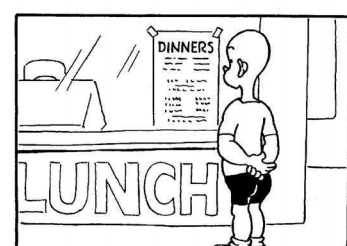
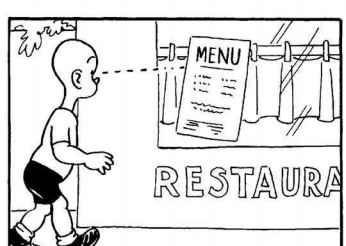
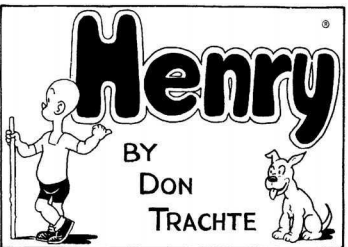
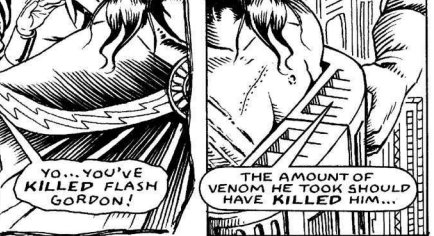
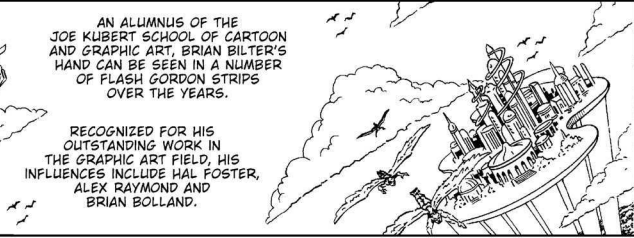
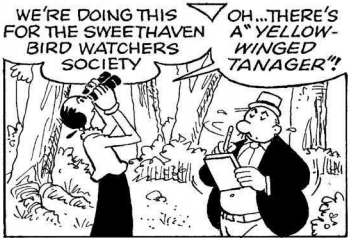
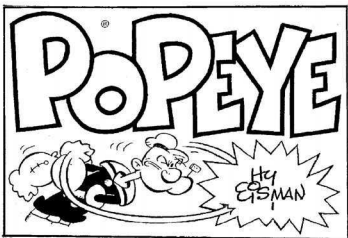


# SIDE SHOW



## TO YOUR GOOD HEALTH

### Persistent carpal tunnel syndrome

**DEAR DR. ROACH:** I had surgery late last year on my right wrist for carpal tunnel syndrome. The numbness in my fingers has not changed. Now I'm faced with the same problem in my left hand. I'm going to forget surgery, seeing as it wasn't successful in my right hand.

I decided to go to an acupuncturist for laser treatments. I also had a cortisone shot. Neither of these has helped. Do you know of a solution for my problem? — P.M.

**ANSWER:** Carpal tunnel syndrome is caused by compression on the median nerve, as it runs down the arm through a "tunnel" of bone and connective tissue deep in the wrist. It may cause pain, numbness and weakness of the wrist and hand. The thumb and middle three fingers are most

often affected. In advanced cases, the hand muscles may become atrophied. The sooner the pressure on the nerve is relieved, the more likely there will not be permanent nerve damage.

It sounds to me like the first surgery was not done soon enough to prevent damage. If that's the case, then surgery on your left hand, done sooner after the onset of symptoms, might prevent the long-term numbness present in your right hand. However, it's possible that the diagnosis was wrong or that the surgery might not have been effective, even if done promptly.

At least one study of needle acupuncture showed that it is as effective as a cortisone injection. This study excluded people who already had fixed numbness in the fingers, who are less likely to be helped by any treatment. I have not found any evidence that laser treatment is effective.

My advice is to first be sure of the diagnosis. An EMG test is a study of nerve function, which can confirm the diagnosis and may be able to predict how much damage there is and provide guidance on treatment. If damage is not too severe, other treatments such as splinting, medication, yoga or ultrasound may be helpful. If advanced, surgery done quickly still

may be your best bet.

