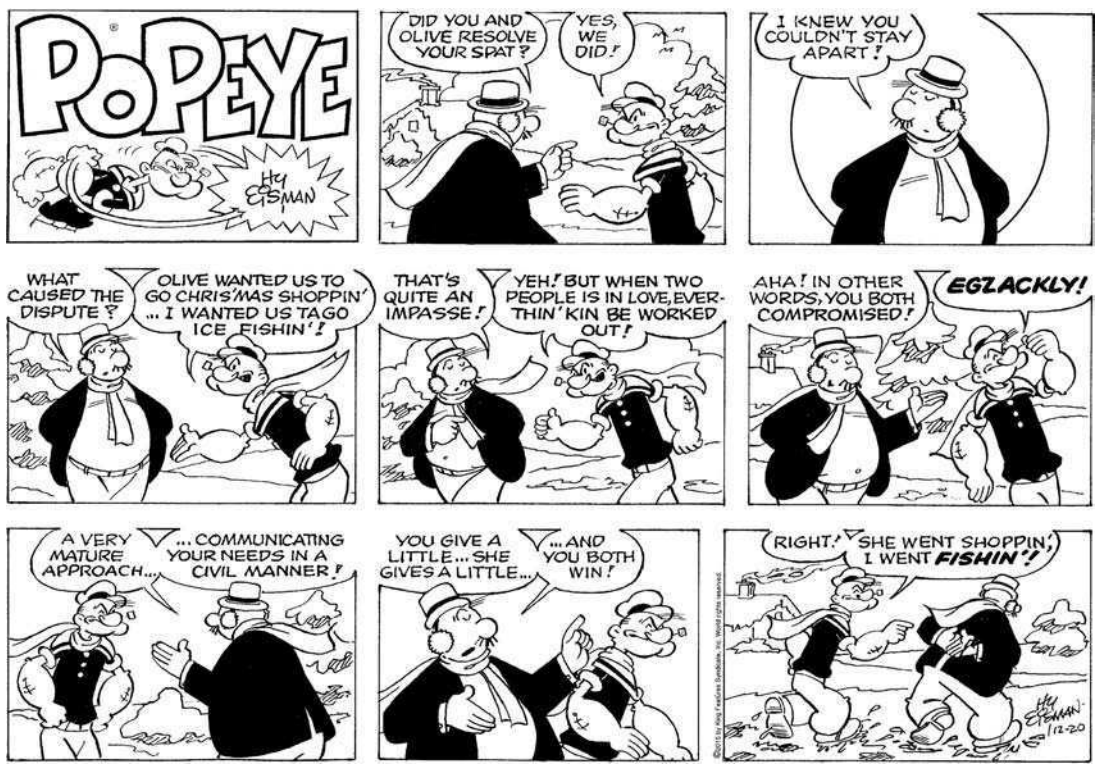
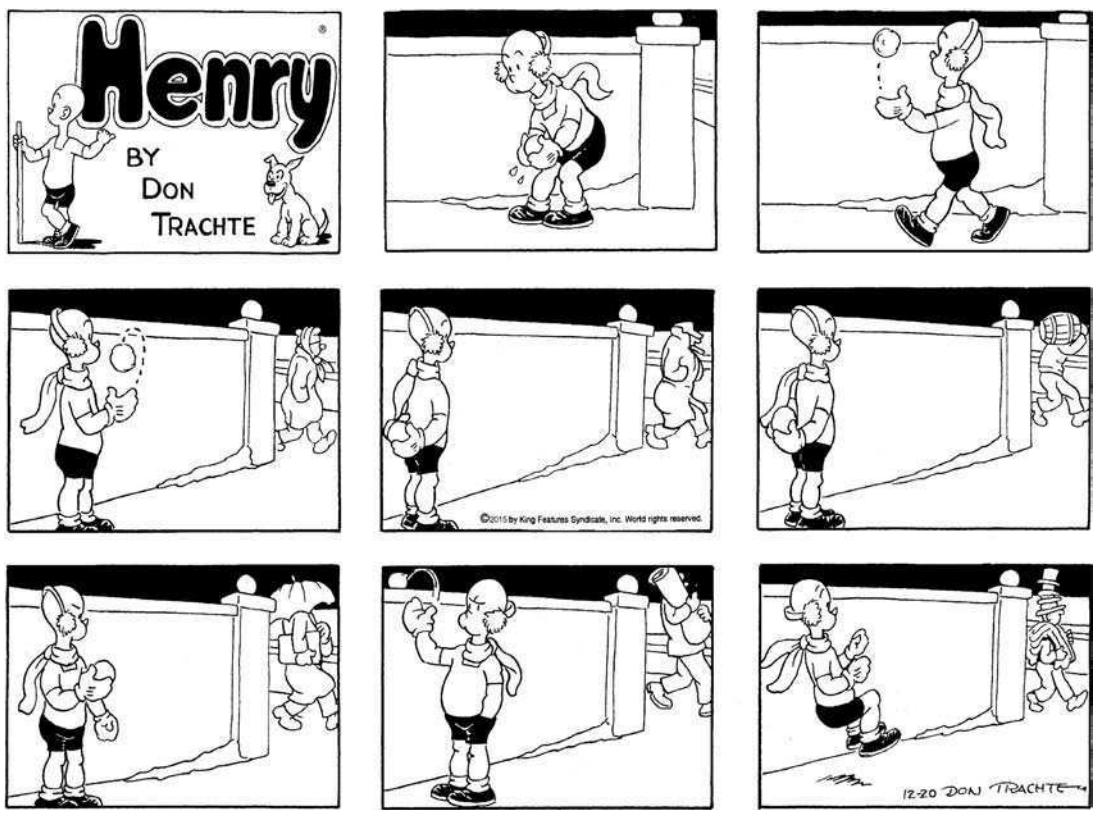
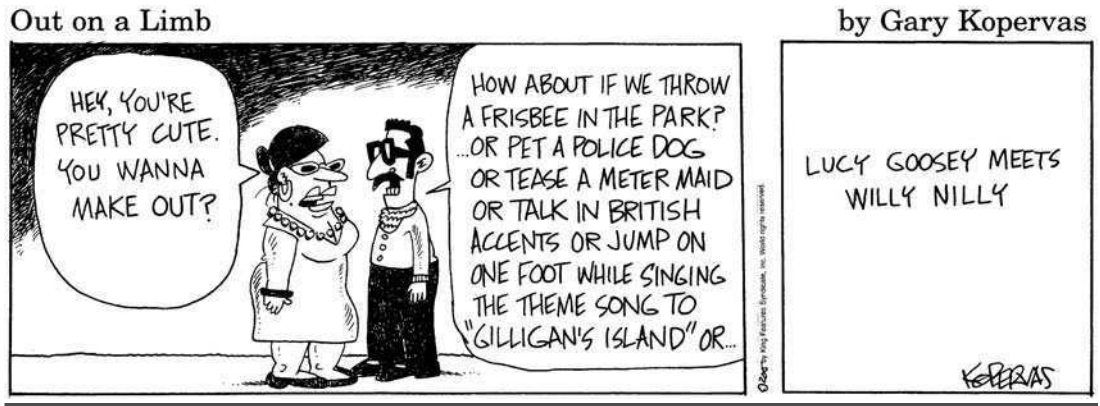
SIDE SHOW





