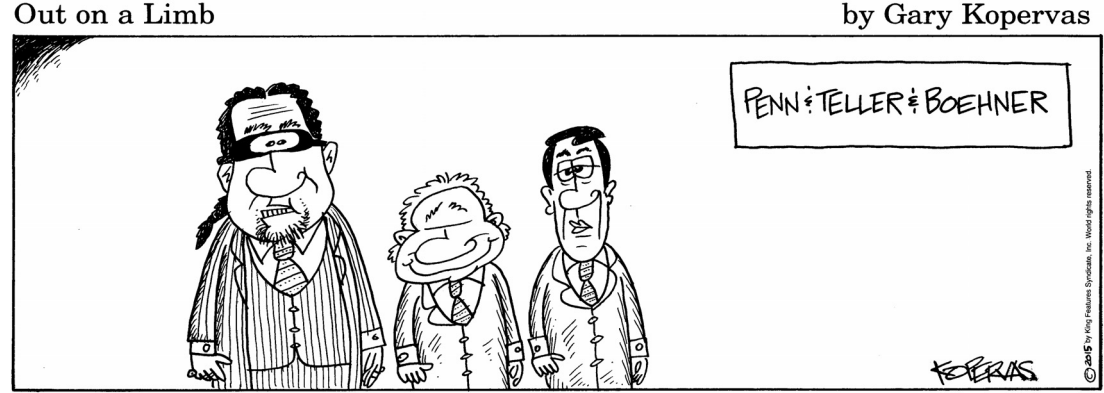
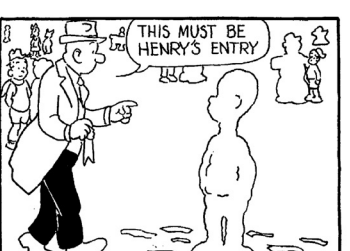
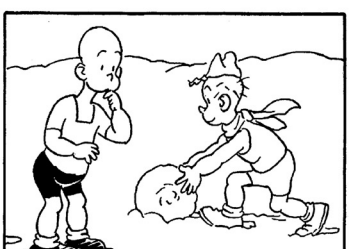
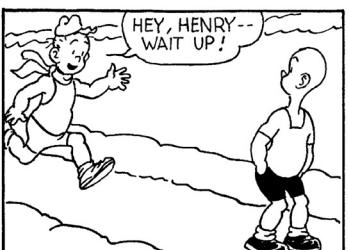
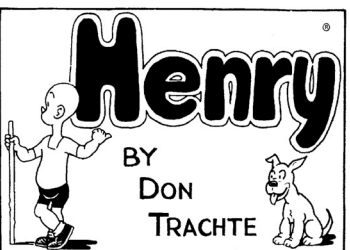
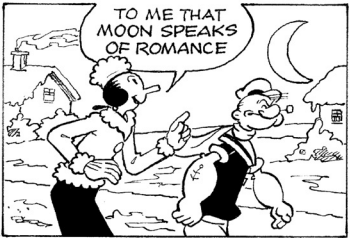
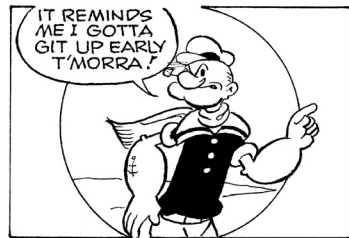
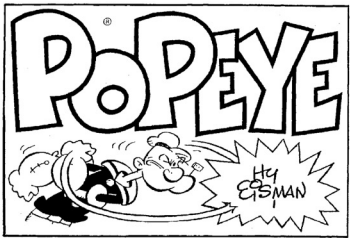


SIDE SHOW



TO YOUR GOOD HEALTH

Which blood pressure reading is right?

DEAR DR. ROACH: I am a 70-year-old man with high blood pressure. I take a calcium-channel blocker and a diuretic to control it. I am concerned about systolic readings that can vary 10-12 points when I take my blood pressure five-10 minutes apart. A recent example: readings of 132, 143, 140 and 133, taken five to six minutes apart. My diastolic readings don't vary more than a point or two in the mid-70s. Should I be concerned about these variations in systolic pressure? — J.S.

ANSWER: Having a patient who gets multiple values, thinks about what it means and cares enough to ask is a real pleasure for a physician.

This degree in blood pressure variation is well within the expected norm. Your systolic pressure (the top number, and the peak blood pressure

while the heart is expelling blood from the left ventricle into the aorta) is about 136, plus or minus seven points. Having multiple readings increases the precision of the measurement and allows your physician to make better decisions about the effectiveness of your treatment regimen. Your systolic number, however, is in the range of prehypertension, so your doctor will be keeping an eye on that.

During the course of the day, systolic blood pressure readings can vary as much as 30 points. Even in the few minutes you took these, I often see variation as much or more than this.

DEAR DR. ROACH: What are the methods for diagnosis and treatment of an Achilles' tendon tear? — L.N.

ANSWER: The Achilles' tendon connects the calf muscles, soleus and gastrocnemius, to the heel bone, the calcaneus. A complete rupture usually happens with a sudden, forceful contraction of the calf muscles, such as jumping, often in sports. The diagnosis usually is made by physical exam.

