

Antidepressants suppress sex drive

Dear Annie: My husband takes antidepressants. He suffers from severe anxiety and attention deficit hyperactivity disorder. If he doesn't take his pills, he's tough to be around. He becomes depressed. His attitude toward everything is negative. He stays in bed. He sleeps all day. It's an ugly sight.

We met when we were in our 20s. Life was carefree when we fell in love. We were young, and all that mattered was spending time together. Most importantly, our sex life was great. We're currently in our late 30s. Nowadays, we have "adult" problems — such as jobs, a mortgage and maintaining our health. Those are normal obstacles for any married couple.

Now include the fact that my husband seems to have zero sex drive from the antidepressants and, as a result, we never have sex. I want him to not be depressed, but I also have needs. What should I do? — *Amorous Spouse*

Dear Amorous: Cruel but true — decreased sex drive is among the most commonly reported side

effects of antidepressants. Talk to your husband, taking special care not to make him feel guilty or defensive about his lack of sex drive. His doctor could suggest solutions — antidepressants that aren't associated with decreased sex drive, for example, or medications to treat erectile dysfunction. A doctor might also refer you to a sex therapist or couples counselor to address any underlying issues in your sex life.

Dear Annie: "Sad Nana With So Much to Be Thankful For" certainly struck a chord with your readers. I'd like to provide perspective from someone in the same boat as "Sad Nana's" children.

My mother is the sole caregiver for my terminally ill father, who is in hospice. Mom refuses all help — except for that provided by her children. We, as Mom's hired help, are all exhausted and frustrated that our remaining time with our dad is being orchestrated by her.

"Sad Nana" needs to remember that her children are losing

their father, just as she is losing a spouse. Perhaps "Sad Nana's" children want to use their remaining time with their dad visiting, recalling cherished memories and making peace with his imminent death.

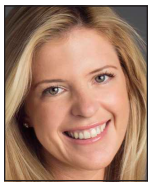
Asking the children to prepare meals, cook and clean for her reduces their role in their dad's life to that of hired help. I suggest that "Sad Nana" invest in professional services or take advantage of those provided by Medicare or perhaps her church family.

I imagine that "Sad Nana's" husband would rather she be by his side as his wife rather than nursemaid — and his children be children rather than hired help. "Sad Nana" made her choice; she should avoid holding others accountable for it. — *Dying to Be With Dad as a Daughter*

Dear Dying to Be With Dad: Your letter speaks to the importance of making use of all hospice care and all other available care covered by insurance. If you've not expressed your frustration to your mom, it'd be worth doing so.

I'm so sorry to hear that your family is going through, and I truly hope you get to spend some quality time with your father.

DEAR ANNIE



Annie Lane
Creators
Syndicate Inc.

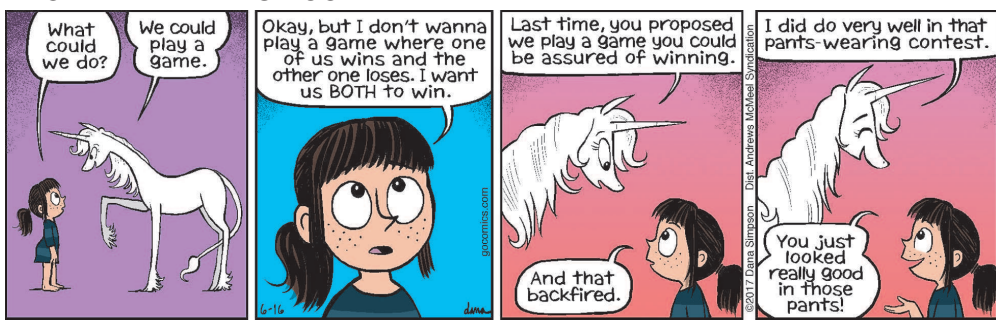
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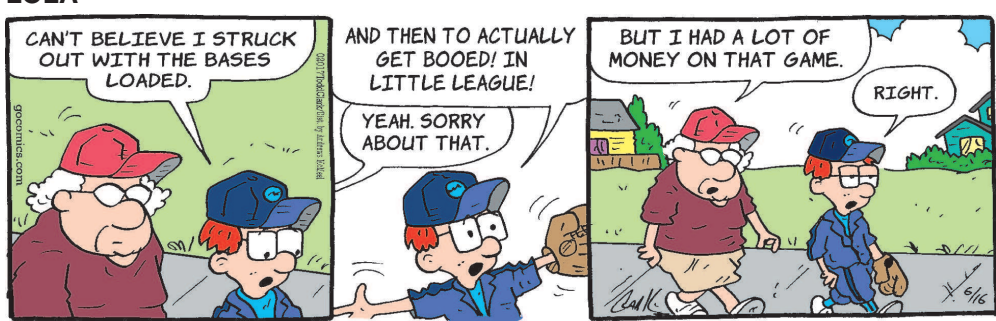
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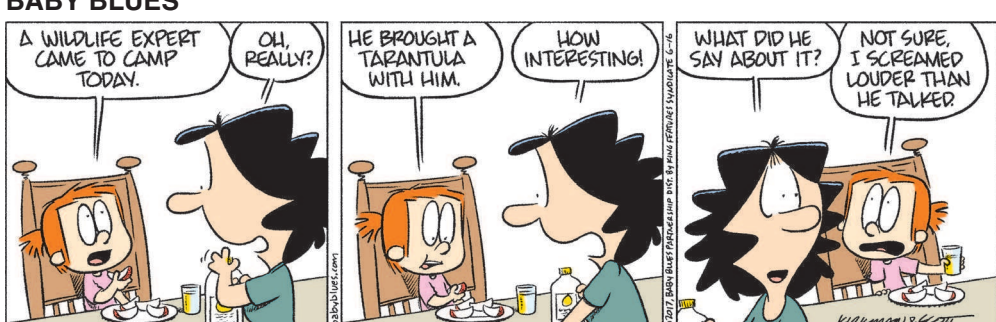
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TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). You've a multifaceted skill set. When you don't get to use some of these skills for a long time, you start to feel diminished. You forget all of who you are. To be able to exercise your competence will be a major lift to your spirit.

