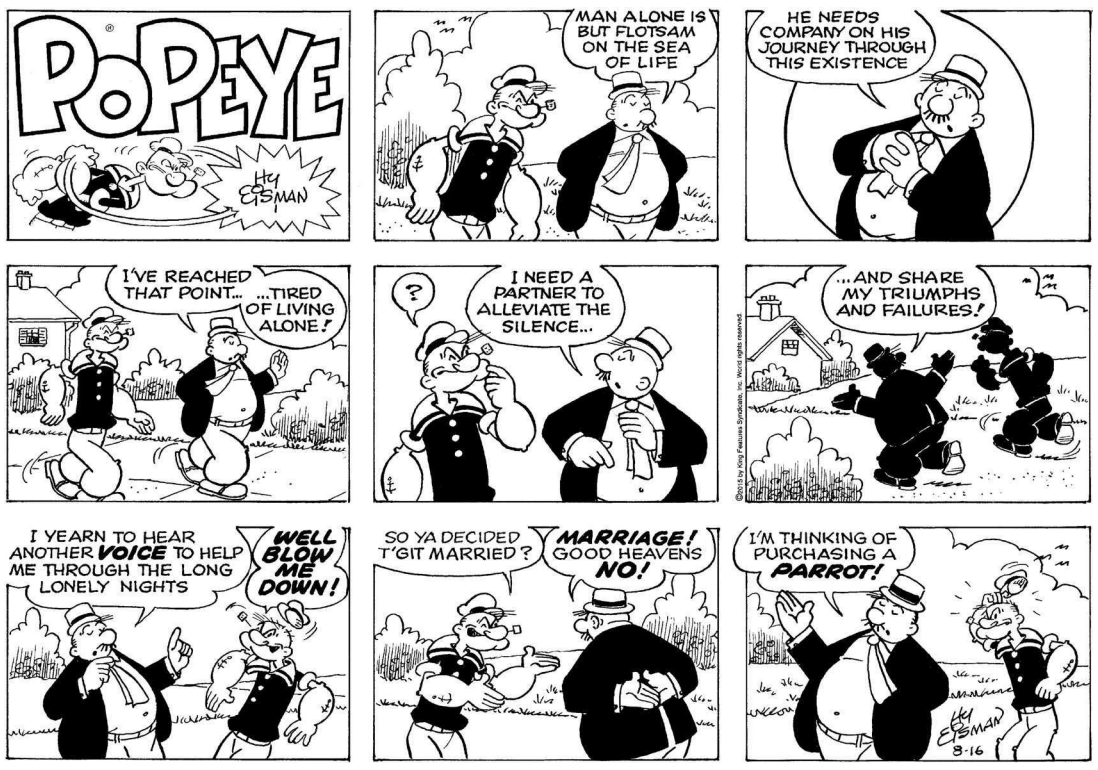
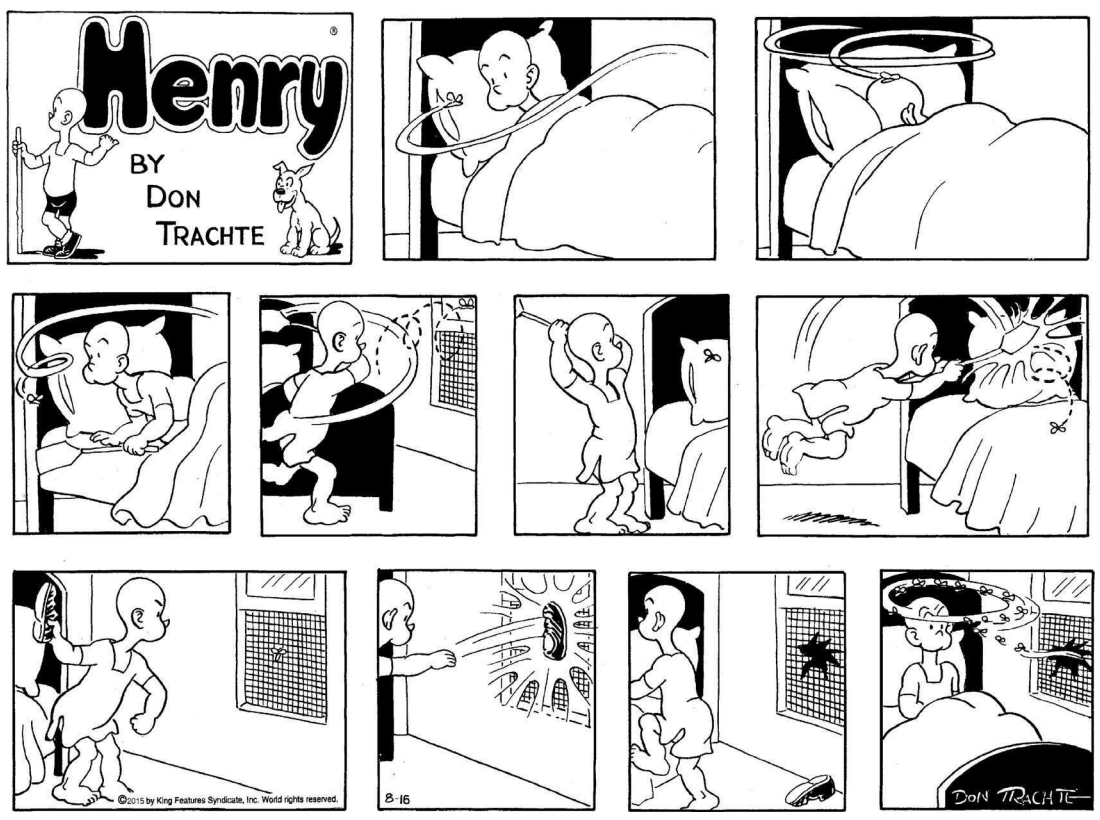
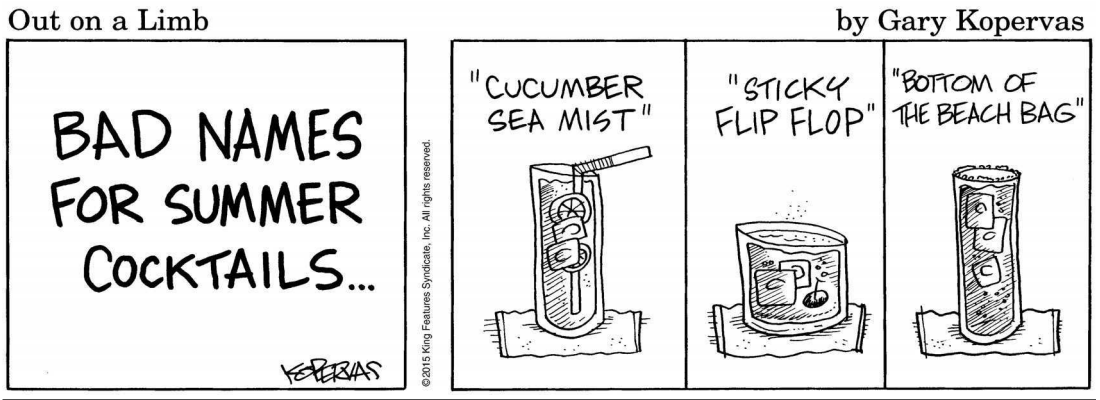
SIDE SHOW





