

Study: Drug combos may raise breast cancer risk

ORLANDO, Fla. (AP) — Breast cancer survivors risk having their disease come back if they use certain antidepressants while also taking the cancer prevention drug tamoxifen, worrisome new research shows.

About 500,000 women in the United States take tamoxifen, which cuts in half the chances of a breast cancer recurrence. Many of them also take antidepressants for hot flashes, because hormone pills aren't considered safe after breast cancer.

Doctors have long known that some antidepressants and other medicines can lower the amount of tamoxifen's active form in the bloodstream. But whether this affects cancer risk is unknown.

The new study, reported Saturday at a cancer conference in Florida, is the largest to look at the issue. It found that using these interfering drugs — including Prozac, Paxil or Zoloft — can virtually wipe out the benefit tamoxifen provides.

Many doctors question the magnitude of harm from com-

binning these medicines, and a second, smaller study suggests it may not be very large.

But the bottom line is the same: Not all antidepressants pose this problem, and women should talk to their doctors about which ones are best.

"There are other alternatives we can consider" that are safer, said Dr. Eric Winer, breast cancer chief at the Dana-Farber Cancer Center in Boston.

He had no role in the study, which was done by Medco Health Solutions Inc., a large insurance benefits manager. Researchers used members' medical records to identify 353 women taking tamoxifen plus other drugs that might interfere with it, and 945 women taking tamoxifen alone. Those taking a drug combo did so for about a year on average.

Next, researchers checked to see how many were treated for second cancers in the following two years. Breast cancer recurred in about 7 percent of women on tamoxifen alone, and

in 14 percent of women also taking other drugs that could interfere — mainly the antidepressants Paxil and Prozac, and, to a lesser extent, Zoloft.

If women want to take an antidepressant, "you probably want to stay away from those three," said Medco's chief medical officer, Dr. Robert Epstein.

No greater breast cancer risk was seen in women taking the antidepressants Celexa, Lexapro or Luvox with tamoxifen, and there are reasons to think that other antidepressants may be safe as well, Epstein said.

A second study led by Dr. Vincent Dezentje of Leiden University Medical Center in the Netherlands found little risk from combining tamoxifen and popular antidepressants. However, only 150 women in the study took such combos for more than two months, and they were compared to women taking combos for a shorter time — not to women using tamoxifen alone.

The Dutch and Medco studies were presented at a meeting of the American Society of Clinical Oncology.

The federal Food and Drug Administration has been considering a change to tamoxifen's label to warn about the antidepressants drugs and a gene variation some women have that can make tamoxifen less effective. An advisory panel unanimously recommended a change in 2006, but the agency is still considering it.

WCMS students raise \$1,600 for Relay



Photo provided

The River Park Relay for Life team recently received a donation from the students, teachers and staff at Warren County Middle School, their partner in education. In one week, the middle school raised \$1,600 for the event. Students raised the money by collecting small donations from fam-

ily and friends and then holding a mini-relay on the Nunley Stadium track. WCMS student Emily Bouldin, right, daughter of Dena Youngblood and Peter Bouldin, proudly presents the check to Team River Park chairs Pam Hodges, left, and Ashley Wright.

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What starts as simple sniffing, sneezing and itching, however, can easily turn into something much more serious. As your allergies worsen, your nasal passages and sinuses can become swollen and congested, which can lead to a sinus infection. It doesn't have to be that way. If you have problems with your sinuses, Dr. Coleman is someone you should know.

To schedule an appointment please call 931-815-4ENT and they'll be happy to set up an appointment that's convenient for your schedule. Talk to Dr. Coleman about what ails you... he's all ears. And nose. And throat.



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Education Notes

IRVING COLLEGE

Irving College Elementary principal Mike Mansfield is announcing the school's honor rolls for the final six weeks.

FIRST HONOR ROLL

Fourth Grade - Kaylee Campbell, Savannah Parsons, Trenton Worch
Sixth Grade - Kimberly Trevino, Elizabeth McCormick

Seventh Grade - Kelsea Grieves, Jennifer Holmes, Mackenzie Magness, Jazmine Sweet

Eighth Grade - Lacey Bess, Summer Barkes, DeNeeka Cole, Victoria Warner

SECOND HONOR ROLL

Fourth Grade - Jordan Bess, Garrett Smartt, Marissa Fults, Courtney Woodlee, Charles Garcia, Gracie Judkins, Chris Parker, Kelsi Priest, Tyler Rutledge, Marianna Hernandez, Alexis Rhea
Fifth Grade - Brianna Cooke,

Dustin Hale, Chattum Jennings Blake Walker, Erin Perry, Mileah Milstead, Kelsey Mullican, Austin Turner

Sixth Grade - Samantha Butcher, Darien Cunningham, Dalton Pack, Megan Worch

Seventh Grade - Allison Wanamaker, Destiny Dennis, Kristen Fults

Eighth Grade - Jacob Argo, Bella Dourth, Britny Fults, Chris Keegan, Abrellia Kelly, Becca Smith, Destiny Turner, Keaton Williamson, Sarah Wilmoth

MORRISON

Morrison Elementary principal Donna Vandygriff is announcing the school's honor rolls for the final six weeks.

