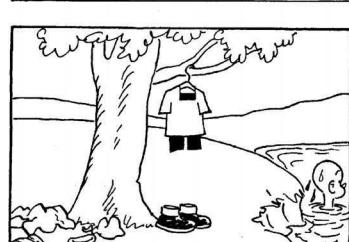
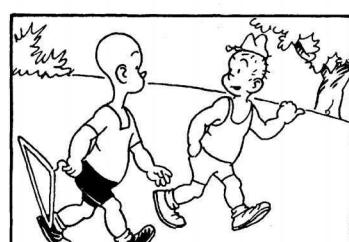
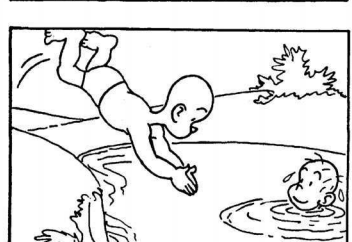
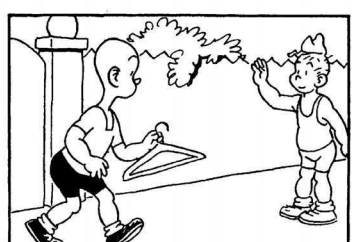
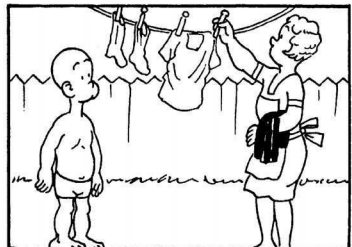
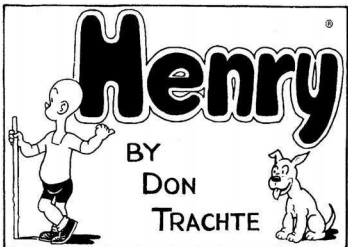
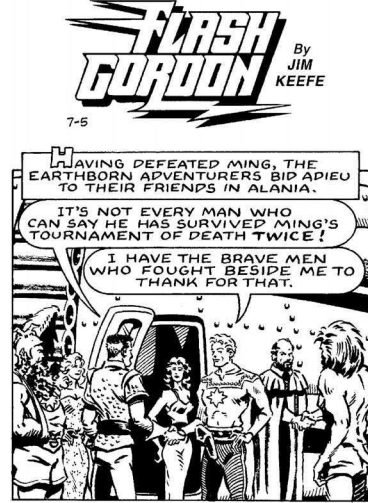
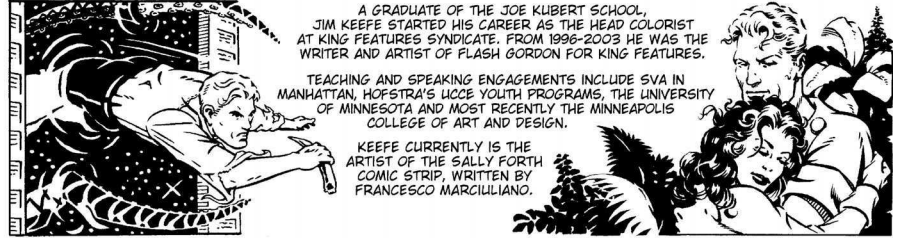
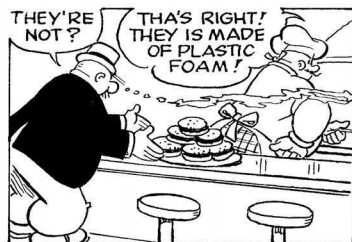
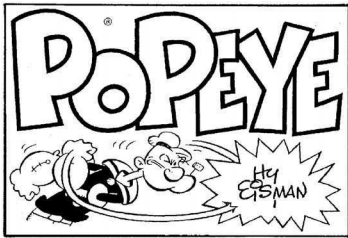


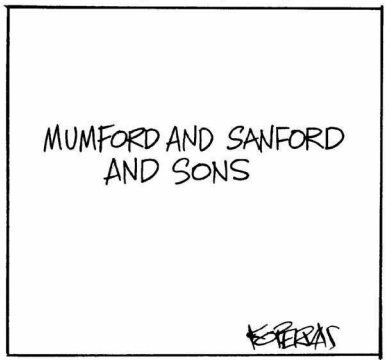
SIDE SHOW



Out on a Limb



by Gary Kopervas



Amber Waves



by Dave T. Phipps

TO YOUR GOOD HEALTH

Fibromyalgia is real disease

DEAR DR. ROACH: I am a 56-year-old female. I recently have been having terrible pain in my joints. It is so bad at night that I can't sleep. Mainly the pain is in my neck, ribs, elbows, knees and wrists. My finger joints have hurt for years. I recently went to a rheumatologist because I had an elevated rheumatoid factor (it wasn't extremely high). I was told I have arthritis and a high risk for rheumatoid arthritis. I was then diagnosed with fibromyalgia. I was shocked and embarrassed! I had always thought that fibro was not a real disease. I feel bad and tired almost every day, and I am so sick of it! — S.S.

ANSWER: Some of my colleagues still doubt it, but I think that fibromyalgia certainly is a real disease. There is no doubt that there are a large number of people with chronic

pain in the muscles and soft tissues who meet the diagnostic tests for fibromyalgia, which are all based on history and exam — there's no blood test or X-ray for fibromyalgia, but that doesn't mean it isn't real. The current thinking is that fibromyalgia is due to alterations in the perception of pain by the central nervous system.

