronic bronchitis" is a productive cough for three months in each of two successive years.

The second piece of advice is that quitting before there are serious symptoms is the best time to quit. Although the body has some ability to recover from the effects of chronic cigarette smoke, there is a degree of permanent damage in long-term smokers. Quitting greatly slows down the rate of ongoing damage to the lungs and reduces the risk of having lifelong symptoms of shortness of breath and cough.

Quitting smoking will do more good than any cough syrup can.

DEAR DR. ROACH: Does taking Norvasc or any calcium channel blocker reduce or destroy the calcium in the bones, eventually causing osteoporosis? -- E.G.

ANSWER: No. Calcium channel blockers, like amlodipine (Norvasc), work on cells in the heart and blood vessels, controlling the flow of calcium into the cell. Calcium in the cell is one of the regulators of smooth muscle cells, and for Norvasc in particular, that means its major effect is on blood vessels, causing them to open up and reduce blood pressure, and thus the amount of work the heart needs to do.

Calcium in bone is used structurally, where it combines with other ions to form hydroxyapatite, the mineral that keeps bones hard and strong. The mechanism for calcium entry into bone cells is very different. Calcium channel blockers do not affect mineralization of the bone, nor do they increase the risk for osteoporosis.

One group found that people on calcium channel blockers may have a slightly higher

TIDE TABLE

This Tide Table is put in by the Lifestyle Magazine Folks for you, the reader. Please support our advertisers to show your appreciation. Thank you. Approximate times at Daytona Beach Shores, Sunglow Pier

October 1 - October 31, 2019

		HIGH		LOW		SUN RISE	SUN SET
		A.M.	P.M.	A.M.	P.M.		
FIRST QTR	1. Tues	10:45	11:03	4:16	4:53	7:19	7:11
	2. Wed	11:37	11:53	5:05	5:47	7:20	7:10
	3. Thurs	12:29	----	5:55	6:44	7:20	7:09
5th	4. Fri	12:43	1:22	6:50	7:43	7:21	7:08
	5. Sat	1:35	2:17	7:48	8:43	7:22	7:06
	6. Sun	2:30	3:13	8:47	9:39	7:22	7:05
FULL MOON	7. Mon	3:28	4:10	9:45	10:32	7:23	7:04
	8. Tues	4:25	5:03	10:40	11:20	7:24	7:03
	9. Wed	5:18	5:52	11:32	----	7:24	7:02
13th	10. Thurs	6:07	6:36	12:06	12:21	7:25	7:00
	11. Fri	6:52	7:18	12:49	1:07	7:25	6:59
	12. Sat	7:34	7:58	1:29	1:50	7:26	6:58
LAST QTR	13. Sun	8:14	8:37	2:06	2:30	7:27	6:57
	14. Mon	8:53	9:15	2:42	3:07	7:27	6:56
	15. Tues	9:31	9:52	3:17	3:45	7:28	6:55
21st	16. Wed	10:09	10:30	3:51	4:23	7:29	6:54
	17. Thurs	10:49	11:10	4:27	5:03	7:29	6:52
	18. Fri	11:31	11:53	5:06	5:49	7:30	6:51
28th	19. Sat	12:18	----	5:52	6:42	7:31	6:50
	20. Sun	12:41	1:10	6:47	7:41	7:31	6:49
	21. Mon	1:36	2:09	7:50	8:44	7:32	6:48
NEW MOON	22. Tues	2:38	3:15	8:57	9:45	7:33	6:47
	23. Wed	3:47	4:22	10:03	10:43	7:34	6:46
	24. Thurs	4:54	5:25	11:07	11:40	7:34	6:45
28th	25. Fri	5:56	6:23	12:08	----	7:35	6:44
	26. Sat	6:53	7:17	12:34	1:06	7:36	6:43
	27. Sun	7:48	8:09	1:27	2:01	7:37	6:42
31. Thurs	28. Mon	8:40	8:59	2:16	2:53	7:37	6:41
	29. Tues	9:31	9:49	3:04	3:44	7:38	6:41
	30. Wed	10:22	10:38	3:51	4:33	7:39	6:40
		11:11	11:27	4:37	5:23	7:40	6:39

Approximate time to add for
New Smyrna North Bridge... 55 Minutes Edgewater..... Two Hours
New Smyrna South Bridge.... 75 Minutes Oak Hill..... Six Hours

risk of fractures; however, that was thought to be due to an increased number of falls, especially in the elderly. Physicians need to take care not to use too much medication, especially ones that dilate blood vessels, as they can increase risk of dizziness and falls.

DR. ROACH WRITES: Many readers kindly shared their recommendations about preventing underarm odor, and the most commonly mentioned, by far, was crystal mineral salt deodorants, of which there are several brands. Several people made their own deodorants by mixing baking powder, cornstarch and olive or coconut oil. Other people noted using antibacterial soaps or cleansing products containing the same products we use in the operating room, such as chlorhexidine and hexachlorophene. A product with zinc oxide and talc helped one reader. Finally, more than a few people noted that removing all underarm hair was necessary to successfully get rid of odor.

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. To view and order health pamphlets, visit www.rbmamall.com; or write to Pamphlets, 628 Virginia Drive, Orlando, FL 32803.

© 2019 North America Synd., Inc. All Rights Reserved