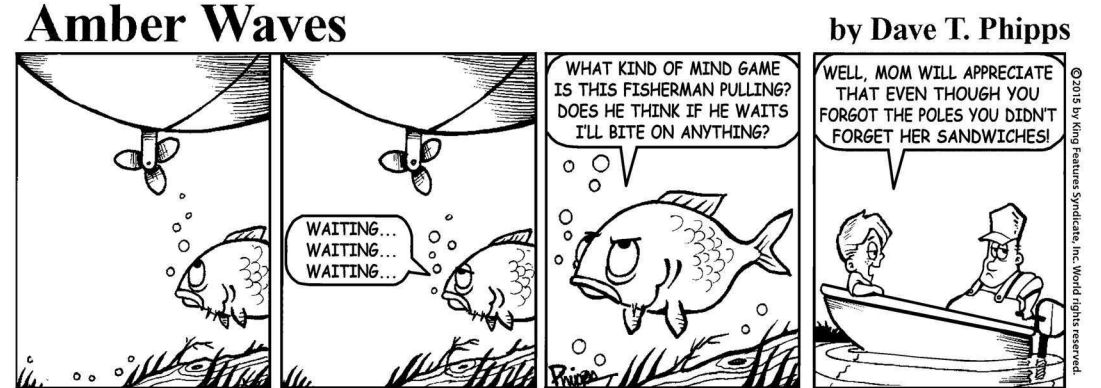
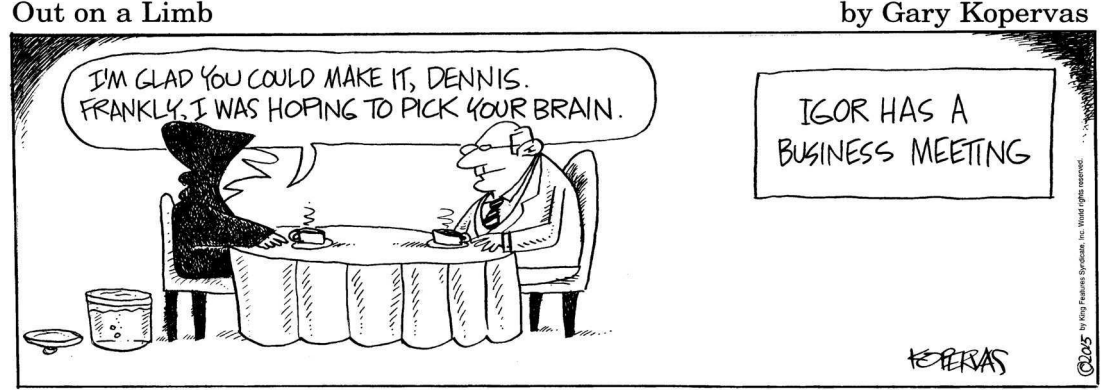
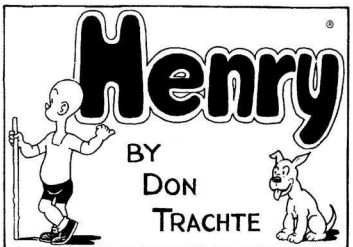
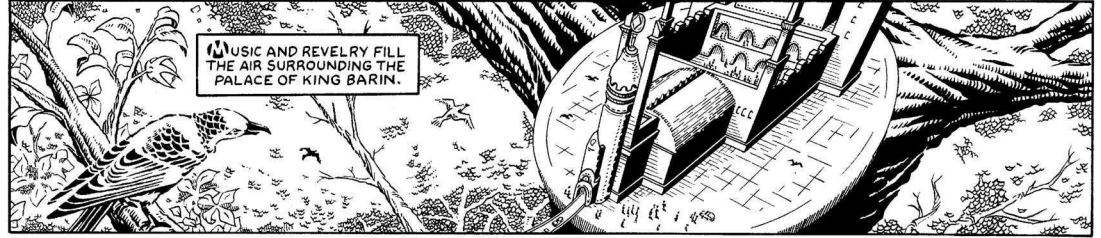
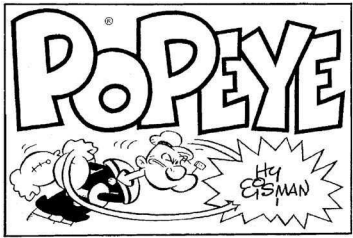