The most common symptom is aching in the body, usually in the muscles and joints. Although there are specific commonly tender spots that clinicians look for on exam, the diagnosis of fibromyalgia can be made without them. Fatigue and poor-quality sleep also are nearly universal in fibromyalgia.

Depression is highly prevalent in people with fibromyalgia, and in my opinion, the depression is more likely caused by the chronic pain and fatigue than the other way around. Before making the diagnosis of fibromyalgia, your rheumatologist had to exclude other possible causes, such as rheumatoid arthritis, restless leg syndrome and thyroid disease. This isn't always easy or straightforward, and requires experience.

My opinion is that it is better to have a diagnosis of fibromyalgia because, even though fibromyalgia

isn't completely understood, it is a starting point for understanding and treating chronic pain.

Tricyclic antidepressants are the most common initial treatment of fibromyalgia, because they affect the way pain is processed. They are usually started at far, far below the effective dose for depression.

Feeling a sense of control over the pain, continuing to work and exercising more are all associated with a better outcome in fibromyalgia.

DEAR DR. ROACH: My brother-in-law was prescribed warfarin several years ago after a stroke. He claimed that it was made from rat poison and refused to take it. Is it, in fact, made from rat poison? — D.K.

ANSWER: Yes, warfarin (Coumadin) was used as rat poison. Some rat poisons are still relatives of warfarin.

However, that doesn't mean he shouldn't take it. The difference between a medicine and a poison is often one of dosing. Warfarin is reasonably safe when used correctly, and it can significantly reduce the risk of a second stroke. There are also some newer options, such as Pradaxa and Xarelto. Your brother should reconsider the risks and benefits.

SALOME'S STARS

those unfinished tasks so you'll be ready to take on other projects. The week's end could bring an invitation from a most surprising source.

LEO (July 23 to August 22) Mixed signals could create a few stressful moments for the Lion. But by midweek, explanations should help ease the tension. The weekend is party time! Share it with someone special.

VIRGO (August 23 to September 22) This is a good "catching up" week for finishing tasks, calling old friends and maybe reading that book you haven't opened yet or renting that movie you wanted to see again.

LIBRA (September 23 to October 22) Money matters should be worked out, even if it takes time away from a more romantic situation. Better to settle things before feelings turn hard and angry on all sides.

SCORPIO (October 23 to November 21) A job-related problem could turn out to be less troublesome than it seemed at first. Just a few moments of

talk 'twixt the parties resolves everything to everyone's satisfaction.

SAGITTARIUS (November 22 to December 21) The Sagittarius Archer takes aim at health and fitness issues this week. Watch your diet, and try to put more exercise time into your typically busy schedule.

CAPRICORN (December 22 to January 19) As you continue to focus on a career or job change, it's a good time to look over some of your rarely used skills and see where they can fit into your future workplace plans.

AQUARIUS (January 20 to February 18) A loved one's health might be worrisome, but there's good news by midweek. Expect people who share your ideas and your goals to try to contact you by the week's end.

PISCES (February 19 to March 20) A colleague's request that makes the typically perceptive Pisces feel uncomfortable is a request you probably will want to turn down. The weekend favors family get-togethers.

King Crossword

ACROSS

- 1 Stashed
- 4 "Kapow!"
- 8 Crooner Jerry
- 12 Cinnabar or galena
- 13 — mater
- 14 Soul singer Redding
- 15 Magnetic coil
- 17 Cry
- 18 Vim
- 19 Lemieux milieu
- 21 Roulette bet
- 22 Grave
- 26 House on an estate
- 29 "Glee" network
- 30 Meadow
- 31 Winged
- 32 Grecian vessel
- 33 Opening day?
- 34 Omega preceder
- 35 Emulate
- 41-Across
- 36 Edison rival
- 37 Excluding all else
- 39 Bro or sis
- 40 Existed
- 41 Ms. Earhart
- 45 Prop for Dr. House
- 48 Grammatical slip
- 50 Culture

1	2	3	4	5	6	7	8	9	10	11
12			13				14			
15		16					17			
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26	27	28			29			30		
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45	46	47			48	49				
50					51			52		
53					54			55		

- 51 Always medium
- 52 Jungfrau, for one
- 53 Band in Boston?
- 54 Talk back
- 55 In medias —
- 8 "Wheel of Fortune" purchase
- 9 Noshed
- 10 Recline
- 11 Sixth sense, for short
- 16 Fielder's woe
- 20 Courtney of "Cougar Town"
- 23 "Desire Under the —"
- 24 Repast
- 25 Houston acronym
- 26 Navigator's stack
- 27 Moreover
- 28 Hammer's sloppy roommate
- 29 Saute
- 32 James Joyce masterwork
- 33 Mediterranean
- 35 Peninsular
- 36 Stopwatches
- 38 Basins' accessories
- 39 Comic
- 42 Soupier
- 43 Gilligan's home
- 44 Pumps up the volume
- 45 Upper limit
- 46 Past
- 47 Siesta
- 49 Eggs

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King Crossword

Answers

Solution time: 27 mins.

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

Just Like Cats & Dogs

by Dave T. Phipps

