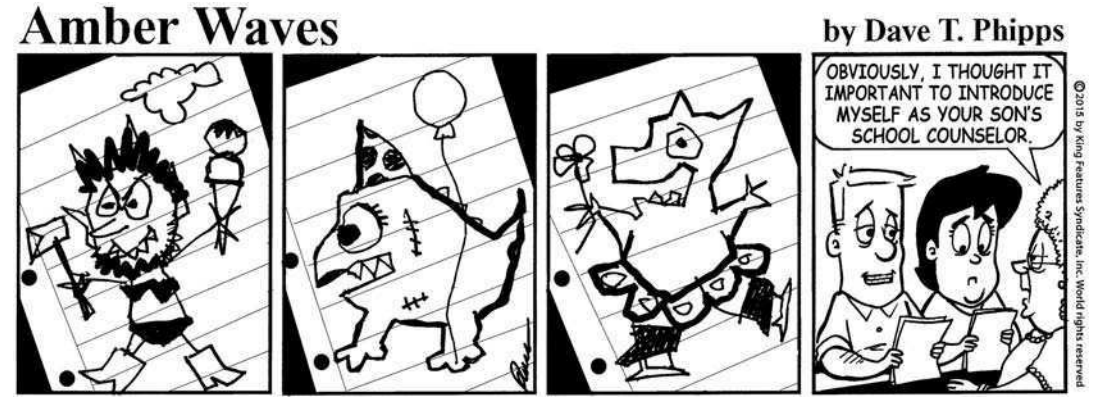
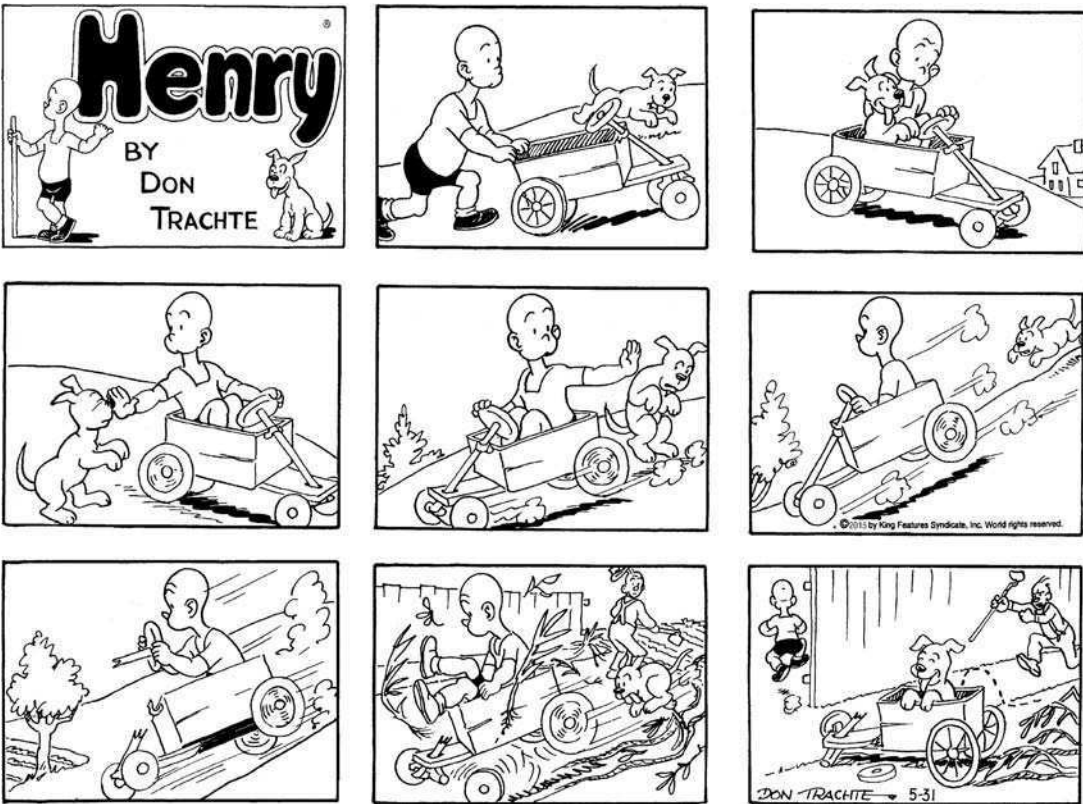


SIDE SHOW



TO YOUR GOOD HEALTH

Limiting sugar is a no-brainer

DEAR DR. ROACH: Medical advice is to reduce sugar consumption. Does this apply to 100 percent fruit juices, fresh fruit, sweetened cereal products or other fruit-sweetened products? — R.B.

ANSWER: I think it makes sense to limit sugar intake, as most North Americans take in remarkably large quantities of sugar. This week, while giving a lecture at the medical school, I noticed that the carbonated sodas served contained 45 grams of added sugar per can. That's more than the American Heart Association recommends in a day (no more than 25 grams of added sugar per day for women, 40 grams a day for men)! Be careful of products that claim to be sweetened by fruit juice or fruit sugar; this still counts as added sugar.

I do make an exception for fruits, as the body processes natural sugars from fruit differently. You can try this out at home by eating four medium-size oranges or drinking its equivalent in an 8-ounce (250 ml) glass of orange juice. I think you will find a big difference in how full you feel.

