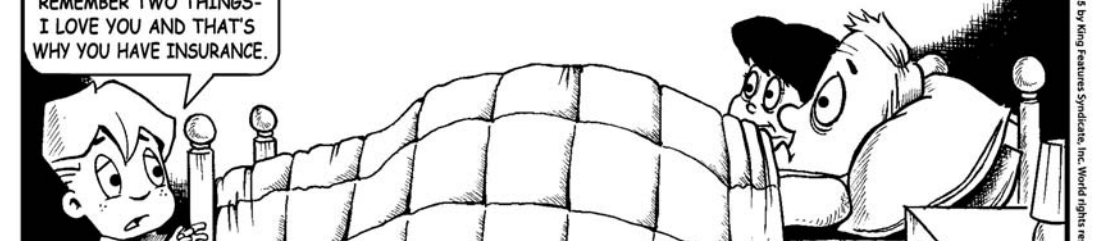
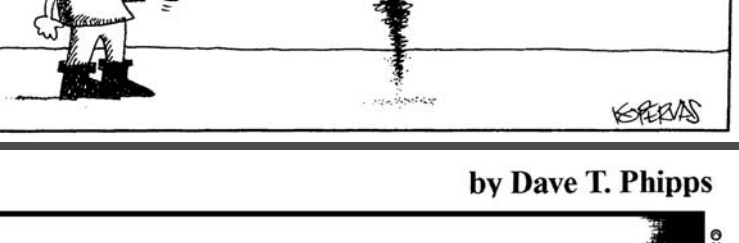
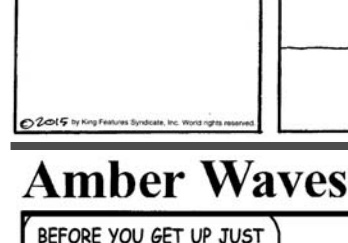
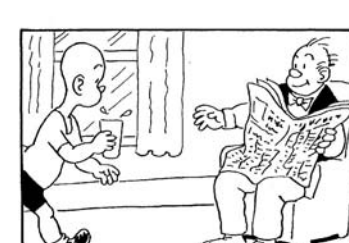
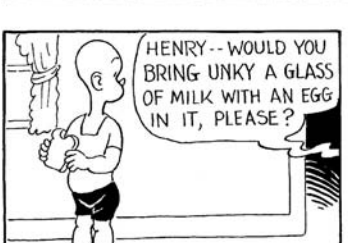
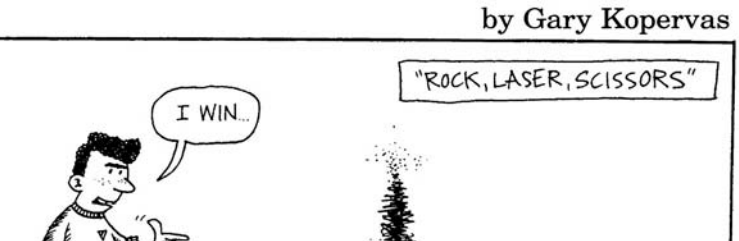
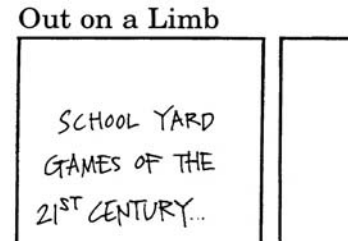
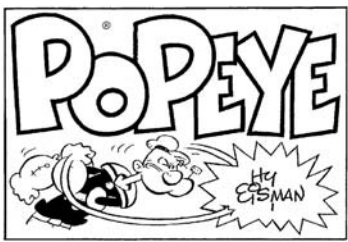


SIDE SHOW



TO YOUR GOOD HEALTH

Nonalcoholic fatty liver is increasingly common

DEAR DR. ROACH: I am 59 years old and am having problems with my lower abdomen. After colonoscopy and ultrasound, my doctor called to say I have a fatty liver. When asked what that means, I was told to lose weight. I weigh 170 pounds, and am 5 feet, 6 inches tall.

Research online suggests that alcohol is an issue, but I don't drink. I may have a drink or a beer when I go out, but most times I am the designated driver, so I don't drink. The only medication I take is estradiol-norethindrone 0.5-0.1; I take one daily. Diabetes does not run in my family, and I have not been tested for it.

Can you give me information on "fatty liver" and treatment? — J.A.

ANSWER: Non-alcoholic fatty

liver disease is an increasingly common problem; in fact, it is the most common liver disorder in industrialized countries. Recent studies have suggested that 30 percent to 46 percent of people in the U.S. have NAFLD. Most people are diagnosed in their 40s or 50s.

Obesity, particularly abdominal obesity (as opposed to fat around the hips and thighs) is common in fatty liver disease. People with suspected NAFLD should have other possible causes evaluated, especially viral hepatitis (types B and C), hemochromatosis and autoimmune hepatitis.

Simple fatty liver is a benign condition; however, some people will develop the more serious condition non-alcoholic steatohepatitis (NASH). Seventy percent of people with NASH are obese, and up to 75 percent have Type 2 diabetes. NASH without treatment can lead to fibrosis and even cirrhosis of the liver.

