

ILLUSTRATION BY PHIL BLANK

## HOUSE Calls

Practicing family physicians from the UNC Department of Family Medicine have teamed up with *The Carrboro Citizen* to bring you a weekly feature responding to your questions about health and medicine. Send your questions or comments to [yourhealth@unc.edu](mailto:yourhealth@unc.edu)

This week we respond to questions about bone spurs on the toes and colace for irritable bowel syndrome.

*Dear HOUSE Calls, I have a bone spur on my big right toe. I was told if I had surgery for it, it may grow back. Is that true?*

That is a great question, and we think you already have the answer: Bone spurs are usually a reaction to chronic tendonitis or foot deformity, and solving the problem won't eliminate the cause. It also may not eliminate the symptoms. With bone spurs of the heels and toes, we think it is important to understand the cause and try all possible non-surgical approaches before considering surgery. Anti-inflammatory like ibuprofen can help with pain and inflammation, as can ice. Sometimes the most important thing is wearing shoes

that fit well; shoe modifications or custom orthotics can change the way your shoes fit. With toe spurs, the most important thing is often ample room in the toe box, which means no pointy shoes. You may want to see someone who specializes in orthotics, like a physical therapist who can help you with the best shoe fit for your problem. Surgery is a last resort, but if you do need surgery, it is still critical to correct the underlying condition that led to the spur. Hopefully if you do that, it will not recur.

*Dear HOUSE Calls, I have irritable bowel syndrome and find that taking a daily colace helps me regulate my bowel movements. Is there any problem with that?*

We usually don't think of colace (generic docusate) for the treatment of irritable bowel syndrome (IBS). Most patients with

IBS have diarrhea-predominant IBS or fluctuate between diarrhea and constipation. However, there is a subset with constipation-predominant IBS. We have many patients with chronic constipation that get some relief with daily docusate. It acts by softening the stools and drawing water into the colon. This is actually quite safe; just be sure to take it with plenty of fluids. We do discourage people from taking stimulant laxatives daily, but this type of stool softener (like docusate) has little downside, is cheap and is available without a prescription. So our take on this is if it helps you manage your symptoms, this is a perfectly reasonable approach.

*HOUSE Calls is a weekly column by Dr. Adam Goldstein, Dr. Cristy Page and Dr. Adam Zolotor on behalf of Your Health and the UNC Department of Family Medicine.*



## Community Calendar

### THURSDAY DEC 15

**Movie Showing** — Family movie night at Orange County Main Library in Hillsborough. 6pm Free Call 245-2536 for movie title

**Bill of Rights Day** — The reading of the Bill of Rights with proclamations read by Orange County commissioners and the mayors of Chapel Hill and Carrboro, and remarks by

Hillsborough. 241-5032

### FRIDAY DEC 16

**Contra Dance** — Music by The Donnybrook Lads and caller Linda Cooper. Carrboro Century Center; 7:30pm workshop/8pm dance \$8 [csda-dance.org](http://csda-dance.org)

**Tap Ensemble** — Footnotes Tapping Ensemble presents Nine Ladies Tapping and a Guy, as part of the

Choir, Chamber Choir and Girls Choir to present a Christmas Concert. Duke University Chapel, 7:30-pm. \$15 adults; \$12 seniors; \$8 children [ncboyschoir.org](http://ncboyschoir.org)

### THURSDAY DEC 22

**It's A Wonderful Life** — Proceeds from the movie support Community Home Trust in its affordable housing efforts. The Varsity Theater, Franklin Street 6:45pm Donations requested 967-1545, ext. 310

### SATURDAY DEC 24

**5K Run/Walk** — 7th annual CHHS XC Alumni 5K Run/Walk, with proceeds benefiting the Chapel Hill High School Cross Country Team. Chapel Hill High, 11am \$10 adults/\$5 children [villemain@ncr.nc.edu](mailto:villemain@ncr.nc.edu)

### ONGOING

**Cancer Support** — Support groups at Cornucopia Cancer Support Center for cancer patients and their families. [cancersupport4u.org](http://cancersupport4u.org) 401-9333

**Cancer Support** — Support groups and wellness programs sponsored by N.C. Cancer Hospital. [unclineberger.org/patient/support/supportgroup.asp](http://unclineberger.org/patient/support/supportgroup.asp)

### It's A Wonderful Life

Proceeds from the movie support Community Home Trust in its affordable housing efforts. The Varsity Theater, Franklin Street 6:45pm Donations requested 967-1545, ext. 310

### THURSDAY DEC 22

Twelve Days of Christmas celebration. Carolina Inn, 7pm Free

### SUNDAY DEC 18

**Moravian Love Feast** — UUMC Chancel Choir and Covenant Handbells will perform traditional Christmas carols and Moravian Hymns. University United Methodist Church, 7pm [chapelhilluumc.org](http://chapelhilluumc.org)

### MONDAY DEC 19

**Choir Concert** — N.C. Boys

Rep. Verla Insko, Stephen Dear, Rafael Gallegos and Steve Peterson. Peace and Justice Plaza, noon 942-2535

**Wrappers Needed** — Volunteers needed to wrap presents for the Be a Santa to a Senior program, sponsored by Home Instead Senior Care. Seymour Center, 1-3pm 933-3300

**Cookie Exchange** — Last day to register for the first International Gluten-free Cookie Exchange, sponsored by the Health Center of

Send your Community Calendar submissions to [calendar@carrborocitizen.com](mailto:calendar@carrborocitizen.com)

