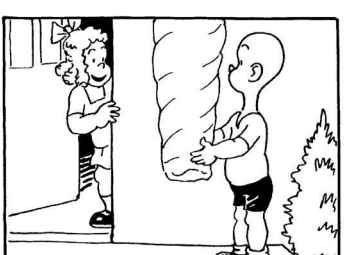
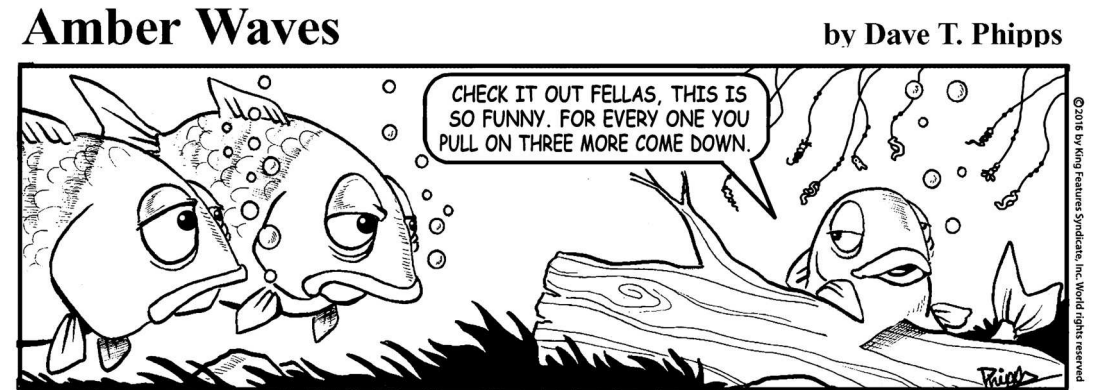
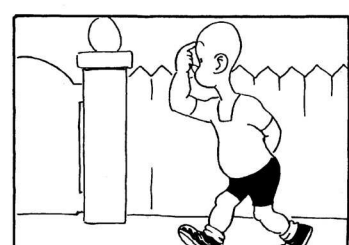
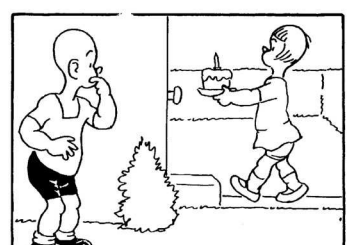
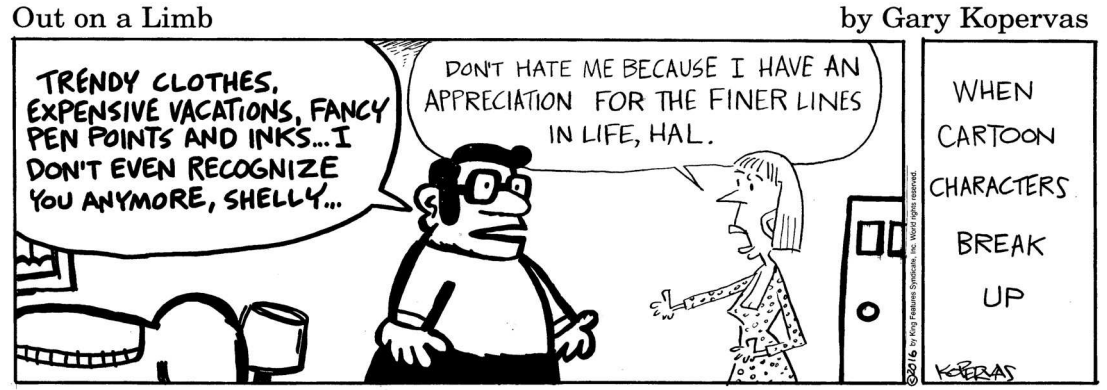
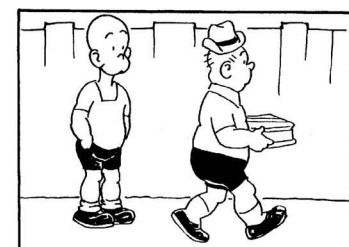
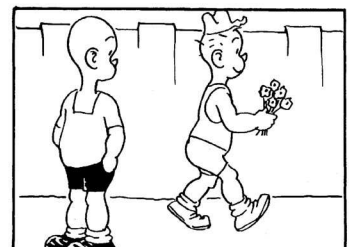
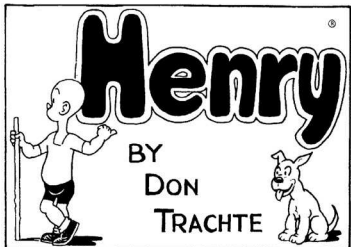
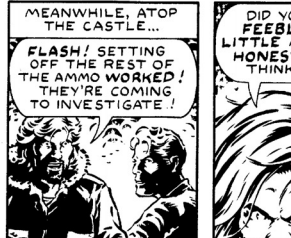
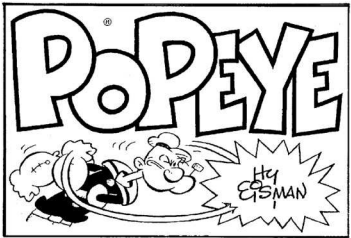


SIDE SHOW



TO YOUR GOOD HEALTH

Diabetic foot ulcers deservedly feared

DEAR DR. ROACH: My father is an 84-year-old diabetic. He has had a wound on his foot (on the inner side of his right foot, near his big toe) for about five months. He has been treated by a podiatrist, who has debrided the wound every week. He prescribed antibiotics when the wound has looked infected. A visiting nurse and my mother have changed and dressed the wound regularly during these months.

This week, the podiatrist said he could see the bone in my dad's foot, and recommended hyperbaric treatment. Could you tell me what your opinion is of this treatment in my father's case? Do you know if it has a high percentage of success? — C.O.