**DEAR DR. ROACH:** I just found out that I have lipedema, a rare disease. What can I do about it? My mom and dad don't have it, nor other family. Should I try to find relatives who have it? I am told that it is an inherited disease. None of these "family" ever had it! — L.Q.

**ANSWER:** Lipedema is indeed a rare disease, although it may be underdiagnosed. It almost always is found in women, and is suspected when there is marked fat deposition symmetrically between the waist and ankles. The areas affected often are tender or painful to the touch. It is not the same as lymphedema, fluid increase due to poorly functioning or damaged lymph vessels, although people with lipedema can develop lymphedema.

Treatment includes compression garments or manual lymph drainage, often combined with surgical treatments such as liposuction.

Only about 15 percent of people with lipedema have a family history. It's not surprising that you can't find relatives with it.

More information is available at several support groups, and at [www.curelipedema.org/lipedema/](http://www.curelipedema.org/lipedema/).

## SALOME'S STARS

you're too close to it. Take some time to reassess what went wrong, and then see where things can be set right.

**LEO** (July 23 to August 22) Leonine pride could be piqued a bit when someone else appears to be standing in your light. Be patient and resist the urge to growl at the interloper. You'll soon be the "mane" attraction again.

**VIRGO** (August 23 to September 22) A professional situation benefits from your clear assessment of the circumstances involved. On the personal side, that new relationship looks as if it will continue to grow.

**LIBRA** (September 23 to October 22) More good news about a loved one helps reassure others who could not share your more-optimistic view before. Continue to help everyone in need of your comforting presence.

**SCORPIO** (October 23 to November 21) Creating new friendships could turn out to be the unexpected but welcome result of reconnecting with old friends. The weekend

is a good time for fun and games. Enjoy!

**SAGITTARIUS** (November 22 to December 21) The more you learn about what you plan to do, the more likely you are to consider making some changes in your plans. This is good; don't resist it. Instead, go with it.

**CAPRICORN** (December 22 to January 19) A career change is still in your aspect, but a potential workplace change could be what you've been looking for. See what develops before making any drastic moves.

**AQUARIUS** (January 20 to February 18) Your energy levels are high this week, which should help you get all your workaday tasks done and still leave you with enough breath to handle some domestic challenges.

**PISCES** (February 19 to March 20) An unexpected fluke could cause problems with your travel plans. If so, use the time to troll for other available options, and you might be pleasantly surprised at what turns up.

### King Crossword

**ACROSS**

- Taj Mahal city
- Brat's stocking stuffer
- Hollywood trickery (Abbr.)
- Upper palate
- Formerly
- Bygone
- Caved in
- See 41-Across
- Sly
- Big winds
- Cellist
- Yo-Yo —
- Michelangelo masterpiece
- Wear a rut in the rug
- Shack
- TV's talking horse
- Pair
- Exist
- Mess up
- Partner
- Doctrine
- 6/6/44
- Tureen
- accessory
- U.S. soldier
- With 17-Across, "Do the Right Thing" director
- Spanish pre-euro money
- Scuttle
- Cool and calm
- Exploit
- Met melody
- Loosen
- Actor Beatty
- Tax
- Lip
- positions
- Expert
- Sill
- Apprehended
- Merriment
- Mid-month date
- Alias abbr.
- \$ dispenser
- Prize money
- Couple, in a gossip column
- School org.
- Piercing tool
- Crashed
- Portrayal
- Blazing
- Mimic
- Switch
- Tibetan bovine
- Olympic Frisbee?
- Transfer
- "Gosh!"
- Stay away from
- Sit for a shot
- Stage presentation
- Italian volcano
- "Bill & — Excellent Adventure"
- Fusses
- Tramcar load
- Tyler or Ullmann

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### King Crossword Answers

Solution time: 25 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

I ASKED YOU TO PUT THE ROAST IN THE OVEN FOR OUR DINNER PARTY TONIGHT. NEXT TIME CAN YOU PLEASE TURN IT ON.

**Siuslaw News**  
READ IT TODAY!