SIDE SHOW



TO YOUR GOOD HEALTH

Breakfast, lunch leave man dazed

DEAR DR. ROACH: I am 71, with high blood pressure, COPD, diabetes and spinal stenosis. I smoke. After I eat breakfast or lunch, I rapidly fall into a daze during which I can hardly hold my head up. Sleep seems to be the only solution, but I still feel tired and listless the rest of the day. I have had this condition for over a year, and it is making me very depressed. I have read about CFS and autoimmune conditions, and the prognosis is not good. There must be some treatment for me. — A.P.

ANSWER: Fatigue is a common symptom, but it is perhaps the most nonspecific one we deal with in medicine. Many conditions primarily cause fatigue. The specific condition of chronic fatigue syndrome, by definition, is unexplained after a clinical evaluation. In your case, I would con-

sider some important possible causes.

Although COPD and even spinal stenosis certainly can cause fatigue, the association with eating makes me wonder about your blood sugar levels, since poorly controlled diabetes can cause fatigue. Smoking doesn't cause fatigue, but quitting smoking certainly will help your COPD from progressing. All sleep disorders, but especially obstructive sleep apnea, cause fatigue that might not improve with sleeping.

I always consider thyroid disease, hemochromatosis and multiple sclerosis in anyone with profound fatigue. This list is only a small part of the many conditions a clinician is on the lookout for in someone with fatigue.

Depression certainly may cause fatigue, but it is also common in people whose primary issue is a medical cause of fatigue.

If after a thorough evaluation your diagnosis turns out to be chronic fatigue syndrome, the most effective therapies are cognitive behavioral therapy and a graded exercise program.

Since your symptoms happen after eating, it might be wise to see if certain foods are more likely to cause it by keeping a food diary. Many people find sugary foods cause loss of energy.

Many people have come down with

the mysterious illness chronic fatigue syndrome. The booklet on it explains the illness and its treatment. To obtain a copy, write: Dr. Roach — No. 304W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DR. ROACH WRITES: Many people have written about treatment for obstructive sleep apnea. I recently recommended CPAP machines (including, if necessary, repeated visits for proper fitting) and singing. I haven't discussed oral appliances, which move either the jaw or the tongue to change the anatomy of the back of the throat, allowing the airway to stay open during sleep. Only a few studies have been done on these, but they suggest that the oral appliances are nearly as effective as CPAP for people with mild or moderate OSA. People with severe OSA probably should use CPAP, since it is more effective.

These are certainly an option for people who can't tolerate a CPAP despite several attempts by someone skilled at selecting the right mask and plenty of patience to learn to use it properly.

SALOME'S STARS

ARIES (March 21 to April 19) A bit of Arian contrariness could be keeping you from getting all the facts. Turn it off, and tune in to what you need to hear. It could make all the difference this week.

TAURUS (April 20 to May 20) Getting an answer to a vital question involving financial matters might take longer than you'd expected. A new factor might have to be dealt with before anything can move forward. Be patient.

GEMINI (May 21 to June 20) Use your good sense to see what might really be driving a colleague's workplace agenda. What you learn could lead to a new way of handling some old problems.

CANCER (June 21 to July 22) A change of mind might once again turn

out to be a good thing. True, most of your co-workers might not like the delay, but as before, they might appreciate what follows from it.

LEO (July 23 to August 22) You revel in golden opportunities this week. One cautionary note, though: Be careful to separate the gold from the glitter before you make a choice. Someone you trust can help.

VIRGO (August 23 to September 22) Marriage is important this week, as are other partnerships. Don't let yourself be overwhelmed by sentiment. Instead, try to steer a path between emotion and common sense.

