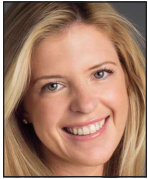


Concerned about brother's health

Dear Annie: I am over 70 years old and in failing health. My step-brother, "Tom," is 58. Although he is still working, I am sure that he will soon have to stop because over the past few years, he has become steadily more obese, and the doctors seem unable to find a cause or remedy, nor do they really seem to care. He now weighs almost 700 pounds. I love my brother and am worried about what will happen to him when I am gone. I have always been reasonably slender, and my brother doesn't seem to eat much more than I do, and he certainly doesn't eat cake, pies or other junk food, nor does he eat large portions.

DEAR ANNIE



Annie Lane
Creators
Syndicate Inc.

When I look around, it seems as if obesity is becoming more and more of a problem in the U.S. What happens when obese people are unable to work, but are too young to receive their Social Security benefits? What happens when they become too old and infirm to care for their own basic needs? I can't understand why the medical profession doesn't assign a higher priority to the treatment of obesity. Why can't more people understand

that it isn't just a problem of over-eating? — *Concerned Brother*

Dear Concerned: Your letter is a testament to what a blessing siblings can be. It's great you're still looking out for your brother. I'm not a doctor, but it sounds to me as if Tom could have hypothyroidism, which slows down the metabolism. The most important thing you can do for your brother is encourage him to seek the opinion of another doctor. Offer to take him to the appointment yourself if it would help. Finally, be sure to take care of yourself, too. I'm sure Tom is as worried about his brother as you are about him.

Dear Annie: I'm a psychiatrist. For decades, I've treated patients for attention deficit hyperactivity disorder (ADHD). You recently ran a letter from "Missing My Space Cadet." He was concerned about his wife, who, after being prescribed an "amphetamine medication" for ADHD, became laser-focused on work and was no longer fun-loving. She was also described as sleeping and eating more on days when she didn't take it.

As you said, she may be abusing

her medication, but another possibility (more likely, in my opinion) is that the prescribed dose is simply too high for her. Most patients — and more than a few prescribers — do not realize that with ADHD medications, there is usually a fairly small difference between the dose that does nothing and the dose that has unwelcome side effects or that the correct dosage can vary widely from person to person. Thus, rather than simply prescribe a standard dosage, doctors must conduct a single-case experiment for every patient. This requires close communication between doctor and patient. But if both aren't careful, the patient can continue to be prescribed the wrong dosage.

For this reason, I think your advice that the husband and wife go together to the next appointment was very much on target. My guess is that the problem could be easily solved by lowering the dosage. Unless the woman is taking more than the prescribed dosage, the word "abuse" is not applicable. — *A Psychiatrist in New York*

Dear Psychiatrist: Input from medical professionals such as you is always helpful. You've raised a great point. I've passed this information along. Thank you.

TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). The moment you decide to impress yourself, the adventure will be on! (But if you are hung up on impressing anyone other than yourself, it will cause a delay in your journey to greatness.)

TAURUS (April 20-May 20). There is some heaven here on earth, and you want to experience it. Also, heaven on earth wants to experience you. When you approach the moments with this in mind, the portholes open.

GEMINI (May 21-June 21). Those with many opinions may have few facts. As for the ones who have plenty of both, they're worth listening to today. You may not agree, but you'll come to a resolution faster for learning what they know.

CANCER (June 22-July 22). Orphans and strays will be attracted to your generosity and compassion. Your posse will get bigger and bigger. The growth won't be the least bit draining to you. In fact, you'll get back more than you give.

LEO (July 23-Aug. 22). Counting the cost isn't the same as paying the price. In fact, often those who paid didn't count. The bottom line is that you don't have to know the bottom line to do the right thing.

VIRGO (Aug. 23-Sept. 22). Living well is spending your life in your own way. You realize exactly what way that is by being forced to live by other people's rules and figuring out, "This just isn't me."

LIBRA (Sept. 23-Oct. 23). Don't be in too much of a rush. If you want everything yesterday, you miss the opportunity to learn how it's made, earned and delivered. There is wisdom and creativity hiding away in the origin story.

SCORPIO (Oct. 24-Nov. 21). You have taken

a child into your heart even though you probably already knew that children have a way of bruising the hearts they live inside with their naive will. When that part comes, you'll handle it and be stronger for it.