Out on a Limb — by Gary Kopervas



Amber Waves

by Dave T. Phipps

TO YOUR GOOD HEALTH

Every minute counts during heart attack

DEAR DR. ROACH: I have read that if you think you are having a heart attack, you should put an aspirin under your tongue to help it dissolve fast and therefore thin your blood. Is this true? Does it somehow adversely affect any medicine the hospital might want to administer?

Would it be the same to swallow powder versus a tablet under your tongue? Goody's powder has caffeine in it. Does this make it better or worse in the case of a heart attack? — G.A.

ANSWER: Yes, it is true that aspirin is among the very first treatments given by paramedics for someone with a suspected heart attack. The fastest way of it being effective is to use a 325-mg regular, uncoated aspirin, and to chew and swallow it. Every minute counts during a heart attack, and chewing the tablet speeds up effectiveness by about six minutes. I think you may be confusing aspirin with nitroglycerine, which is absorbed under the tongue and should be administered only by the paramedic or a doctor if you haven't had it before. Aspirin is very important and does not interfere with the other medications used.

If you really think you are having a heart attack, call 911 first, then take the aspirin. You still should take it even if you regularly take a baby aspirin. Tell the paramedics that you took it and when. I wouldn't recommend using a preparation with caffeine.

READERS: Every year, over 1.5 million Americans suffer heart attacks — more than a third are fatal. You can play an essential role in surviving and even preventing a heart attack. To learn more, order the booklet Heart Attack by writing: Dr. Roach — No. 102w, 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.

DEAR DR. ROACH: Nine weeks ago, my 76-year-old dad went to Punta Cana in the Dominic Republic for a two-week vacation. On the second day there, he began having diarrhea, and it has persisted since then. He has lost 15 pounds (and was not overweight to start).

