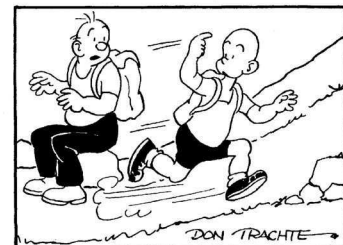
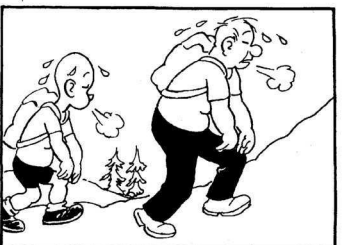
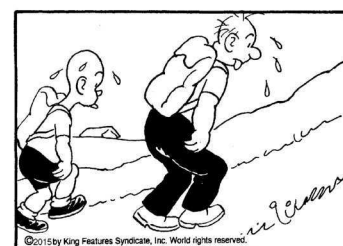
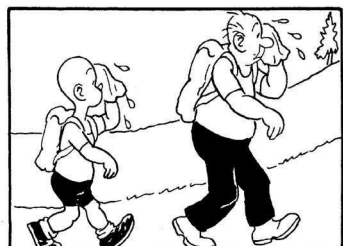
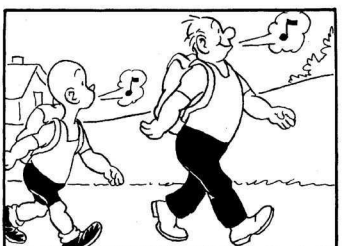
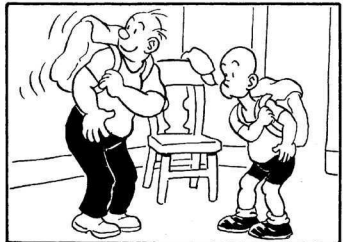
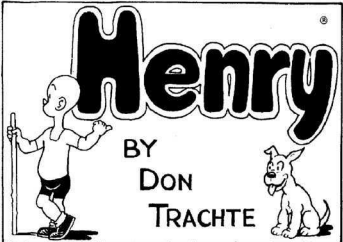
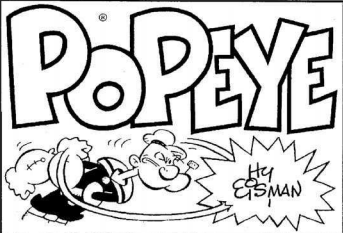


SIDE SHOW



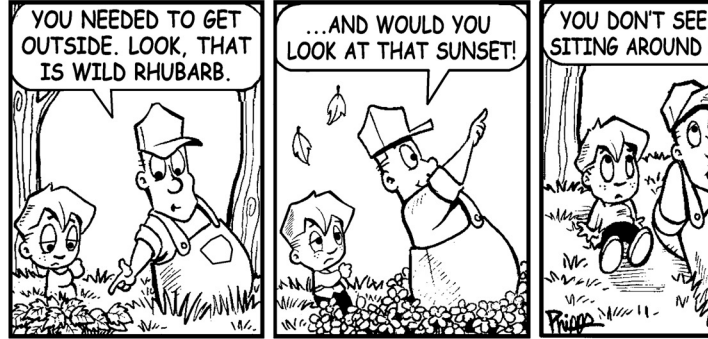
Out on a Limb



by Gary Kopervas



Amber Waves



by Dave T. Phipps



TO YOUR GOOD HEALTH

Strange spells may be due to anxiety

DEAR DR. ROACH: I have been having weird spells for about six months. They occur only occasionally and last a couple of days and nights. They awaken me out of sleep and are a little frightening. It starts with a burning sensation on the right side of my nose. I feel as if I have to remember something, and a wave of warmth floods over my upper torso, down to my arms. I feel my heart fluttering, and am a little sick to my stomach. I also have funny sensations in my right ear. It lasts a few seconds, and I just have to ride it out. When it's over, I feel weak for a while. I saw a neurologist, who mentioned that it might be anxiety, which made me mad — being awakened out of a sound sleep

doesn't seem to me that I am anxious, as I have no trouble sleeping! He wanted to put me on a medication with a lot of side effects, such as dizziness and hallucinations. I do not want to be on medication, but I also don't want to have a grand mal seizure. He could not tell me if I could have one or not. I only want affirmation that I am not crazy! — L.G.

ANSWER: You aren't crazy. Your neurologist may be right — this can be related to anxiety — but I wouldn't jump to that diagnosis without considering a few things first.

A warm sensation over different parts of your body should make your doctor think of conditions like carcinoid syndrome and pheochromocytoma. These are tumors that secrete hormone-like substances that can cause odd feelings, such as flushing or warmth, in different parts of the body. They can be screened for with simple urine and blood tests. I agree with you that being awakened with this sensation makes anxiety or panic attack less likely. It does not sound like a seizure disorder to me.