Your body mass index is 27, so you are considered overweight, not obese. Still, I would recommend gradually losing 10 pounds or so. I also would recommend that you continue to drink very moderately or not at all. Exercise also can help.

DEAR DR. ROACH: I am 77, female and in great health except for

being diagnosed with achalasia. I know it is rare, and I was happy to find out why my digestive system had discomfort. Do yoga twists or shoulder stands worsen this? It seems worse when I do these. — E.H.

ANSWER: Achalasia is a disease of abnormal movement in the esophagus, the muscular tube that carries food from the back of your throat to the stomach. It is caused by damage to the nerves in the esophagus, possibly from destruction by the body's immune system. Because of the nerve damage, the food gets stuck in the esophagus, leading to difficulty swallowing and vomiting of undigested food. Both solids and liquids are affected, as opposed to esophageal cancer, in which the problem is mostly solids.

Gravity helps us swallow, so being upside down will make gravity work against you, and I would expect the condition to worsen with yoga positions that turn the esophagus upside down. I wouldn't recommend those types of positions, especially since they may cause or worsen vomiting.

Treatment of achalasia should be done by an expert in the condition, and may include dilation of the esophagus, injection with Botox into the muscle or surgery.

SALOME'S STARS

ARIES (March 21 to April 19) Your batteries should be fully recharged by now, making you more than eager to get back into the swing of things full time. Try to stay focused so that you don't dissipate your energies.

TAURUS (April 20 to May 20) You're eager to charge straight ahead into your new responsibilities. But you'll have to paw the ground a little longer, until a surprise complication is worked out.

GEMINI (May 21 to June 20) Rival factions are pressuring you to take a stand favoring one side or the other. But this isn't the time to play judge. Bow out as gracefully as possible, without committing yourself to any position.

CANCER (June 21 to July 22) Reassure a longtime, trusted confidante

that you appreciate his or her words of advice. But at this time, you need to act on what you perceive to be your own sense of self-interest.

LEO (July 23 to August 22) You need to let your warm Leonine heart fire up that new relationship if you hope to see it move from the "just friends" level to one that will be as romantic as you could hope for.

VIRGO (August 23 to September 22) There's still time to repair a misunderstanding with an honest explanation and a heartfelt apology. The sooner you do, the sooner you can get on with other matters.

LIBRA (September 23 to October 22) Expect a temporary setback as you progress toward your goal. Use this time to re-examine your plans and see where you might need to make some significant changes.

SCORPIO (October 23 to November 21) Some missteps are revealed as the cause of current problems in a personal or professional partnership. Make the

necessary adjustments and then move on.

SAGITTARIUS (November 22 to December 21) Jupiter's influence helps you work through a pesky problem, allowing your naturally jovial attitude to re-emerge stronger than ever. Enjoy your success.

CAPRICORN (December 22 to January 19) Set aside your usual reluctance to change, and consider reassessing your financial situation so that you can build on its strengths and minimize its weaknesses.

AQUARIUS (January 20 to February 18) Some recently acquired information helps open up a dark part of the past. Resolve to put what you've learned to good use. Travel plans continue to be favored.

PISCES (February 19 to March 20) Act on your own keen instincts. Your strong Piscean backbone will support you as someone attempts to pressure you into a decision you're not ready to make.

King Crossword

ACROSS

- 1 Make sense
- 6 Death-feigning critter
- 12 Book size
- 13 Stir up
- 14 Briefs, e.g.
- 15 Clincher
- 16 On
- 17 Fat
- 19 Preceding
- 20 Skewer
- 22 Screw up
- 24 Type squares
- 27 Footnote abbr.
- 29 The Tentmaker
- 32 "American Grown" writer
- 35 Small combo
- 36 Pound sounds
- 37 Pinch
- 38 Masseur's workplace
- 40 Jog
- 42 Bro's counterpart
- 44 "The Naked Maja" painter
- 46 Bum
- 50 Worshipped
- 52 Knave
- 54 Verb acting as a noun
- 55 Grommet

DOWN

- 1 Family member
- 2 Pedestal part
- 3 Plumbing problems
- 4 Salt Lake athlete
- 5 Maybe
- 6 Wear a rut in the rug
- 7 Speechify
- 8 Bribe
- 9 Role for Reeve or
- 10 Addict
- 11 Unembellished
- 12 Sine-non link
- 18 Electric company, e.g.
- 21 Slapstick missile
- 23 Plagiarize
- 24 Ambulance VIP
- 25 Soviet space station
- 26 Salon tool
- 28 Perverted
- 30 Parisian pal
- 31 Knock
- 33 Go like a
- 34 Barcelona bear
- 39 Representative
- 41 Pitched
- 42 Long story date
- 43 Mid-month date
- 45 Probability
- 47 — podrida
- 48 Milwaukee product
- 49 Mel of Coopers-town
- 51 Regret
- 53 Sailor's assent

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King Crossword

Answers

Solution time: 24 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

I KNOW IT'S THE THOUGHT THAT COUNTS BUT YOU'RE WELCOME TO THINK OF ME MORE OFTEN.

Siuslaw News

READ IT TODAY!