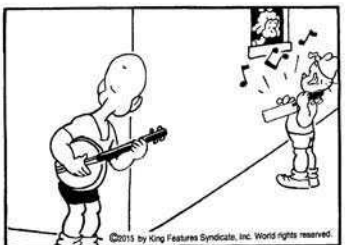
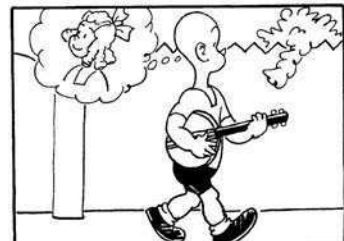
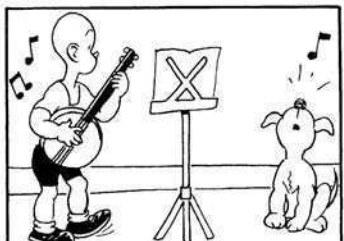
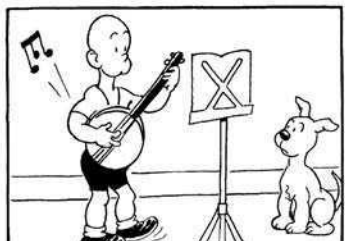
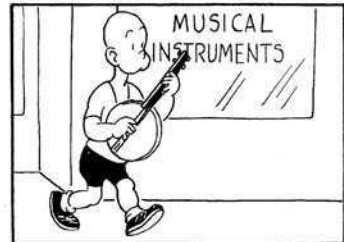
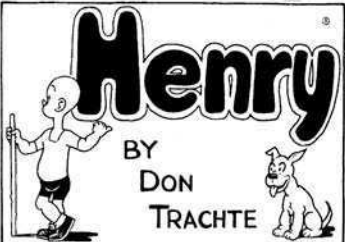
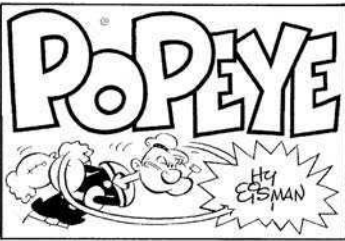


SIDE SHOW



TO YOUR GOOD HEALTH

Could back brace cause swollen feet?

DEAR DR. ROACH: I am 83 years old. I was lifting a heavy end table back in November, and I heard a crack. I knew I was in trouble, as that had happened on the golf course many years ago. I went to the hospital and was there for six days. They took an X-ray, which showed moderate facet arthropathy, mild degenerative disc disease and a mild compression fracture at T12.

I was prescribed a back brace, and have been wearing it for three months. However, both feet have begun tingling in the toes, and my foot is numb all the time. I have had periodic ankle swelling, but now the swelling is up to the knees in both legs. Does the back brace have something to do with it? — L.B.

ANSWER: Facet arthropathy is a

term used by radiologists to describe arthritis in the back. Degenerative disc disease is very common, if not universal, in 83-year-olds. Both can cause back pain.

However, the “crack” you heard and the finding of a compression fracture are more troubling. A compression fracture of a vertebra is like what happens to a cardboard box if you put too much weight on top of it. The combination of a compression fracture, tingling and numbness is concerning. It’s time to go back and get re-examined. Compression fractures can lead to nerve compression.

Kidney, liver and heart problems can all cause swelling of the feet, but I think the most likely cause may be that you aren’t elevating your feet as much as before because of the back brace.

The booklet on back problems gives an outline of the causes of and treatments for the more-common back maladies. Readers can order a copy by writing: Dr. Roach — No. 303W, 628 Virginia Drive Orlando, FL 32803. Enclose a check or money order for \$4.75 U.S./\$6 Canada with the recipient’s printed name and address. Please allow four weeks for delivery.

DEAR DR. ROACH: Can you explain the condition known as “stone shoulder”? I am a man, 67 years old, and I believe I have it. I spent 45 years as a TV news photographer, handling heavy cameras, tripods, etc. — B.J.

ANSWER: “Stone shoulder” is a new one for me. Maybe you mean frozen shoulder, a condition also called “adhesive capsulitis.” It’s not a strictly accurate term, since the loss of movement the name implies is gradual. It starts with shoulder pain, often worse at night, lasting for months. Stiffness develops, and then the loss of shoulder movement can be severe.

