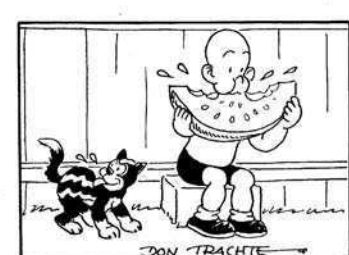
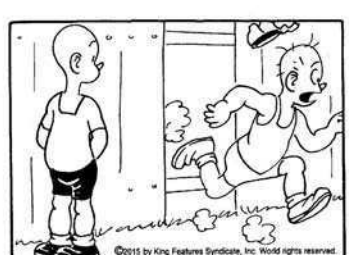
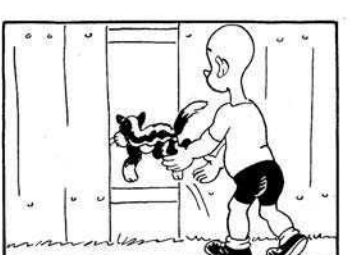
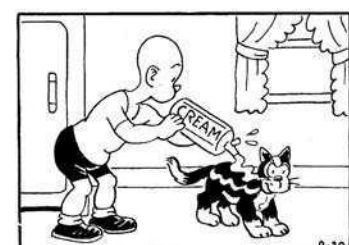
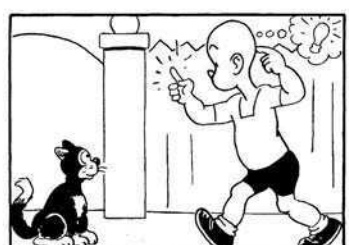
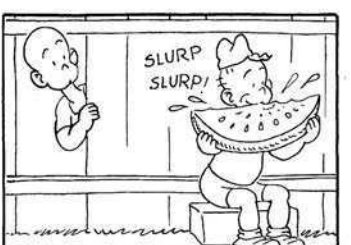
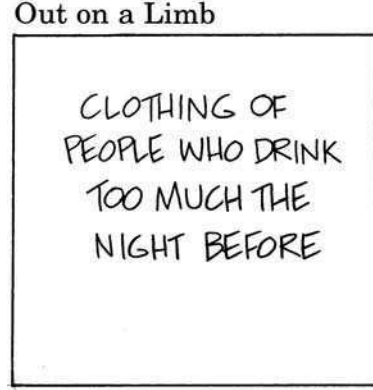
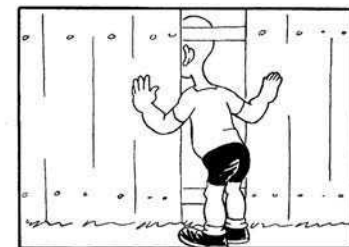
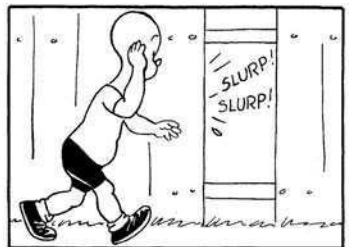
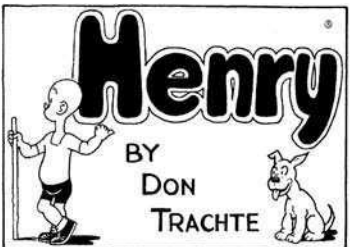
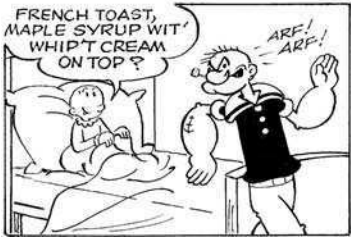
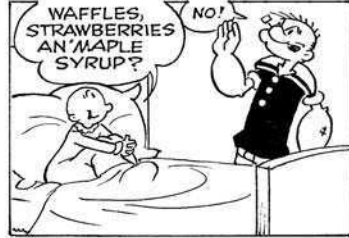
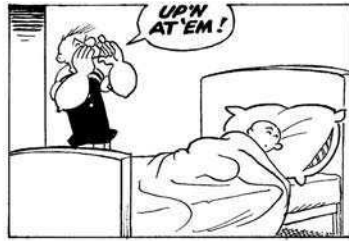
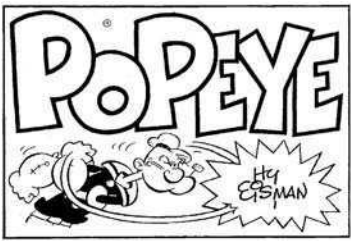


SIDE SHOW



TO YOUR GOOD HEALTH

No harm in taking nitro for angina

DEAR DR. ROACH: Could you write about the effect that angina, stopped quickly by nitro, has on one's system? My husband takes Imdur (30 mg) twice a day to control angina, although he still experiences it several times a week, necessitating a nitroglycerin pill. Sometimes angina comes from exertion, such as climbing stairs a few times or doing home-maintenance chores. He is 89 and in relatively good health. He has had bypass surgery and several catheterizations, with eight stents. He doesn't need a cane or use oxygen. His cardiologist suggested EECF, which my husband does not want to endure, believing the medicines are working fine.

His quality of life is good — angina does not interfere with going out and enjoying himself. Is he taking angina too lightly because he can stop it by popping a nitro? — M.W.

ANSWER: Angina pectoris literally means "chest pain," but in my experience people with angina due to blockages in the arteries of the heart are more likely to complain of pressure or tightness than actual pain. Angina occurs when the heart's demand for blood oxygen exceeds the supply. This usually means during exercise. If the blood supply is fixed due to a blockage in the heart, the heart simply can't get enough oxygen above a certain level of exercise. If the person with angina stops exercising, the demand for oxygen goes back down below what can be supplied, and the angina goes away. Stable angina is associated with a low risk for heart attack.

