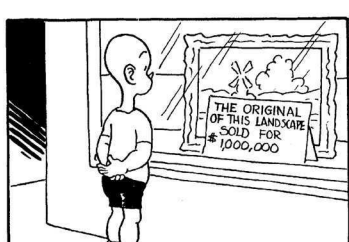
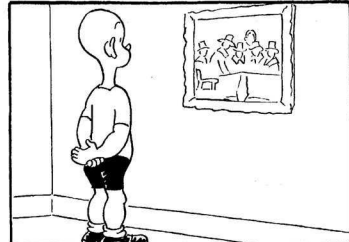
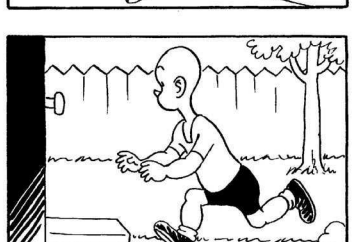
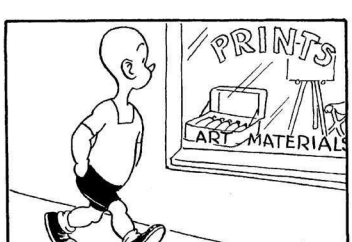
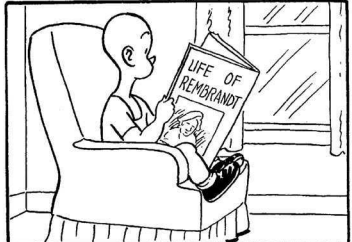
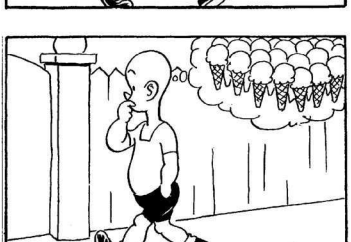
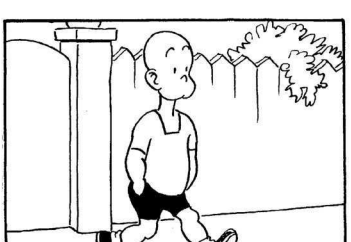
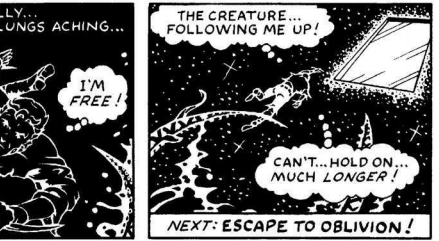
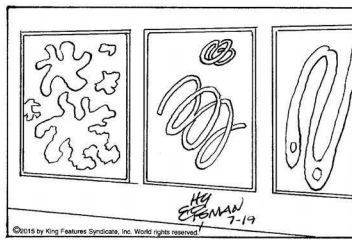
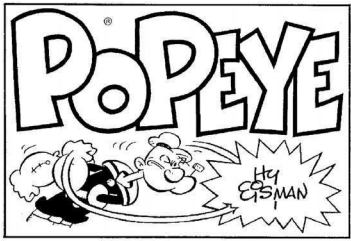


# SIDE SHOW



## 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-

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,

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.

## 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

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.

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

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49						50			51			
52						53			54			
55						56			57			

**ACROSS**

- Nut's partner
- Encountered
- "The lady — protest too much"
- Great Lake
- Raw mineral
- Franc replacement
- On the briny
- Legally requires
- Fluffy dessert
- Butter-and-sugar candy
- Billions of years
- Always, in verse
- Flies south for the winter, e.g.
- Standard
- Bakery offering
- Mila of "That '70s Show"
- Neither mate
- Slugs
- Captains of industry
- Mouse's cousin
- Norse thunder god
- Tolerates
- Cheap
- Serves as a go-between
- Minor
- Andy's pal of old radio
- Have bills
- Hammer's target
- Dexterous
- Tiny
- Dilbert's workplace
- Camp shelter
- Be way too loud for
- Leading
- Genealogy chart
- Firetruck need
- Female deer
- Drench
- French legislature
- Speedometer stat
- Midafternoon, in a way
- Discard
- Take a vacation
- Fish eggs
- Wifely address
- Winter forecast
- Cruel person
- In the vicinity
- Earl Grey, e.g.
- "Diary of — Housewife"
- Everly's hit, "Let it —"
- Pack away
- Scottish hillside
- Egyptian fertility goddess
- Chat
- Ram's mate

**DOWN**

- Shaft of light
- Approximately
- Stead
- Quick preview
- Impetus
- Historic time

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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	

