

# Laboratories need more skilled phlebotomists

**DR. GOTT**



PETER GOTT, M.D.

**DEAR DR. GOTT:** I'm a 65-year-old female with high blood pressure and high cholesterol readings. When I have blood drawn for testing, the technician has a very difficult time finding a suitable vein that won't collapse. Is there any procedure that might make the job easier?

**DEAR READER:** Alas, I cannot help you. You are a victim of the phlebotomist's (blood drawer's) technique. Some technicians are more skilled than others at finding veins that won't collapse; this is a function of experience and some genetic ability that I have yet to identify.

When you go for your periodic blood tests, ask the technician to in-

troduce you to the most skillful phlebotomist in the lab. Get to know this person, treat him or her with care, compliment the human vampire on what a good job he or she is doing. Above all, don't antagonize a good phlebotomist; such a resource is invaluable to any hospital.

Also, don't giggle when you hear the hospital operator paging the phlebotomist — as happens in our hospital — as "Phil Botomist" or, worse, "Fur Botomist."

**DEAR DR. GOTT:** I've heard that people taking thyroid medication should avoid certain foods. Now that I'm taking Synthroid, should I watch what I eat?

**DEAR READER:** My standard answer to such questions is, ask your doctor. By this, I mean that a person's personal physician is the best judge of the precautions you, as an individual, should take with respect to specific medicines. As far as I know, the use of Synthroid (thyroid hormone) does not require any dietary alterations. Nonetheless, you should ask your doctor about this, because your case may differ from the majority of similar

cases.

To give you more information, I am sending you a free copy of my Health

Report "Consumer Tips on Medicines." Other readers who would like a copy should send \$1.25 with their

name and address to P.O. Box 91369, Cleveland, OH 44101-3369. Be sure to mention the title.

## Happy times ahead for those Virgos

**ASTRO-GRAPH**



BERNICE BEDE OSOL



Your Birthday

Sept. 16, 1989

Happy times are in the offing for you in the year ahead, because it looks like you will switch your emphasis from your material interests to life's more esthetic values. Friendships will become more important than things.

**VIRGO (Aug. 23-Sept. 22)** What's in it for me should not be your motto today. People you'll be dealing with aren't apt to be in a giving mood and they'll be even less so if they feel you're too self-serving. Virgo, treat yourself to a birthday gift. Send for your Astro-Graph predictions for the year ahead by mailing \$1 to Astro-Graph, c/o this newspaper, P.O. Box 91428, Cleveland, OH 44101-3428. Be sure to state your zodiac sign.

**LIBRA (Sept. 23-Oct. 23)** Tactfully back off if you are confronted today by an individual who has more authority or rank than you do in the contested development. Chances are you'll come in second.

**SCORPIO (Oct. 24-Nov. 22)** Pace yourself wisely today where your work is concerned or you could get very careless in your haste to get things done as quickly as possible. It's better to be slow than sorry.

**SAGITTARIUS (Nov. 23-Dec. 21)** This is not a particularly good day for you to go shopping in expensive stores. You could be a bit more extravagant than usual and buy things you don't need or may never use.

**CAPRICORN (Dec. 22-Jan. 19)** You're a pretty good promoter today, but you might lack talent as a closer and let a sure sale slip through your fingers. Know when to stop talking and get your prospect on the dotted line.

**AQUARIUS (Jan. 20-Feb. 19)** Today you could be so captivated by the big picture that you'll overlook significant details. Keep your eyes upon both the forest and the trees.

**PISCES (Feb. 20-March 20)** If something you've been involved in for awhile still has a poor chance of yielding a return, it might be wise to cut your losses and look for another venture that has better prospects.

**ARIES (March 21-April 19)** There are indications that you might be a trifle too headstrong and unyielding today. If this is your attitude, you'll only end up hurting yourself as well as others.