Sometimes, people notice sensations that defy medical explanation.

In that case, we generally just try to make sure it isn't something that doesn't threaten life or health and help people minimize and live with the symptoms.

DEAR DR. ROACH: I have to take levothyroxine in order to obtain an acceptable TSH number. I have read that some doctors are stating that there is a relationship between hypothyroidism and gluten intolerance, possibly even celiac disease. Is this proven to the point that a patient should alter his or her diet and give up the basic foods of bread and cereal? — R.K.

ANSWER: People with celiac disease have a much higher risk of autoimmune thyroid disease (especially Hashimoto's, the most common cause of low thyroid) than expected, to the point where everyone with celiac disease should have a blood test to look at thyroid levels. Celiac disease, or intolerance of gluten in general, may have few or subtle symptoms, and it might be worthwhile to consider testing for celiac disease in people with autoimmune thyroid disease. However, I would not recommend a drastic change in diet for people with thyroid disease if there are no symptoms.

SALOME'S STARS

ARIES (March 21 to April 19) This year, instead of jumping into the whole holiday prep scene, move in a little at a time. You'll appreciate the sense of control you're more likely to enjoy.

TAURUS (April 20 to May 20) The separation between the Bovine's head and heart is never as far apart as it seems. Both senses work best when they come out of logic and honesty.

GEMINI (May 21 to June 20) The best way to keep those pre-holiday pressures under control is to just say no to taking on new tasks while you're still trying to work with a heap of others.

CANCER (June 21 to July 22) News means a change might be on its way, but what does it hold? Don't just ask questions; make sure you get answers you can trust.

LEO (July 23 to August 22) Old friends and new have one thing in common: Both your longtime and newly minted pals have much wisdom to impart.

VIRGO (August 23 to September 22) With time running out, this is a good time for you to show 'em all what those Virgo super-organizational skills can do.

LIBRA (September 23 to October 22) Librans and holidays are made for each other, especially if children and animals are going to be part of your joyous season.

SCORPIO (October 23 to November 21) Time is getting too short to allow a spat to taint the holiday season. Restart your relation-

ship and reschedule holiday fun times.

SAGITTARIUS (November 22 to December 21) Seeking advice is laudable. You might learn far more than you thought you could. Stay with it.

CAPRICORN (December 22 to January 19) Continuing to assess changes works toward your getting your new project up and ready. Trusted colleagues remain ready to help.

AQUARIUS (January 20 to February 18) That new situation needs a lot of attention, but it's worth it. This is a very good time for you to involve the arts in what you do.

PISCES (February 19 to March 20) It might be a good idea to slow your hectic holiday pace so that you don't rush past what — or who — you're hoping to rush toward.

King Crossword

ACROSS

- 1 Colorado ski mecca
- 6 Aries
- 9 Bookkeeper (Abbr.)
- 12 Camel's cousin
- 13 "The Greatest"
- 14 Chance
- 15 Hammerstein's contribution
- 16 Decorative floor
- 18 Knapsack parts
- 20 Kazakhstan river
- 21 Buddhist sect
- 23 Lamb's dam
- 24 Minimal change
- 25 Writer Kingsley
- 27 Rice, on a Mexican menu
- 29 Minnesotan
- 31 Flew to wed
- 35 Heat
- 37 Appellation
- 38 Miss USA adornment
- 41 Neighbor of Ukr.
- 43 Abrade
- 44 Con
- 45 Off-repeated word
- 47 Layered dessert
- 49 Carnival

1	2	3	4	5	6	7	8	9	10	11
12					13			14		
15					16			17		
		18			19			20		
21	22			23			24			
25			26		27		28			
29				30		31			32	33
				35		36		37		
38	39	40			41		42		43	
44					45			46		
47				48			49		50	51
52				53			54			
55				56			57			

- attractions
- station
- contradiction
- 52 Blackbird
- 9 Make butter
- 33 Flightless bird
- 53 Paid player
- 10 Song of joy
- 34 Society newcomer
- 54 Old market-place
- 11 As deemed fit
- 36 Demosthenes, for one
- 55 Vast expanse
- 17 — City (former Philippine capital)
- 38 Spanish appetizers
- 56 Listener
- 19 Trophy, for one
- 39 Foolish
- 57 Grew
- 21 Sharp turn
- 22 Comedian
- 40 Places in the heart
- 24 D.C. type
- 26 "Doctor Zhivago" star
- 42 Malt shop item
- 45 Actress Sorvino
- 46 Latvia's capital
- 48 Gorilla
- 50 Prior to
- 51 Blue
- 28 Same old story?
- 30 Detergent brand
- 32 Baffling

© 2015 King Features Synd., Inc.

King Crossword Answers

Solution time: 27 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