It's not always as obvious as it might seem: Some people with a complete rupture can still walk, and some people have no pain. Still, an experienced examiner should be able to diagnose a complete tear. An ultra-

sound or MRI is sometimes used to evaluate a partial tear or look for similar conditions, such as bursitis or tendinopathy.

A complete tear can be managed surgically or with physical therapy and rehabilitation. A surgeon should always be consulted. Partial tears are usually treated conservatively, with PT and rehab. Surgery on the Achilles' tendon typically requires two to three months off of work.

DEAR DR. ROACH: I have heard that magnesium destroys vitamin B, and vitamin B keeps you warm. I am cold all the time. I take magnesium for a delayed heartbeat. Do you think that magnesium is my problem? — H.A.

ANSWER: I also have heard that vitamin deficiencies, including B vitamins and vitamin D, can lead to intolerance of cold. However, I couldn't find much good scientific evidence to support that, and none at all that magnesium causes problems with vitamin absorption or activity.

Low thyroid, hypothyroidism, is the first condition to come to mind with cold intolerance, and anemia is the second. Although it can't hurt to try a B-vitamin supplement, I would recommend getting checked out for these conditions.

SALOME'S STARS

ARIES (March 21 to April 19) Change is still dominant for Rams and Ewes, both in the workplace and their private lives. This is also a good time to look at a possible relocation if that has been one of your goals.

TAURUS (April 20 to May 20) Doing things for others is what you do well. But don't forget that Bovines thrive on the arts, so make some time for yourself to indulge your passion for music and artistic expressions.

GEMINI (May 21 to June 20) While the Romantic Twin considers where to go for his or her upcoming vacation, the Practical Twin will start making travel plans now to take advantage of some great bargains.

CANCER (June 21 to July 22) Your sensitive nature helps you deal with a

difficult emotional situation. Be patient and continue to show your sincere support wherever (and for whomever) it is needed.

LEO (July 23 to August 22) You're making progress as you move through some unfamiliar territory. And while there might be a misstep or two along the way, overall you're heading in the right direction. Good luck.

VIRGO (August 23 to September 22) Some good news arrives — and just in time to remind you that you're making progress. Perhaps things aren't moving as quickly as you'd prefer, but they're moving nevertheless.

LIBRA (September 23 to October 22) This is a good week to step back and assess the facts that have recently emerged to see where they can be used to your advantage. Also, don't hesitate to make changes where necessary.

SCORPIO (October 23 to November 21) You should begin to experience some support from those who now agree with your point of view. This should help counter the

remaining objections from die-hard skeptics.

SAGITTARIUS (November 22 to December 21) Don't let your aim be deflected by trivial matters as you try to resolve a confusing situation. Take time to find and thoroughly assess the facts before making any decision.

CAPRICORN (December 22 to January 19) The possibility of moving to another location has come up. But before you dismiss it as unworkable, it's worth checking out just in case it does have some merit after all.

AQUARIUS (January 20 to February 18) New relationships — personal or work-related — show mixed signals. Best to assume nothing. Let things play themselves out until you have something substantive to work with.

PISCES (February 19 to March 20) Your ability to make needed changes without causing too much, if any, negative ripple effect comes in handy when dealing with a sensitive matter either on the job or in the family.

King Crossword

1	2	3	4	5	6	7	8	9	10	11	
12				13			14				
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			22		23				24	25	
26	27	28			29				30		
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45	46				47	48		49			
50					51			52			
53					54				55		

- ACROSS**
- 1 Venomous vipers
 - 5 Panhandle
 - 8 Pinnacle
 - 12 Secular
 - 13 Pitching stat
 - 14 Slender
 - 15 Culture medium
 - 16 Shriner's topper
 - 17 Wet wrigglers
 - 18 Jungle expedition
 - 20 Grand story
 - 22 Killjoy
 - 26 Nasality
 - 29 Every last bit
 - 30 Rowing tool
 - 31 Like a Cabernet
 - 32 Color
 - 33 Remedy
 - 34 Mel of Coopers-town
 - 35 Greet the villain
 - 36 Name
 - 37 Pianist's supply
 - 40 Blue hue
 - 41 Geronimo, for one
 - 45 Fonteyn's frill
 - 47 Ailing
 - 49 Membership fee
 - 50 On the briny
 - 51 Ultramodern
 - 52 Memo acronym
 - 53 Reiner or Sandburg
 - 54 Sermon subject
 - 55 Nimble
- DOWN**
- 1 "Oh, woe!"
 - 2 "The Forsyte —"
 - 3 Chanteuse Edith
 - 4 Not merely 14-Across
 - 5 Suit
 - 6 Preceding
 - 7 Graceful
 - 8 Had a home-cooked meal
 - 9 Supermarket section
 - 10 Wire measure
 - 11 Type units
 - 19 Rule, for short
 - 21 Chum
 - 23 Louisiana waterway
 - 24 Count counterpart
 - 25 Genealogy chart
 - 26 Noah's passengers, e.g.
 - 27 Accompany-
 - 28 Pangolin, for one
 - 32 Territories
 - 33 Noisy insects
 - 35 A/C meas.
 - 36 Gratuity
 - 38 Same
 - 39 Beauty parlor
 - 42 Point
 - 43 Listen to
 - 44 Catch sight of
 - 45 Middle O?
 - 46 Mex. neighbor
 - 48 Island garland
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King Crossword

Answers

Solution time: 25 mins.

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

