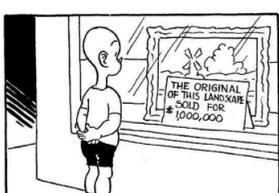
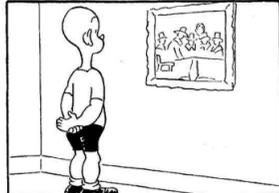
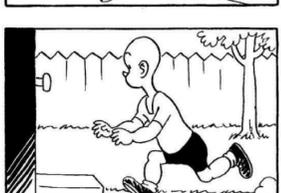
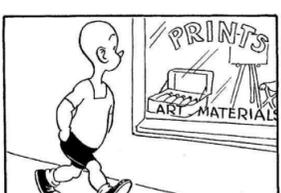
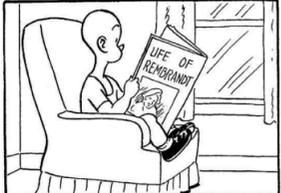
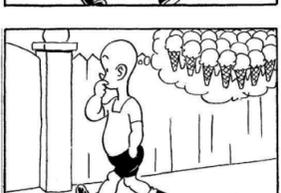
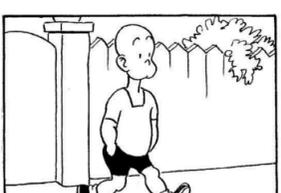
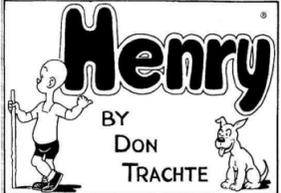
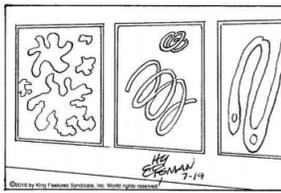
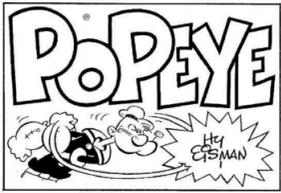


SIDE SHOW



TO YOUR GOOD HEALTH

Woman is fit, yet can barely stand

DEAR DR. ROACH: I am a 66-year-old white female, 5 feet, 5 inches tall (was 5 feet, 6 inches), weighing 170 pounds. Even though I use gym weight machines for upper and lower body three times a week, walk daily for two miles and spend 15 minutes on a motion trainer at the gym, I cannot stand up easily after gardening on my knees or getting on my knees on the floor. Is there anything I can do to regain the ability to get up off the floor/ground without a struggle? — S.C.

ANSWER: It sounds to me that despite your good exercise regimen, you may have weakness specifically in your thighs — what we call “proximal muscle weakness.” There is a very long list of medical illnesses that affect these muscles specifically (my textbook lists 28 different diag-

SALOME'S STARS

ARIES (March 21 to April 19) Don't gnash those pearly whites because you might have to delay your plans. This could give the Lucky Lamb a better perspective of what's been done, and what still needs doing.

TAURUS (April 20 to May 20) Scoring financial bull's-eyes is easy for the focused Bovine who knows the ins and outs of the marketplace. But even with your success record, caution is still the watchword.

GEMINI (May 21 to June 20) Watch that tendency to over-romanticize a situation that should be given closer scrutiny. Better to be suspicious now and ask for an explanation, or face a sad surprise later.

CANCER (June 21 to July 22) Bruised self-confidence can make things difficult unless you accept the

noses), including common conditions such as low thyroid levels and vitamin D deficiency. I would recommend a visit to your doctor for a careful exam of your nerves and muscles to see if my suspicion is correct. Your doctor may suggest a trial of vitamin D.

If no medical cause is found, I would work specifically on strengthening the hip muscles, which extend the thighs. A trainer at the gym can show you those exercises.

DEAR DR. ROACH: I am a 65-year-old man, and two weeks ago I developed a painful hemorrhoid almost overnight. I had never had hemorrhoids before.

My primary-care doctor examined me and said I had a “thrombosed hemorrhoid.” It is not very large and in the past week, the pain has diminished, but the bulging vein is still present, albeit less tender. Should I have this removed surgically, or will it eventually disappear? — S.D.

ANSWER: A hemorrhoid, a normal vascular structure, can develop a blood clot (“thrombosis”), and then can be exquisitely painful. Often, the clot is removed at the time of examination, giving immediate relief. In most cases, the clot will be reabsorbed within a few days. However,

fact that you have what it takes. Ignore the critics and concentrate on believing in yourself. Good luck.