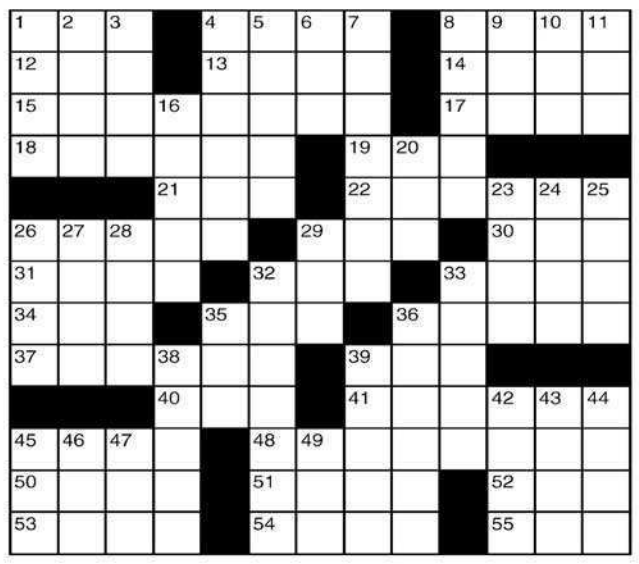
He went to a GI doctor, who ordered a single stool culture for ova and parasites, giardia, shiga, campylobacter, salmonella, shigella and C diff (toxin B screen cytotoxin), which all were negative. He will occasionally vomit. He has not had a fever or abdominal pain. Many foods cause violent symptoms, something that never happened before. The GI doctor recommended probiotics, which is being followed.

The GI doctor says he is stumped, and has now started him on a lactose-free diet. We need some resolution to this. What are your thoughts? What else can be done to find out what is wrong? Any help would be greatly appreciated. — B.I.

ANSWER: Normally, we would repeat the stool cultures, since ova and parasites especially can be missed on one. Most specialists recommend three cultures.

I agree with the lactose-free diet and probiotics for now. If it persists, he should probably get an upper and lower endoscopy as well.

King Crossword



ACROSS
1 Lustrous black
4 Corned beef concoction
8 Into the sunset
12 Unoriginal one
13 La Scala show-stopper
14 Related
15 Vitamin B-1 deficiency
17 Kindly bloke
18 Submit
19 Pi follower
21 Schedule abbr.
22 Moulin Rouge dance
26 Book of maps
29 Yank
30 Discoverer's cry
31 Seethe
32 Historic boy king
33 "Big Brother" host Julie
34 Census datum
35 Census datum
36 Ad for an upcoming broadcast
37 Chocolatey treat
39 401(k) alternative
40 Pompous sort
41 Halo
45 Opposite of 8-Across
48 Samoan port city
50 United nations
51 Stench
52 Under the weather
53 "Little Women" woman
54 Preschoolers
55 Caustic solution

DOWN
1 Pokes
2 Duel tool
3 Gull's cousin
4 Customs
5 Gladiators' venue
6 Knightly address
7 Tonsorial task
8 Cart
9 — out a living
10 Sermon subject
11 Stick with a kick
16 Perfect
20 Crone
23 Silver salmon
24 Throat-clearing sound
25 Taboo act
26 Common rhyme scheme
27 Takeout order
28 Property claim
29 Monkey suit
32 Sawbuck
33 Muscle woe
35 "Help!"
36 Rap sheet data
38 Sheetload of cookies
39 Gold mold
42 $50, in "Monopoly"
43 Unattractive
44 Unrivaled
45 Recede
46 Hearty brew
47 Toper
49 Big fuss

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SALOME'S STARS

ARIES (March 21 to April 19) A hectic period begins to wind down. Take time to draw some deep breaths and relax before getting into your next project. A long-absent family member makes contact.

TAURUS (April 20 to May 20) You're eager to move forward with a new challenge that suddenly dropped in your lap. But you'd be wise to take this one step at a time to allow new developments to come through.

GEMINI (May 21 to June 20) You're almost ready to make a commitment. A lingering doubt or two, however, should be resolved before you move ahead. An associate could provide important answers.

CANCER (June 21 to July 22) Caution is still the watchword as you move closer toward a decision about a new situation. If you act too fast, you might miss some vital warning signs. Go slowly and stay alert.

LEO (July 23 to August 22) Your new goal looks promising, and your golden touch does much to enhance its prospects for success. In your private life, Cupid does his best to make your new relationship special.

VIRGO (August 23 to September 22) That impatient side of yours is looking to goad you into moving before you're ready to take that big step. Stay calm and cool. Let things fall into place before you act.

LIBRA (September 23 to October 22) A legal matter you hoped could finally be settled could be a pesky problem for a while, until all the parties agree to stop disagreeing with each other. Be patient.

SCORPIO (October 23 to November 21) Partnerships — personal or professional — which began before the new year take on new importance. They also reveal some previously hidden risks. So be warned.

SAGITTARIUS (November 22 to December 21) Your associates are firmly on your side, and that persistent problem that has caused you to delay some activities should soon be resolved to your satisfaction.

CAPRICORN (December 22 to January 19) Favorable changes continue to dominate, and you should be responding positively as they emerge. Someone wants to become more involved in what you're doing.

AQUARIUS (January 20 to February 18) A friend wants to share a secret that could answer some questions you've wondered about for a long time. Meanwhile, travel aspects continue to be strong.

PISCES (February 19 to March 20) Stay on your new course despite so-called well-meaning efforts to discourage you. Rely on your deep sense of self-awareness to guide you to do what's right for you.

King Crossword Answers

Solution time: 27 mins.

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

Just Like Cats & Dogs — by Dave T. Phipps

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