TAURUS (April 20-May 20). When beliefs fuse into something more like stubbornness, it's time to re-examine. Inflexible thoughts lead to intolerance and restriction. Go the opposite way and you'll invite freshness, creativity and vitality.

GEMINI (May 21-June 21). It's true that things can get pretty competitive in your professional arena. Perhaps it seems counterintuitive, but as you approach with compassion, caring and affection, this will only enhance your professional potential.

CANCER (June 22-July 22). Living by your values makes you a success. It can be done at any income level, as it's not a matter of high finance but of high return on the potential of your soul.

LEO (July 23-Aug. 22). The winner of the game isn't always one who wins the trophy; often it's the one who wins hearts. To be better is to be kinder. In the long run, kindness and love will be the score that matters.

VRGO (Aug. 23-Sept. 22). Your contribution is exciting. And though you may not like everything they have to say about you today, rest assured there's plenty of positive in it. Anyway, it's better to be talked about than not.

LIBRA (Sept. 23-Oct. 23). The sunshine is in you. Search for it, call on it, and draw it up. This will be easier when you're around people who crave levity and laughter as much as you do today.

SCORPIO (Oct. 24-Nov. 21). The bridge from one moment to the next is called courage. Don't worry about where you'll find it, as it's activated by one foot stepping in front of the other. March on.

SAGITTARIUS (Nov. 22-Dec. 21). Caring about the way your project looks and feels doesn't make you superficial, it makes you human — a being to whom aesthetics typically matter a great deal and has mattered for thousands of years.

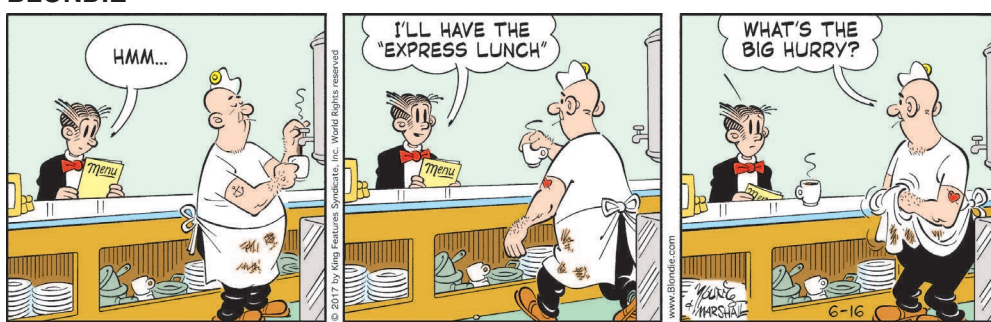
CAPRICORN (Dec. 22-Jan. 19). How about you: Do you doubt what can't be seen, or do you believe in the magic of invisible forces? Fortunately, the forces don't depend on your belief to render aid, as evidenced by today's unexplainable phenomenon.

AQUARIUS (Jan. 20-Feb. 18). Life is a swing, back and forth, back and forth. The pendulum's nature is to flee; the pendulum's nature is to return. Pleasurable circumstances are temporary. So are uncomfortable ones. Hang on for the change.