Medications like isosorbide (Imdur) and nitroglycerine work by dilating the blood vessels in order to increase supply. These medicines also dilate veins, which reduces the demands on the heart. Stents are designed to keep blockages open. Nonetheless, there are many people who continue to have angina despite what can be done with medicine and stents.

EECF (enhanced external counterpulsation) is a new technique. Cuffs wrapped around the legs are

synchronized with the EKG and squeeze strongly when the heart is at rest. This forces blood backward through the arteries and into the blood vessels of the heart. It may work by making some blood vessels larger, but the exact mechanism isn't clear. EECF is used for people with stable angina. It takes 35 hours of EECF over four to seven weeks to get benefits, and about 70 percent of people had improvement from severe angina to mild or none. EECF is a big investment of time, and is usually reserved for people whose angina is more disabling than your husband's.

At 89, your husband certainly is entitled to say he is doing fine the way he is and not wanting further treatments.

Coronary artery disease can go unnoticed until you have a heart attack. The booklet on the disease explains its causes, symptoms (such as angina) and treatment. Readers can order a copy by writing: Dr. Roach — No. 101W, 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.

with some give and take on both sides. And while it could take more time than you expect, don't rush it. Be patient, and let it happen naturally.

LEO (July 23 to August 22) An opportunity to move a long-stalled project from concept to construction might be opening up for the Big Cat. Meanwhile, be prepared to spend more time dealing with family matters.

VIRGO (August 23 to September 22) Use your Virgo organizational skills to line up support to help you deal with a sticky workplace problem. A personal matter also might be helped with friendly intervention.

LIBRA (September 23 to October 22) Trying to resolve a workplace problem with a longtime associate can be difficult. Consider bringing in an impartial third party to help you both reach a mutually acceptable solution.

SCORPIO (October 23 to November 21) This is a good time to assess your current career situation.

Consider whether you have a chance to move up where you are now, or if you should look elsewhere.

SAGITTARIUS (November 22 to December 21) With education being a dominant part of this week's aspect, one of the things you might want to think about is taking courses to enhance your career opportunities.

CAPRICORN (December 22 to January 19) You might have a problem trying to stay focused on a matter you'd rather not deal with. But the sooner you do, the sooner it will be resolved and out of the way.

AQUARIUS (January 20 to February 18) An unforeseen complication creates a difficult problem. But things get resolved once you use your ability to turn negative situations into positive experiences.

PISCES (February 19 to March 20) The Pisces penchant for doing the right thing at the right time helps you deal with a particularly troublesome situation. Consider your best option, and act accordingly.

SALOME'S STARS

ARIES (March 21 to April 19) A workplace change doesn't seem to have turned out quite as you'd hoped. Never mind: Just treat yourself to a healthy dollop of that Aries self-confidence, and you'll soon view things differently.

TAURUS (April 20 to May 20) Some of the support you might have hoped for in a difficult situation might not be there. But you have the strength to rely on your own capabilities if you must. Good luck.

GEMINI (May 21 to June 20) A disagreement with a longtime friend can be painful, but it also can be a learning lesson. Insist on a full and complete airing of views. You'll both come away the better for it.

CANCER (June 21 to July 22) A stalled relationship can be restarted

King Crossword

ACROSS

- 1 Toothpaste type
- 4 Pom-pom
- 8 Decisive defeat
- 12 Foreman opponent
- 13 Frizzy coiffure
- 14 Therefore
- 15 Titanic aid
- 17 Dropped
- 18 Right angle
- 19 Type of newspaper
- 21 Starbucks supply
- 24 Caustic solution
- 25 In times past
- 26 Tariff
- 28 Brilliance
- 32 Make 21-Across, in a way
- 34 Cage component
- 36 Ocean motion
- 37 Big rigs
- 39 Dine
- 41 Sly critter
- 42 Apprehend
- 44 of synopses
- 46 1945 conference site
- 50 Crony
- 51 Leading man?
- 52 Career-long

1	2	3	4	5	6	7	8	9	10	11	
12			13					14			
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21	22			23		24					
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37			38		39		40		41		
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46	47	48			49		50				
51					52		53			54	55
56					57				58		
59					60					61	

- 56 Philbin's ex-partner
- 57 Burn somewhat
- 58 Neither mate
- 59 TV cook
- 60 Picnic invaders
- 61 Ram's ma'am

DOWN

- 6 "Animal House" group
- 7 Sum
- 8 Mirror
- 9 Dunkable treat
- 10 Wrinkly fruit
- 11 Snitched
- 16 Sprite
- 20 "See ya"
- 21 Uppercase
- 22 Curved molding
- 23 Listener
- 27 Greek consonants
- 29 Ship's safety rope
- 30 Commotions
- 31 Libretto
- 33 Relative
- 35 Future blossom
- 38 Blue
- 40 Highlands musicians
- 43 Lightweight wood
- 45 Roscoe (Sl.)
- 46 Crony, in the old West
- 47 Garfield's pal
- 48 Recording
- 49 Carriage
- 53 Obese
- 54 Cut the grass
- 55 Before

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King Crossword

Answers

Solution time: 25 mins.

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

Just Like Cats & Dogs

I REALIZE YOU REFUSE TO PAY THEATER CONCESSION PRICES BUT DO YOU HAVE TO BE SO OBVIOUS ABOUT IT?



Siuslaw News

READ IT TODAY!