A careful physical exam by a regular doctor, a rheumatologist or sports medicine doctor, or an orthopedic surgeon can make the diagnosis. Often, the doctor will inject a steroid and anesthetic into the shoulder: The pain relief and improved movement within a minute make the diagnosis. I refer patients to physical therapy for a gradually increasing exercise regimen. Sometimes, additional injections are necessary. In your case, I would worry about a rotator cuff tear or inflammation, which you also might have acquired while doing your job.

SALOME'S STARS

ARIES (March 21 to April 19) Your honesty continues to impress everyone who needs reassurance about a project. But be careful you don’t lose patience with those who are still not ready to act.

TAURUS (April 20 to May 20) Pushing others too hard to do things your way could cause resentment and raise more doubts. Instead, take more time to explain why your methods will work.

GEMINI (May 21 to June 20) Be more considerate of those close to you before making a decision that could have a serious effect on their lives. Explain your intentions and ask for their advice.

CANCER (June 21 to July 22) You might have to defend a workplace decision you plan to make.

Colleagues might back you up on this, but it’s the facts that will ultimately win the day for you. Good luck.

LEO (July 23 to August 22) The Big Cat’s co-workers might not be doing enough to help get that project finished. Your roars might stir things up, but gentle purrr-suasion will prove to be more effective.

VIRGO (August 23 to September 22) Someone you care for needs help with a problem. Give it lovingly and without judging the situation. Whatever you feel you should know will be revealed later.

LIBRA (September 23 to October 22) While you’re to be admired for how you handled recent workplace problems, be careful not to react the same way to a new situation until all the facts are in.

SCORPIO (October 23 to November 21) Rely on your keen instincts as well as the facts at hand when dealing with a troubling situation. Be patient. Take things one step

at a time as you work through it.

SAGITTARIUS (November 22 to December 21) Your curiosity leads you to ask questions. However, the answers might not be what you hoped to hear. Don’t reject them without checking them out.

CAPRICORN (December 22 to January 19) Be careful not to tackle a problem without sufficient facts. Even sure-footed Goats need to know where they’ll land before leaping off a mountain path.

AQUARIUS (January 20 to February 18) Appearances can be deceiving. You need to do more investigating before investing your time, let alone your money, in something that might have some hidden flaws.

PISCES (February 19 to March 20) Your recent stand on an issue could make you the focus of more attention than you would like. But you’ll regain your privacy, as well as more time with loved ones, by week’s end.

King Crossword

ACROSS

1 Gumbo need

5 Recede

8 “Take — Train”

12 Bar

13 Regret

14 Dinner for Dobbin

15 Braggart

17 Verifiable

18 Bristles

19 Sports venues

21 Village People hit

24 Under the weather

25 Founder of Apple

28 Clarinet’s cousin

30 System of beliefs

33 Piercing tool

34 Families

35 Born

36 “The Matrix” role

37 Departed

38 Encounter

39 Personal question?

41 Agenda heading

43 Stations

46 Mountain air?

50 Valhalla VIP

51 Direct source of information

54 Use a paper towel

55 Guitar’s kin

56 Declare

57 Require

58 Just out

59 Maintained

DOWN

1 Spheres

2 Hardy cabbage

3 Laugh-a-minute

4 Forever

5 Pitching stat

6 Prickly seedcase

7 Hotel furniture

8 Sum

9 Uncompro-mising

10 Seamstress’ case

11 On the briny

16 Height of fashion?

20 Father’s Day gifts

22 “Unforgett-able” singer

23 At the stern

25 One of the Brady bunch

26 Have bills

27 Glass-maker’s device

29 Aware of

31 Get a

32 Citi Field player

34 Coagulate

38 Bread

40 Sharpened

42 Coloring agent

43 This way

44 Falco of “Nurse Jackie”

45 Whirled

47 Jackknife, for one

48 Organic compound

49 Lascivious

52 Eisenhower

53 Church perch

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King Crossword

Answers

Solution time: 25 mins.

OKRA EBB THEA  
RAIL RUE OATS  
BLOWHARD TRUE  
SETAE STADIA  
YMCA ILL  
JOBS OBOE ISM  
AWL CLANS NEE  
NEO LEFT MEET  
WHO TODO  
DEPOTS YODEL  
ODIN PIPELINE  
WIPE UKE AVOW  
NEED NEW HELD

Just Like Cats & Dogs by Dave T. Phipps

I KNOW YOU WANT YOUR RESUME TO TO STAND OUT FROM THE COMPETITION, BUT I WOULD LOSE THE HAPPY FACES.

Siustlaw News

READ IT TODAY!