FIRST HONOR ROLL

Third Grade - Alicia Flores, Ethan Gierucki, LaBraya Lusk, Rachel Myers, Layne Murphy, Nathan Steele, Kaitlyn Vickers, Blake Waldron, Sidney Hobbs, Gabi Melo Rosas, Nathan Nunley, Rene Alvarez, Becca Beaty, Paige Coppinger, Duncan Gilley, Jasmine

Kesterson, Ian Pursley, Sara Robinson, Katelyn Smith, Daniel Tidwell

Fourth Grade - Cheyenne Newby, Magali Pantoja, Hannah Griffin, Carly Meeks, Megan Misetich, Brooke Murphy, Caitlyn Whitlock

Fifth Grade - Lauren Childers, Bailey Sims, Kylee DeLane, Emley Grandey
Sixth Grade - Leanne Cantrell, Kelsey Pepper, Grace Rains, Hannah Smith

SECOND HONOR ROLL

Third Grade - Cody Bell, Kade

Bouldin, Amber Gilley, Sasha Jordan, Brayton Kelsey, Skyler Rangel, Rylan Sliger, Tyler Sweeton, Haley Wright, Nathan Nunley, Nick Fuqua, Pacey Ballew, Jacob Elam, Gabriel Garcia, Sydney Hobbs, Samantha Krause, T.J. McCoy, Kali Myers, Caleb Newby, Connolly Owen, Kertis Pitman, Jamal Pleasant, Jobe Saunders

Fourth Grade - Brian Beedle, Caitlin Cantrell, Madison Caswell, Emma Clark, Kayrn Dillard, Jon Mondragon, Ashley Moore, Erica Hernandez, Zoey Pomales, Roger Roach, Dylan Drake, McKay Harrell, Justin Holt, Bridget Johnson, Arianna Lusk, Nick Reeves, Keeley Sweeton, Megan Taylor, Trayton Whipple, Skyler Youngblood

Fifth Grade - Alexis Crouch, Jayme Dyer, Sammie Jo Medley, Odalys Ontiveros, Justin Allison, Hunter Hall, Tommy Juarez, Hailey Muncey, Gage Simpson, Kirstyn Sweeten, Kelci Hastings, Jessie Devore

Sixth Grade - Hanna Bess, Ashley Dyer, Jake Roach, Jacob Saunders, Dalton Crabtree, Cierra Holt, Jade Watson, Clay Whitaker
Seventh Grade - Kailyn Cantrell, Ruby Labrado, Miranda Burgess, Zenia Curtis, Chase Hullett, Sarahy Maneiro, Michelle Rangel

Eighth Grade - Erin Dunn, Cortney Krickel, Nick Lawson, Sarah Rains, Tiffany Slatton, Braeden Vandygriff, Ciara Walker, Kaylyn Baker, Ashley Nunley

BUG HONOR ROLL

Third Grade - Alizia Juarez
Fourth Grade - Arianna Lusk, Lane Meeks, Trayton Whipple
Sixth Grade - Victoria Lopez, Alex Ontiveros
Seventh Grade - Jon Ewton, Morgan Parsley, Johnny Smith
Eighth Grade - John Dinwiddie, Judith Cathy

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The Acid Test

Recent research shows that inadequate levels of folic acid may be linked with age-related hearing loss (presbycusis). This finding came from a study in which elderly men and women with signs of age-related hearing loss and low folic acid levels were given an 800-gram supplement of folic acid daily for three years. At the end of the study, researchers found that those taking the supplements experienced no significant drop in their ability to hear low-frequency sounds. The thresholds of the low

frequencies increased by 1.0 decibel in the folic acid group and by 1.7 decibels in a placebo group. While this is a significant finding, many older individuals have trouble hearing high frequencies. However, anything that preserves hearing is noteworthy.

P.S. One of the telltale signs of presbycusis (age-related hearing loss) is an inability to discern the conversational voices of children and women, who talk in the higher frequencies.



Lisa Davidson, M.A.
Audiologist



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