LIBRA (September 23 to October 22) Dealing with someone who has let you down is never easy. But the sooner you're able to clear up this problem, the sooner other problems can be successfully handled.

SCORPIO (October 23 to November 21) A "friend" who is willing to bend the rules to gain an advantage for both of you is no friend. Reject the offer and stay on your usual

straight and narrow path.

SAGITTARIUS (November 22 to December 21) After all the effort you've been putting in both on the job and for friends and family, it's a good time to indulge your own needs. The weekend could bring a pleasant surprise.

CAPRICORN (December 22 to January 19) You might want to do something new this weekend. Close your eyes and imagine what it could be, and then do it, or come up with the closest practical alternative.

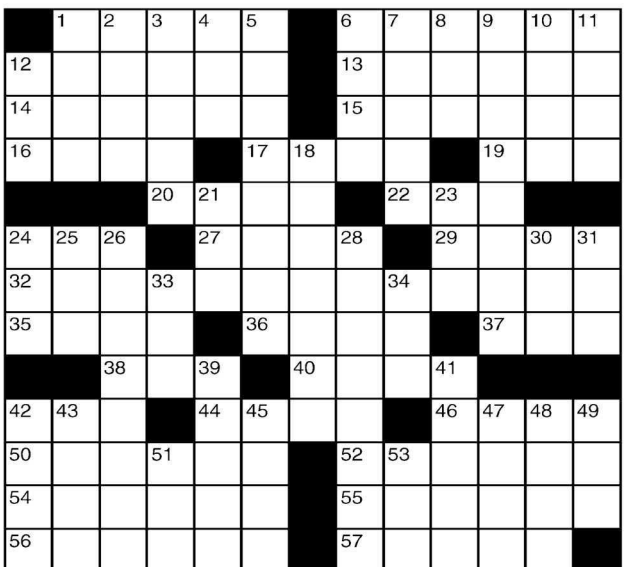
AQUARIUS (January 20 to February 18) Your good deeds bring you the appreciation you so well deserve. But, once again, be careful of those who might want to exploit your generous nature for their own purposes.

PISCES (February 19 to March 20) Trolling for compliments isn't necessary. You earned them, and you'll get them. Concentrate this week on moving ahead into the next phase of your program.

King Crossword

ACROSS

- 1 Abacus components
- 6 America's Cup contenders
- 12 Cyclist's need
- 13 Ottoman, for one
- 14 Ill will
- 15 Perfectly
- 16 Tousele
- 17 Eastern potentate
- 19 Conditions
- 20 Ganges garment
- 22 Corrode
- 24 Citric quaff
- 27 Smooch
- 29 Unrivaled
- 32 Quick pick-me-up?
- 35 Information
- 36 Cheshire countenance
- 37 Supporting
- 38 Midafternoon, in a way
- 40 "The Thin Man" pooch
- 42 Green machine?
- 44 Wire measures
- 46 Author Uris
- 50 Clutches
- 52 Using the Web
- 54 Give the



- 9 Become friends
- 10 Not kosher
- 11 Witnesses
- 12 "Let me think ..."
- 18 Strong wind of southern France
- 21 Wanted-poster abbr.
- 23 Alien of TV lore
- 24 Help
- 25 "CSI" evidence
- 26 Rough guess
- 28 Collagist's tool
- 30 "The Matrix"
- 31 Always, in verse
- 33 Skater
- 34 Can. prov.
- 39 Suggest
- 41 Soothe
- 42 City of India
- 43 Deuce def eater
- 45 Land in the water
- 47 Green acres?
- 48 Change for a five
- 49 Homer's neighbor
- 51 Vast expanse
- 53 Trawler need

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King Crossword

Answers

Solution time: 24 mins.



Just Like Cats & Dogs

YES, AT FIRST IT WAS A GOOD DEAL GETTING AIR MILES FOR PURCHASES. BUT AT THE RATE YOU'RE GOING WE COULD JUST BUY THE PLANE.