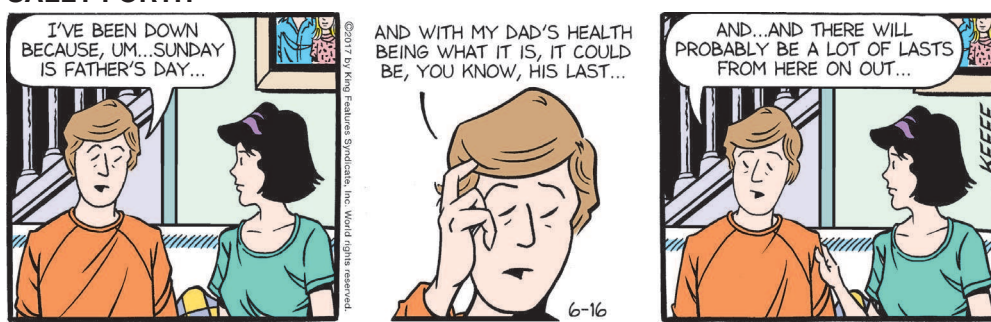
PISCES (Feb. 19-March 20). Some will pray to St. Anthony, the patron saint of lost objects. Others will meditate on the lost object in question, while still others will trace their own steps. Whatever your method, you've a lucky talent for recovery today.

TOMORROW'S BIRTHDAY (June 17). Your blessings will multiply; a fairy-godmother type comes into your life in July. Before August is over, you'll figure out something that's vexed you for years. You'll give a life-changing gift in October. Your secret wish gets a plan in November and a team in January. Until then, keep brainstorming. Scorpio and Virgo adore you. Your lucky numbers are: 9, 44, 28, 11 and 29.

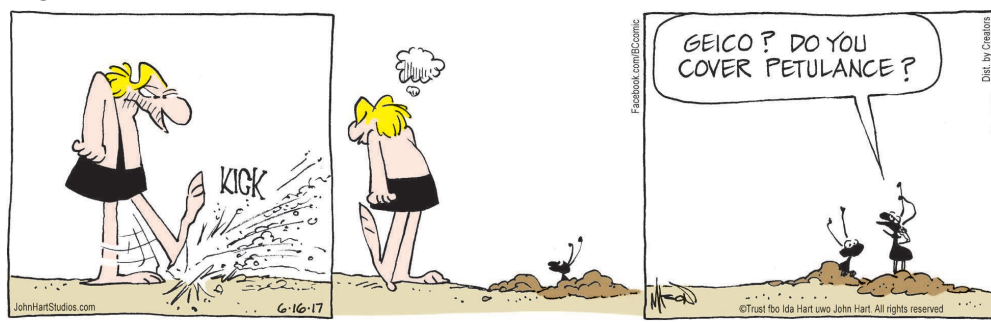
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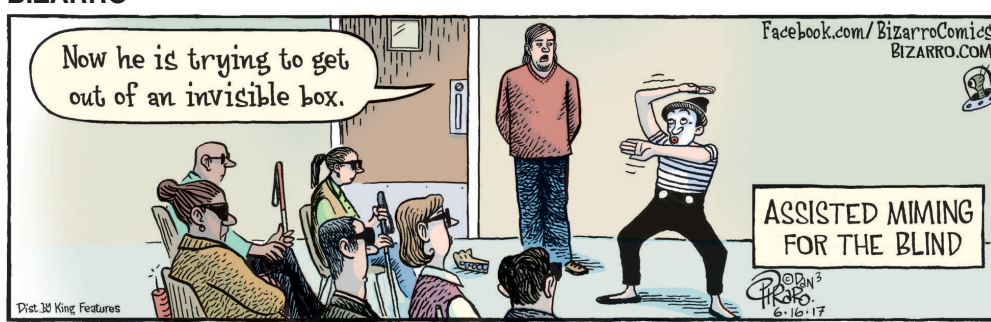
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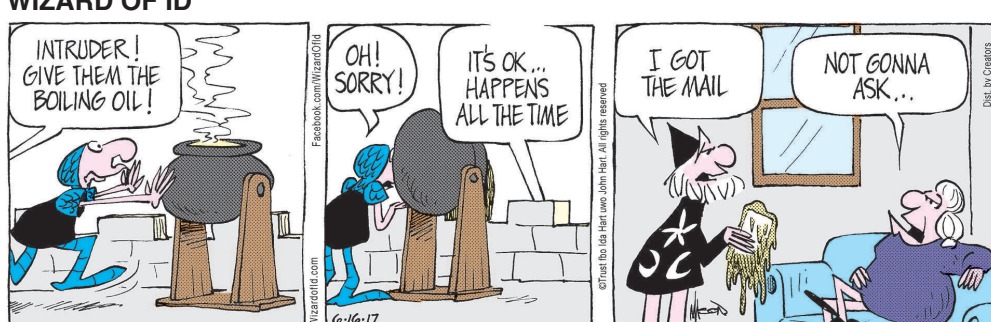
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