Out on a Limb — by Gary Kopervas



Amber Waves

by Dave T. Phipps

TO YOUR GOOD HEALTH

Leg swelling linked to vascular surgery

DEAR DR. ROACH: My husband had his aorta replaced in 2012 and has trouble with sink-in marks on his legs at the bottom. It doesn't matter how much I pay for a pair of his socks, or how loose they fit, his legs still get the marks. He is 79 and has no other health problems.

Would you have any idea what could be causing this? His heart doctor thought it was his blood pressure medicine, and at that time, he was taking 10 mg of amlodipine in the morning. He now takes lisinopril for his blood pressure and levothyroxine for his thyroid. — R.M.M.

ANSWER: When you can see the imprint of the socks, it means that there is some swelling (edema) in the loose tissues of the legs. Although leg edema can result from serious problems with the heart, kidneys or liver, or even from blood clots, it is far more likely that it is not any of these serious conditions. After a major vascular surgery, it is common to have a bit of swelling in the legs. In fact, most people nearing their 80s have some degree of swelling, usually from imperfect valves in the veins or lymphatic vessels that don't work as well as they did 50 years earlier.

Amlodipine (Norvasc) and medicines like it often cause a degree of swelling that is not dangerous. A careful physical exam and a few blood and urine tests are all that's necessary to be sure that the leg swelling isn't being caused by a potentially dangerous condition.

DEAR DR. ROACH: I am a 77-year-old male who, in mid-February, was diagnosed with late-stage liver cancer. I started chemo in early March. The doctors advised limiting sugar, so I started reading labels. Sugar is in everything! It is almost impossible to avoid it. It's even in the supplemental nutrition products that I am encouraged to drink. My question is whether there is a recommended daily allowance of sugar for cancer patients. — L.V.

ANSWER: I am sorry to hear about your diagnosis. It is next to impossible to avoid all sugar, but you don't need to avoid all sugar. In fact, eating a little sugar may be more important in people with liver disease, since it is the normally functioning liver that's necessary to make sugar when we need it.

I would recommend sticking around the World Health Organization and American Heart Association guidelines of 25-40 grams of sugar daily. That's much less than most people take in.

DEAR DR. ROACH: I am in my early 80s and have some chronic kidney disease. I usually have one or two beers a day and one or two glasses of wine every two weeks or so. Is this safe with my kidney disease? — K.D.

ANSWER: I would recommend one rather than two beers on a daily basis, and again no more than one glass of wine. Moderation is the key. Too much alcohol can raise your blood pressure, may interfere with medication and, in excess doses, damage your kidneys.