Although reducing sugar is critical for diabetics and is very important for anyone trying to lose weight, even for people with no sugar or weight problems, the evidence is accumulating that eating too much added sugar increases future risk for heart disease and diabetes.

Diabetes has become epidemic in North America. The booklet on it provides insight on its diagnosis and treatment. Readers can order a copy by writing: Dr. Roach — No. 402, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Can. with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. ROACH: I have statin myopathy. I am in pure agony. I am taking muscle relaxants and pain relievers. The muscles all over my body ache. I have had pain for two

months. Do you have any advice or remedies? — B.A.

ANSWER: Statin drugs are used to reduce risk for people with an increased chance for heart attack, depending on cholesterol levels, blood pressure, family history and other risk factors for coronary heart disease. As many as 9 percent of people treated with statins have muscle aches, which can be severe.

The treatment is stopping the statin. After stopping, the average time for symptoms to get better is two months. Only 7 percent have symptoms after six months. Coenzyme Q-10 has shown promise as a treatment for statin myopathy, in the dose of 200 mg a day, once daily or divided. It doesn't work for everybody.

DEAR DR. ROACH: Recently I was told that the "new way" to take blood pressure readings was to hold your arm against your chest and over your heart. I have not seen this on the Web anywhere. Is this true? — W.S.

ANSWER: It's not so new: We have long known that the arm should be at the same height as the heart. The arm also should be supported. Otherwise, the readings will be slightly (or not so slightly) off.

SALOME'S STARS

LEO (July 23 to August 22) Oh, you lucky Felines: Your romantic aspects are in absolutely purrrfect form. Don't be surprised at how especially attentive the ladies and gentlemen in your life are going to be this week.

VIRGO (August 23 to September 22) Looking to prove yourself in a difficult situation is laudable. But trying paying more attention to advice from experienced contacts. It could help you avoid time-wasting missteps.

LIBRA (September 23 to October 22) A business decision seems easy enough to make based on what you know. But this week could bring new facts to light, and you might have to do some heavy rethinking.

SCORPIO (October 23 to November 21) Feeling sure about the steps you expect to take is great. But you may need to share a few dollops of

that confidence with those who have some doubts about your plans.

SAGITTARIUS (November 22 to December 21) A sense of well-being dominates much of the week. A slightly depressed mood could set in on the weekend. But being with family and friends helps shoo it away.

CAPRICORN (December 22 to January 19) You appear to be walking your life's path like the sure-footed Goat you are. But someone might feel you could do better. Listen to the advice, but make up your own mind.

AQUARIUS (January 20 to February 18) With positive signs growing stronger, Aquarians could find themselves facing choices that are each too good to turn down. Best advice: Go for the one you feel most comfortable with.

PISCES (February 19 to March 20) Someone you know might need your comfort and wisdom during a particularly difficult period. Your encouraging words help restore self-confidence and rebuild strength.

King Crossword

1	2	3	4	5	6	7	8	9	10
11						12			13
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31	32	33		34		35		36	37
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43			44			45		46	
47		48				49		50	
51						52			
53						54			

ACROSS

- 1 Constitutional
- 6 Lab containers
- 11 So far
- 12 Proof reader's worries
- 14 Convertible
- 15 Honcho
- 16 Salt Lake athlete
- 17 Crenshaw, for one
- 19 "CSI" evidence
- 20 Inmate's weapon
- 22 2006 Nintendo debut
- 23 Leak slowly
- 24 Doctrine
- 26 Dueler's warning
- 28 Young bloke
- 30 Solidify
- 31 Dome-shaped candy
- 35 Community character
- 39 Taking care of business
- 40 Symbol of intrigue
- 42 Winnow
- 43 Grecian vessel
- 44 Destroyed
- 46 Chicken-

DOWN

- 1 Abhor
- 2 Enter cautiously
- 3 Roscoe
- 4 Fermi's bit
- 5 Cartoon skunk
- 6 Nixon's nixing?
- 7 Unyielding
- 8 Dadaist
- 9 House painter's need
- 10 Severely pelted
- 11 Have faith in
- 13 Open-mouthed
- 18 Whopper
- 21 African grassland
- 23 Epsom —
- 25 Pitch
- 27 "Wow!"
- 29 Grande
- dame
- 31 Dutch cheese
- 32 Open out
- 33 Rub elbows
- 34 Energy
- 36 Gap
- 37 Recently
- 38 Companion less fellows
- 41 Pop
- 44 Hardy cabbage
- 45 Dashboard dial, briefly
- 48 Kennedy or Koppel
- 50 Moo — gai pan

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King Crossword

Answers

Solution time: 24 mins.

L	E	G	A	L	V	I	A	L	S
T	O	D	A	T	E	R	R	A	T
R	A	G	T	O	P	T	O	P	D
U	T	E	M	E	L	O	N	D	N
S	H	I	V	W	I	S	E	E	P
T	E	N	E	T	E	N	G	A	R
G	U	M	D	R	O	P	E	T	H
O	N	I	T	W	E	B	S	I	F
U	R	N	K	A	P	U	T	A	L
D	O	G	T	A	G	R	A	G	T
A	L	L	E	L	E	S	C	O	U
L	E	D	E	R	T	H	O	S	E

Just Like Cats & Dogs by Dave T. Phipps

Siuslaw News

READ IT TODAY!