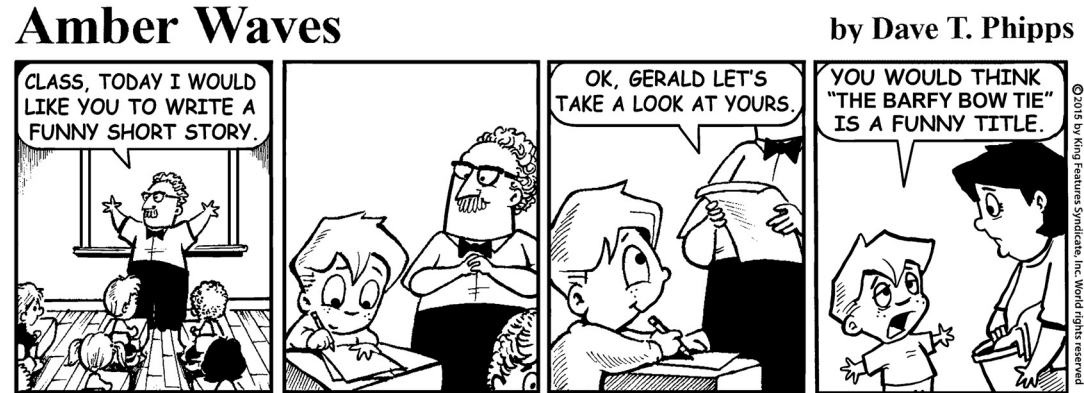
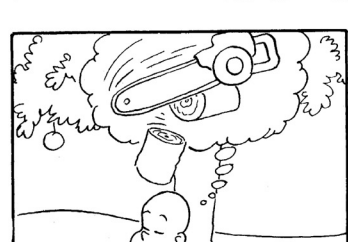
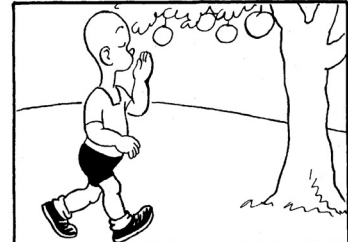
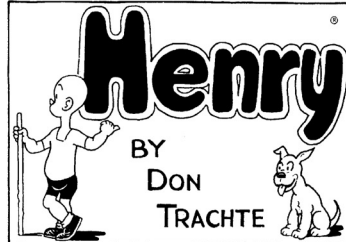
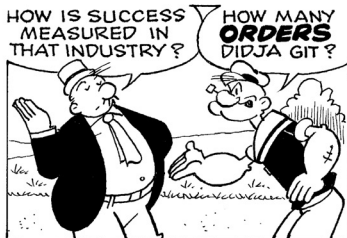
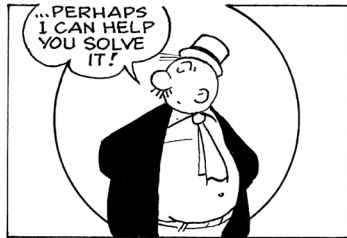
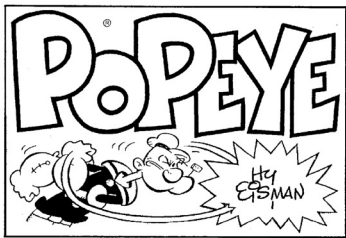


SIDE SHOW



TO YOUR GOOD HEALTH

Psoriasis can precede psoriatic arthritis

DEAR DR. ROACH: I am a 77-year-old male. I had to stop playing golf about two years ago due to joint pain. I had psoriasis from age 15 until I was 40. I am retired from the Navy and had to be hospitalized twice during my time in service due to my skin. Why it disappeared at age 40, I don't know. Is it possible that I could have psoriatic arthritis? One doctor I saw said that I had to have psoriasis in order to get it. I saw that you said that sometimes the arthritis shows up before the skin lesions. Can it show up after you have quit having the lesions? — Anon.

ANSWER: Indeed, psoriatic arthritis can show up years after psoriasis starts and when there are no skin lesions. Often, pits in the nails or other nail changes are seen in those with psoriatic arthritis.