SALOME'S STARS

ARIES (March 21 to April 19) This could be the time to try soothing whatever bad feelings might be lingering 'twixt and among colleagues, friends or family members. But be sure you do so without favoring any side.

TAURUS (April 20 to May 20) An idea is only an idea until you put that clever Bovine mind to work to develop it from concept to substance. This could lead to something rewarding, both emotionally and monetarily.

GEMINI (May 21 to June 20) The early part of the week could have some disconcerting moments, but approaching them with a calm, unruffled attitude goes a long way toward helping to get things nicely settled down.

CANCER (June 21 to July 22) Getting used to change continues to mark much of the week. But accepting what you have to do makes adapting that much easier. A welcome visitor could turn up sooner than expected.

LEO (July 23 to August 22) Learning how to live with a decision is a challenge, but one you Leos and Leonas could really enjoy. You'll also be pleased to see your social life take that upsurge you've been hoping for.

VIRGO (August 23 to September 22) Use your perceptive Virgo instinct to help you see the positive aspects of what, at first, appears to be a disappointment. You could find that it proves to be quite the contrary.

LIBRA (September 23 to October 22) Your ability to maintain a balance between sense and sentiment once again helps you sort through apparently conflicting choices and ultimately arrive at the right decision.

SCORPIO (October 23 to November 21) Before you seek the advice of colleagues about a potential career move, you might be better off getting counsel from someone who won't be affected by the choices you make.

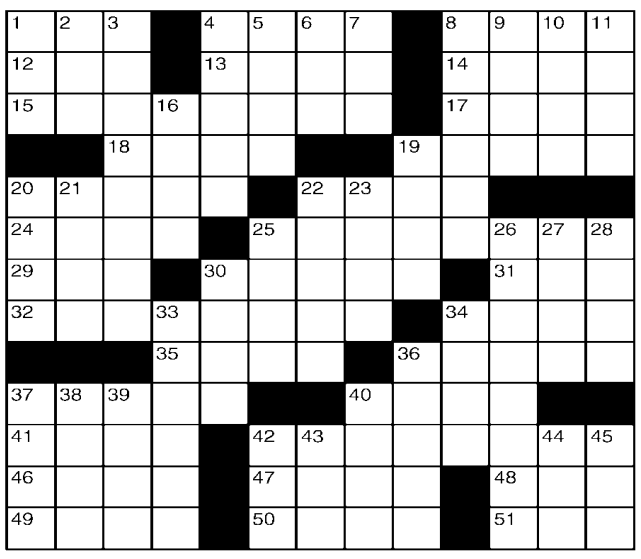
SAGITTARIUS (November 22 to December 21) It can be a challenging week for some relationships if the normal give-and-take flow changes with one side doing most of the giving and the other the taking.

CAPRICORN (December 22 to January 19) A new opportunity could bring with it much anticipation along with some anxiety. Take time to sort out your options as well as your emotional considerations.

AQUARIUS (January 20 to February 18) Are you sure you have all the facts you need to let that matter move to another level? Don't be rushed into a decision unless and until you feel it's the right thing to do.

PISCES (February 19 to March 20) Pace yourself as you prepare to take on that more demanding project. Be careful not to let your energy reserves drain away. Take time to relax with people close to you.

King Crossword



ACROSS
1 CNBC's Cramer
4 Oxen's burden
8 Links warning
12 Oklahoma city
13 State with certainty
14 Egyptian wading bird
15 Observing
17 Goes up and down
18 Lummox
19 Not just plump
20 "Yippee!"
22 Classic Welles role
24 Settled down
25 Strong
29 Director Howard
30 Customs
31 Compass dir.
32 Brought into disrepute
34 Elevator name
35 "Born Free" lioness
36 Treaties
37 Boston Marathon month
40 Eve's third son
41 Reddish mount
42 Nolan Ryan's job
46 Capri, e.g.
47 Neighborhood
48 TV's "Science Guy" Bill
49 Landlord's paper
50 Rhett's last word
51 Wrigley product

DOWN
1 Mandible
2 Mrs. McKinley
3 In harmony
4 "Gulliver's Travels" brute
5 "Metamorphoses" writer
6 Barbie's companion
7 Work unit
8 Untruthful one
9 Reed instrument
10 Cage components
11 Being, to Brutus
16 Coagulate
19 Individuals
20 Hospital section
21 Lotion additive
22 "M*A*S*H" locale
23 Dumbstruck
25 Spacecraft compartments
26 Attractive
27 Monad
28 Not so much
30 Shopping center
33 — in (restricted)
34 Inauguration recitation
36 Pie nut
37 Sahara-like
38 Sit for a photo
39 Bronchial sound
40 Goblet feature
42 Tablet
43 Glass of NPR
44 Big Apple sch.
45 Jewel

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King Crossword Answers

Solution time: 27 mins.

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

Just Like Cats & Dogs — by Dave T. Phipps

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