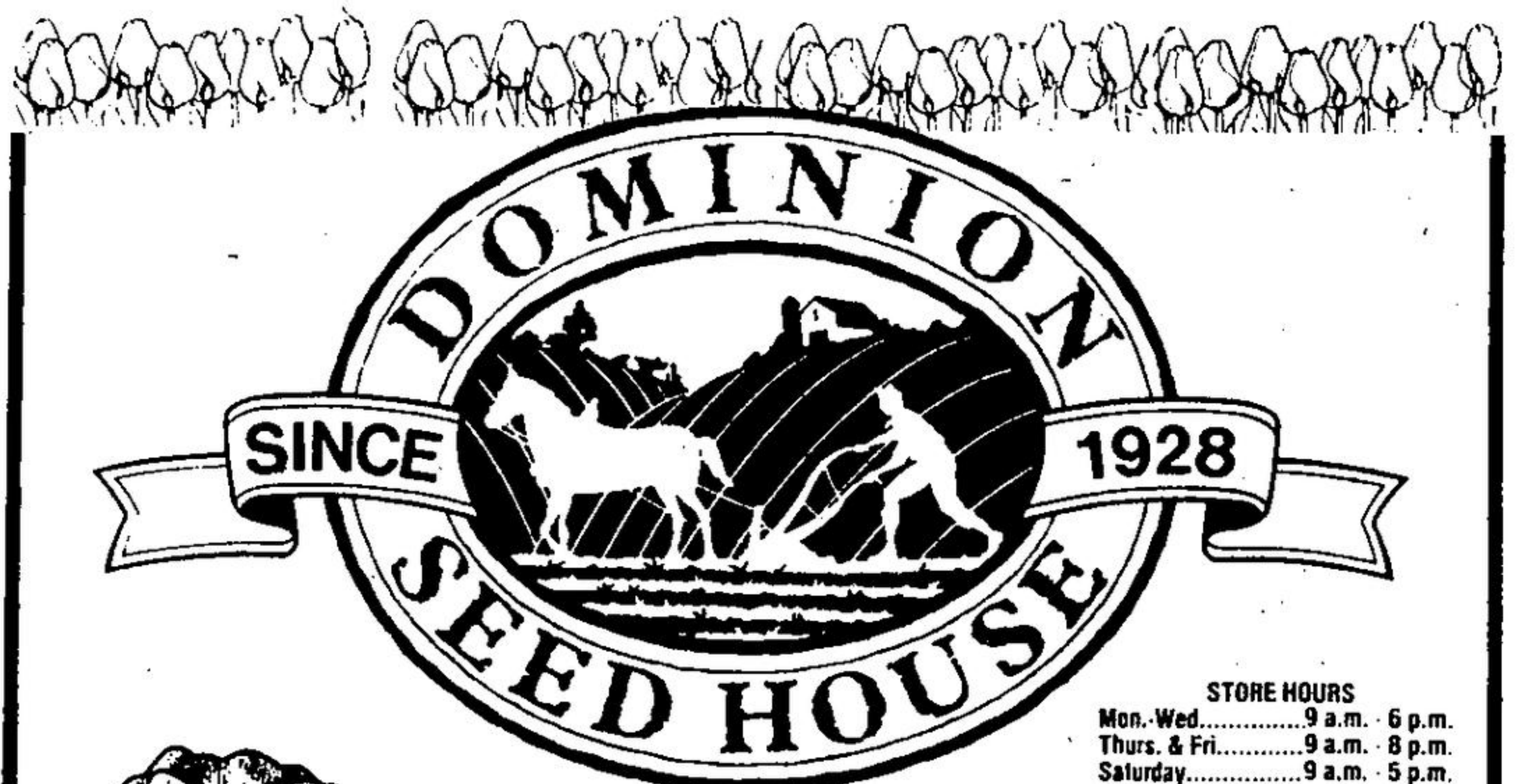
**TAURUS (April 20-May 20)** If you have too little faith in your own thinking today, it could open the way for domination from a stronger personality. It won't help your ego to play second fiddle to another.

**GEMINI (May 21-June 20)** In order to get proper mileage out of your budget at this time, it may be necessary for you to trim some non-essential expenses. Start with the mostly costly ones first.

**CANCER (June 21-July 22)** In a critical career situation today everyone, including yourself, could be at odds as to how this matter should be handled. It's not likely an effective resolution will be achieved.

**LEO (July 23-Aug. 22)** What you think is a clever maneuver expressly devised to further your personal aim might backfire today if it is not in accord with your highest standards.

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## TWO PERENNIAL GARDEN SEMINARS SATURDAY, SEPT. 16

First discussion at 10 A.M. and the second at 2 P.M. Bob Hankinson, manager of the garden centre at Dominion Seed House will be available to answer your perennial gardening questions and will conduct an informative meeting on how a novice gardener should start a perennial border from the ground up. Topics include soil preparation, general planting design, monthly care and winter protection.

**PLAN TO ATTEND**

Bonus Coupon for 20% Discount On All Perennial Plant Selections For Everyone Attending. Valid Sat. Sept. 16, Only.

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