However, having psoriasis doesn't protect you from other types of arthritis, such as osteoarthritis or rheumatoid arthritis. Since psoriatic arthritis is so destructive, you should see an expert, perhaps a rheumatologist.

The arthritis booklet discusses rheumatoid arthritis, osteoarthritis and lupus. Readers can order a copy by writing: Dr. Roach — No. 301W, 628 Virginia Drive Orlando, FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. ROACH: Do varicose veins in the leg still return blood? Does circulation diminish if they are removed? Should the elderly avoid removal? What if a vena cava filter exists for a one-time DVT 25 years ago? — S.S.

ANSWER: Varicose veins are dilated veins. They are very common, especially as we get older, and they seem to run in families. They often come because of leaky valves inside the veins. A previous blood clot is a risk factor, and a filter may make varicose veins and clots somewhat more likely.

They do continue to function,

returning blood. They should be treated conservatively, with leg elevation, exercise and compression, such as using pressure stockings. I seldom recommend more-aggressive therapy, but if they are symptomatic (pain, tightness, skin irritation) despite a good trial of conservative treatment, they can be treated with laser or radiofrequency ablation, by injecting medication into or around them, or by vein stripping. A vascular surgeon is the expert on these treatments.

DEAR DR. ROACH: I am a 63-year-old male who had a subarachnoid hemorrhage in 2008. The source of the bleed could not be found, and fortunately I came out of it in good shape, with no adverse effects. My doctor prescribed diclofenac [an NSAID] for joint and muscle pain, and it does help. Do you see a problem with this, considering that it thins the blood? — T.O.M.

ANSWER: Since the aneurism wasn't repaired, I would not recommend taking the NSAID unless your consulting neurosurgeon has specifically told you that it is safe to do so. I wouldn't be brave enough to prescribe it without that OK, even though there is some evidence saying it may be safe.

SALOME'S STARS

ARIES (March 21 to April 19) Some flashes of Aries ire might erupt as you confront an unusually bewildering situation. But you should be able to keep your temper under control as you work through it.

TAURUS (April 20 to May 20) That marriage 'twixt the arts and practicality that Taureans excel at once again highlights your enjoyment of much of the week. However, you need to watch any sudden urge to splurge.

GEMINI (May 21 to June 20) Even with all the plusses apparently outweighing the minuses, you still might want to defer an important decision to make sure you have all the facts you need.

CANCER (June 21 to July 22) One or two problems might threaten to

derail otherwise smoothly running situations at work or at home. But a few well-placed words should help get things back on track quickly.

LEO (July 23 to August 22) This could be a good time for all you Leos and Leonas in the spotlight to open your generous Lion's hearts and share the glory with those who helped you accomplish so much along the way.

VIRGO (August 23 to September 22) You might want to get advice from someone who's been there and knows these situations better than you do, before investing time or money (or both) in a questionable matter.

LIBRA (September 23 to October 22) Be careful how you handle a workplace matter that seems out of place in the schedule you've prepared. Before you act, one way or another, find out who set it up and why.

SCORPIO (October 23 to November 21) Your entertainment aspect is strong this week. Besides providing a wonderful break from everyday obligations, sharing fun

times brings you closer to those you care for.

SAGITTARIUS (November 22 to December 21) Having a weekend fun fest? Your friend or relative who's down in the emotional dumps could perk up if you find a way to include him or her in your plans.

CAPRICORN (December 22 to January 19) If you're in one of those "the Goat knows best" periods, you might want to ease up and try listening to what others have to say. You could learn something.

AQUARIUS (January 20 to February 18) That new challenge is getting closer, and you should be out there now showing facts and figures to potential allies to help persuade them to rally to your support. Good luck.

PISCES (February 19 to March 20) Getting a head start on holiday plans could help free up some time later to spend on other projects. Meanwhile, a colleague has some ideas that you might find worth discussing.

King Crossword

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King Crossword Answers

Solution time: 24 mins.

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J	U	I	C	Y	D	E	N	Y	A	P		
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B	E	E	B	O	G	R	O	U	T	E		
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L	O	S	T		X	E	N	A		Y	E	S

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