## SUPER CROSSWORD COOL CHARACTERS

<b>ACROSS</b>	1 Composer Schrifin	5 Norm de crime?	10 Theatrical Joseph	14 Exclude	19 Way off base?	20 Mito out the mine- stone	21 "God's Little —" (58 film)	22 Lose one's tail?	23 English talk- show host	25 "The Alamo" actor	27 Kitchen utensil	28 Arboreal animal	30 Jai —	31 Trombonist Winding	32 Took a shot at	34 Salve	37 Chinese principle	38 Fit for farming	42 "Ligeia" author	43 Conductor Jeffrey	45 Thurman of "Final Analysis"	48 Southern staple	50 PC key	52 Make wine divine	55 Drives and drives?	58 '87 Warren Beatty film	60 Word game	65 Ol' Blue Eyes	71 Skater Midori	72 Actress Neil Patrick Harris	73 "The King and I"	74 Subordinate	75 "It Was a Good Day" rapper	78 Pithy	80 Hazel's boss	81 Add color	83 Quiet — mouse	84 Jeweler's weight	85 Novelist Kobo	86 "— homo" 87 Neighbor of Neb.	88 Author France	91 Film site	93 Forceful	95 Neiman or Anderson	96 — Dini Diem	<b>DOWN</b>	1 The Four — letters	2 Expect	3 Sweetheart	4 "Twelfth Night" role	5 Landon or Kjellin	6 Ulrich of Metallica	7 Matinee —	8 As well "Hamlet"	9 Brief brawl	10 Part of PST	11 Cologne cry	12 Paris' pop	13 Small shot	14 One of the Clintons	15 Yalie	16 Like some sweaters	17 Dwight's competition	18 Varnish ingredient	24 Mailer's "The Park"	26 Natalie's sister	29 With-it	33 Mr. Hammars- kjold	35 — Dame	36 It's in the bag	39 Feta merinade	40 Fleur-de- —	41 Racial	44 Jug part	45 "Gross!"	46 Bovine bellow	47 "Wozzeck" composer	48 "Twelfth Night" role or Tabasco	51 Freighter county	53 "My Little Margie" star	54 Ham up suffix	56 Pleat	57 Singer Marie, MI	59 Guacamole base	61 This instant	62 "The Kitchen God's Wife" author	63 Common	64 Cul-de- —	66 Physicist Fermi	74 Metropolitan	75 Stuff	76 Grammati- an's concern	77 High-rise building?	79 Be important	80 Irate	82 Member of the mil.	84 Snag 87 Crab's expression	89 Card game	90 Spud bud	92 Ring stats	94 Long or Peoples	98 Hwy. — polloi	100 Port	104 New York county	105 Met men	107 Slangy suffix	109 Word form for "all"	110 Sault —	112 Paint pigment	113 Summer ermine	115 Dog star	116 Humiliate	118 Turbine part	119 Steel support	123 Pal —, CA	124 Comic Orson	125 Ferris-wheel feature	127 The "Valkyries" mom	129 When Satie sweltered	130 Klutz	131 Humor	133 Tie the knot
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## CitizenCryptoquote By Martin Brody

For example, YAPHCYAPLM is WORDSWORTH. One letter stands for another. In this sample, A is used for the two O's, Y for the two W's, etc... Apostrophes, punctuation, the length and formation of the words are all hints.

### Deeper Cleaning?

K	C	'	M	R	E	C	B	K	I	G	C	L	G	T
W	X	G	U	A	M	C	M	G	B	B	K	R	Q	
C	E	E	C	L	V	X	A	M	L	G	M	.	K	C
Q	E	G	M	D	A	P	L	H	G	G	N	G	X	
C	L	W	R	C	L	W	C	.	-	D	E	B	B	T
I	W	C	P	L	N	E	B	G	,	E	R	Y	L	T
M	L	G	M	C	W	X	C	G	H		W	R		
E	R	B	K	R	G		N	G	C	K	C	K	E	R
W	Q	W	K	R	M	C	V	W	R	I	E	S		
W	D	G	X	K	P	W	'	M	N	B	W	R	R	G
S	K	J	G	H	E	B	B	W	X	D	E	R	C	L
H	G	V	K	C	-	P	W	X	H	S	G	G	.	

Find the answer in the puzzle answer section.

## Weekly SUDOKU

by Linda Thistle

	8	7		5				1
	6		8		4			
2			7				3	
	9		3			4		
5				7	3			2
8			1					7
3				9				2
	2		7	4				9
	6			8	7			

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK: ★**

★ Moderate ★★ Challenging  
★★★ HOO BOY!

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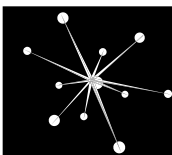
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## The ArtsCenter

For more information or to order tickets call 929-2787 x201 or go to [artscenterlive.org](http://artscenterlive.org)  
ArtSchool registration now open!

### CONCERTS:

AN EVENING WITH THE TREKKY RECORDS COLLECTIVE •

THU DEC 15

EXTREME GUITAR DUO

FEAT. KEITH KNIGHT & DON ALDER • SUN FEB 2

JOHN MCCUTCHEON • FRI FEB 24

LUNASA • FRI MAR 23

LEO KOTTKE • TUE MAR 27

DARRELL SCOTT • SAT MAR 31

TANNAHILL WEAVERS (AT CASBAH IN DURHAM) • FRI APR 27

TEADA WITH SEAMUS BEGLEY • THU MAY 10

### ARTSCENTER STAGE:

AMAHL & THE NIGHT VISITORS • 16-18

### SUPERFUN FAMILY SHOW:

GUSTAFER YELLOWGOLD'S SHOW • SAT JAN 21 AT 11AM

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