SAGITTARIUS (Nov. 22-Dec. 21). It will take a great deal of personal restraint not to say the thing on your mind, but if the idea seems the least bit unhelpful or has the slightest chance of causing offense, it won't be worth the breath it takes to utter it.

CAPRICORN (Dec. 22-Jan. 19). Enduring love isn't always so visible in the action of your daily life. There are those you communicate with in thought only who continue to influence you in ways both minute and remarkable.

AQUARIUS (Jan. 20-Feb. 18). The luckiest thing you can do today will be to teach others born in another time. It doesn't matter if they are older or younger than you; there's much of value to impart about the experience of your own particular slice of time.

PISCES (Feb. 19-March 20). Usually, you can see quite well with your heart, and its vision extends as far as needed or becomes microscopic for things that are very small or extremely close. It can even see what's invisible. Your heart will never need glasses.

TOMORROW'S BIRTHDAY (July 4). You're so often asked to be creative, look for the opportunity inside of a problem, rise above the situation. You do an excellent job of that, but you deserve a break from it, too. The next 10 weeks hands you good luck you don't have to work for. You had this coming. Invest in August. Domestic transformation comes in December. Leo and Scorpio adore you. Your lucky numbers are: 9, 30, 2, 26 and 4.

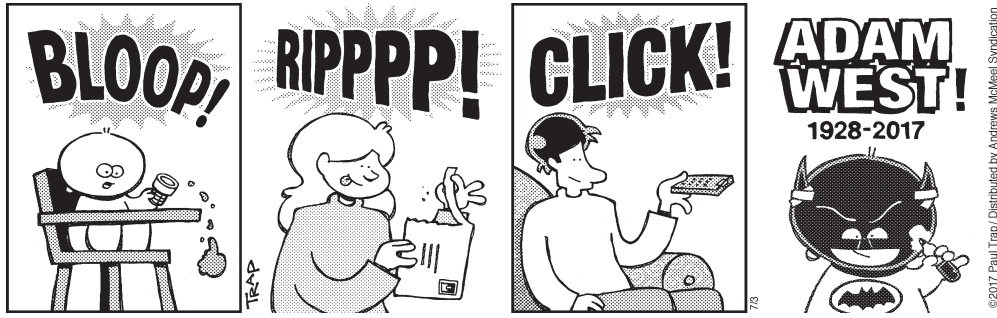
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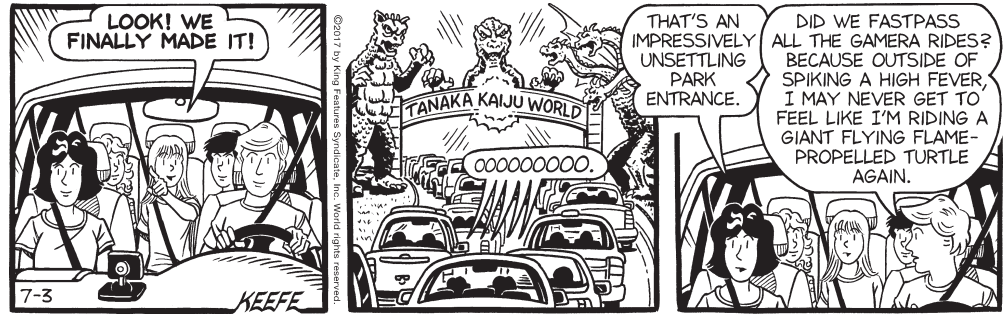
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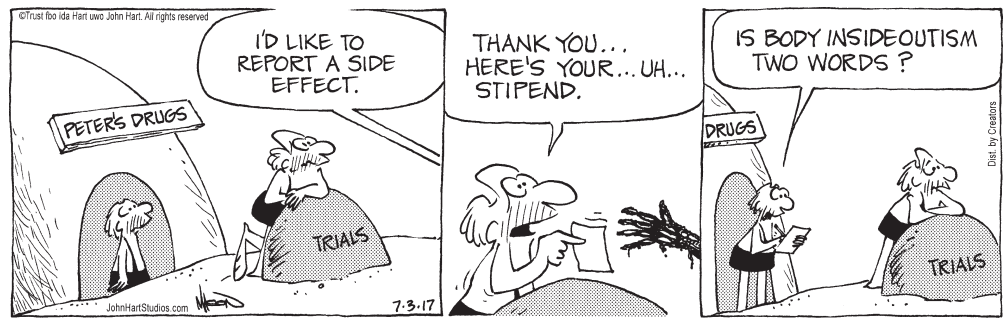
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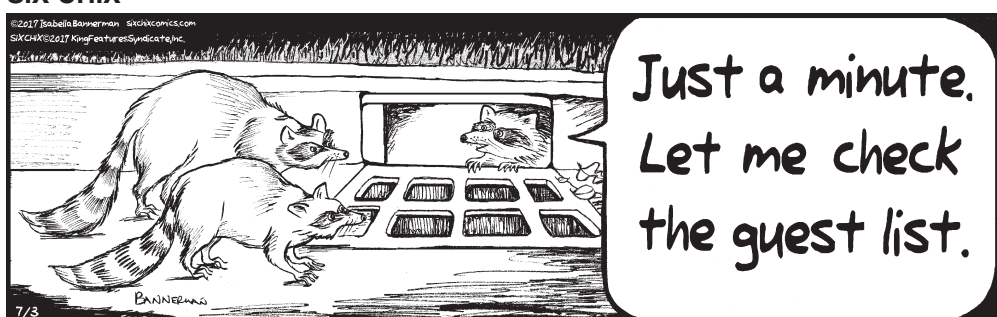
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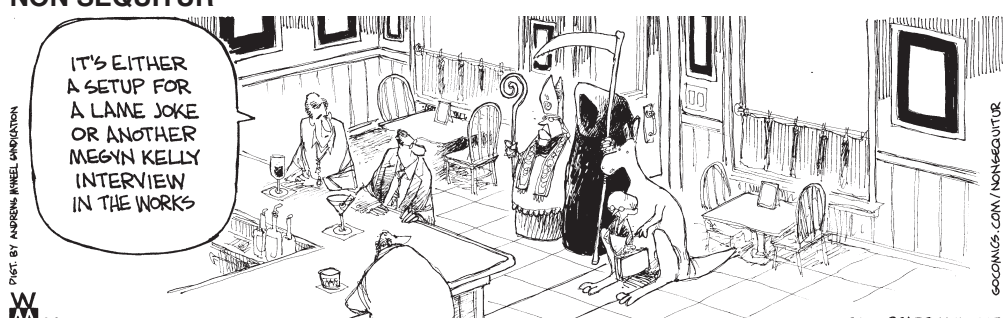
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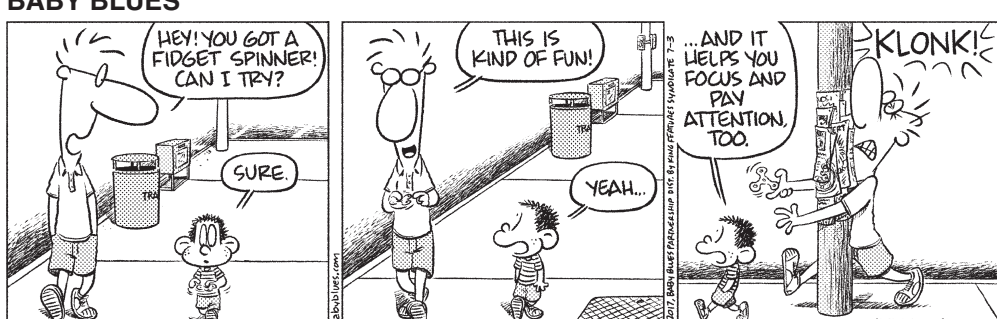
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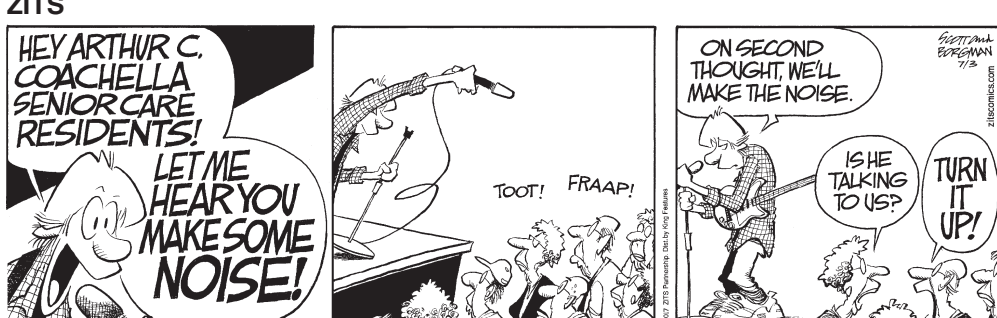
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