LEO (July 23 to August 22) Congratulations on what you've accomplished. But this is no time to curl up for some serious catnapping. Your rivals are probably already working on plans to overtake your lead.

VIRGO (August 23 to September 22) Your adventurous side wants to play a more dominant role this week, and you might want to oblige. Try to arrange for some getaway time with that special person.

LIBRA (September 23 to October 22) Taking logical approaches to pesky workplace issues can help resolve even long-standing problems. A shift in policy might catch you by surprise. Be alert to signs of change.

SCORPIO (October 23 to November 21) Your kindness and compassion are exactly what are needed in dealing with an awkward situation in the early part of the week.

in very large hemorrhoids, occasionally surgery is necessary.

There is some suggestion that thrombosed hemorrhoids may indicate a higher risk for colorectal cancer. You should be sure that you have had a recent colonoscopy.

DEAR DR. ROACH: A few years ago, my granddaughter, who was raised in Costa Rica, got Dengue fever. I heard that if you get it a second time, it can be fatal. Is this justified? I am worried about her going back to Costa Rica for holidays.

Is there a vaccination or specific treatment? — A.R.B.

ANSWER: Dengue fever is common, but people who live in areas with Dengue are at much higher risk than travelers. The worst complication of Dengue, called Dengue hemorrhagic fever, happens in people who previously have had an episode of Dengue, so the concern for your granddaughter is justified.

There is no commercially available vaccine for Dengue (yet), and no specific treatment. The most effective prevention for travelers is avoiding mosquitos by staying in well-screened or air-conditioned buildings, wearing protective clothing and using effective mosquito repellent.

Share the weekend fun with family and friends.

SAGITTARIUS (November 22 to December 21) Keeping your focus straight and true is a good way of getting your points across. Save any variations for a later time. The musical arts are important this weekend.

CAPRICORN (December 22 to January 19) Reject advice to cut corners in reaching your goal. Better to take a little more time to do the job as you promised. You'll gain new respect for your honesty and integrity.

AQUARIUS (January 20 to February 18) Don't allow a troublesome situation to grow so big that it will be increasingly difficult to deal with. The sooner you speak up, the sooner everyone will be able to benefit.

PISCES (February 19 to March 20) Confronting someone who is making a lot of mistakes could be the kindest thing you can do both for that person and for anyone who could be adversely affected by the errors.

King Crossword

1	2	3	4	5	6	7	8	9	10	11		
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42	43					44		45		46	47	48
49						50				51		
52						53				54		
55						56				57		

ACROSS

1 Nut's partner

5 Encountered

8 "The lady — protest too much"

12 Great Lake

13 Raw mineral

14 Franc replacement

15 On the briny

16 Legally requires

18 Fluffy dessert

20 Butter-and-sugar candy

21 Billions of years

23 Always, in verse

24 Flies south for the winter, e.g.

28 Standard

31 Bakery offering

32 Mila of "That '70s Show"

34 Neither mate

35 Slugs

37 Captains of industry

39 Mouse's cousin

41 Norse thunder god

42 Tolerates

45 Cheap

49 Serves as a go-between

51 — Minor

52 Andy's pal of old radio

53 Have bills

54 Hammer's target

55 Dexterous

56 Tiny

57 Dilbert's workplace

DOWN

1 Shaft of light

2 Approximately

3 Stead

4 Quick preview

5 Impetus

6 Historic time

7 Camp shelter

8 Be way too loud for

9 Leading

10 Genealogy chart

11 Firetruck need

17 Female deer

19 Drench

22 French legislature

24 Speedometer stat

25 Midafternoon, in a way

26 Discard

27 Take a vacation

29 Fish eggs

30 Wifely address

33 Winter forecast

36 Cruel person

38 In the vicinity

40 Earl Grey, e.g.

42 "Diary of — Housewife"

43 Everly's hit, "Let it —"

44 Pack away

46 Scottish hillside

47 Egyptian fertility goddess

48 Chat

50 Ram's mate

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King Crossword

Answers

Solution time: 21 mins.

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

Just Like Cats & Dogs

by Dave T. Phipps

I GIVE UP. I WILL BE WAITING IN THE CAR VERY PATIENTLY.

Siuslaw News

READ IT TODAY!