ANSWER: Foot ulcers in diabetes are common and feared. Diabetes

damages blood vessels, both large and small. Also, longstanding diabetes decreases the effectiveness of the inflammatory response and immune system. Finally, poor nerve function in people with diabetes combines with these other factors to predispose one to developing breakdown of the skin and development of ulcers. These ulcers can get large and deep, and when the bone is visible (and sometimes even when it's not), the bone is infected. In this case, there is a high risk of the need for amputation.

By far, the best way to deal with diabetic foot ulcers is to not get them in the first place. Good control of diabetes, proper footwear, regular checks by a professional and daily self-checks of the feet for people at high risk can reduce the likelihood of developing ulcers. Early and aggressive treatment of precursor lesions, even mild redness of the skin, ingrown toenails or fungal infection of the feet, should prompt urgent evaluation by a podiatrist.

Once the ulcer has progressed to the point where your dad's is now, aggressive measures are called for. In addition to care by a podiatrist or orthopedic surgeon, evaluation by a

vascular surgeon and a wound-management specialist may be limb- and even life-saving.

While hyperbaric oxygen has indeed been shown to be beneficial in several studies (reducing amputation rate from 33 percent to 9 percent in one study), only an expert with detailed knowledge of your dad's case can decide whether this is appropriate treatment. If you trust your podiatrist, I think it may well be a useful treatment. However, I would be sure that he, or a vascular surgeon, has looked at the quality of blood flow to the foot.

DEAR DR. ROACH: What is your position on the shingles vaccine for people in their 70s? We have been told that some doctors do not approve of it. Yet we know of so many people who suffered terribly from shingles. Thank you. — J.T.

ANSWER: I've written about the vaccine lots of times. I am a strong believer in it and think anyone over 60 should get it unless they have a medical reason not to. The older you are, the more important it is to get the shot, since the complication of pain (postherpetic neuralgia) is so devastating and tends to last longer the older you are.

SALOME'S STARS

ARIES (March 21 to April 19) Single Lambs looking for romance could find Cupid especially accommodating this week. Paired partners also find their relationships benefiting from the chubby cherub's attention.

TAURUS (April 20 to May 20) Keep your keen Bull's eye focused on your target, and shake off any attempt to turn your attention elsewhere. You should get some news later in the week that might answer some questions.

GEMINI (May 21 to June 20) Your early enthusiasm for a project might have been somewhat premature. Although you feel positive about it, you might need more information in order to make an informed decision.

CANCER (June 21 to July 22) Taking on a new responsibility might seem like the politically correct thing to do. But even with the promise of

support, was it the wisest? Consider reassessing your upcoming decision.

LEO (July 23 to August 22) Apply yourself to completing your task despite all the distractions that might be interfering with your work. Then reward yourself with a weekend of fun shared with people who are close to you.

VIRGO (August 23 to September 22) A business agreement from the past might need to be looked at again. Use this unexpected development to check out other matters related to it. A weekend venture proves to be rewarding.

LIBRA (September 23 to October 22) Don't ignore that uneasy feeling about making a commitment. It could be a case of understandably cold feet, or a warning that something isn't as right as it should be.

SCORPIO (October 23 to November 21) A colleague could be more supporting of one of your efforts. But it's up to you to make the case for it, and that could mean opening up a

secret or two, which might be a problem for you.

SAGITTARIUS (November 22 to December 21) Expect some good news about a relative you've been worried about. But don't expect the full story to be told — at least not yet. A workplace matter might face shifting priorities.

CAPRICORN (December 22 to January 19) Despite some anxious moments, you could have good reason to be pleased with how things are turning out. An end-of-the-week call might hold some interesting information.

AQUARIUS (January 20 to February 18) A long-overdue expression of appreciation could be offered soon. But admit it: You never really expected it would happen, right? Meanwhile, keep your weekend options open.

PISCES (February 19 to March 20) It's a good time to dive right into a new challenge, whether it's learning a computer app, or how to drive a stick shift, or making a new friend. Whatever it is, good luck.

King Crossword

ACROSS

- 1 React to gravity
- 5 G-man's org.
- 8 Gym-floor padding
- 12 Sandwich cookie
- 13 "— the fields we go ..."
- 14 Shrek is one
- 15 Paper quantity
- 16 Leave
- 18 Distinguish
- 20 Senate staffers
- 21 "Monty Python" starter
- 22 Solidify
- 23 Intended
- 26 Faint
- 30 Noah's boat
- 31 Actor Cruise
- 32 Omega preceptor
- 33 Protract
- 36 Tablet bearer
- 38 Bagel topping
- 39 Yon maiden
- 40 Rice (Sp.)
- 43 Endure
- 47 Omit
- 49 Emanation
- 50 Logical
- 51 Ailing
- 52 "— It Romantic?"

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|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | | | | 13 | | | 14 | | | |
| 15 | | | | 16 | | | 17 | | | |
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| | | | 21 | | | 22 | | | | |
| 23 | 24 | 25 | | | 26 | | | 27 | 28 | 29 |
| 30 | | | | 31 | | | 32 | | | |
| 33 | | | 34 | 35 | | | 36 | 37 | | |
| | | | 38 | | | 39 | | | | |
| 40 | 41 | 42 | | | 43 | | | 44 | 45 | 46 |
| 47 | | | | | 48 | | | 49 | | |
| 50 | | | | | 51 | | | 52 | | |
| 53 | | | | | 54 | | | 55 | | |

- 53 Probability
- 54 Deposit
- 55 "Untouchable" Eliot

DOWN

- 1 Dress-maker's dummy
- 2 Vicinity
- 3 Plumbing problem
- 4 Chinese noodle
- 5 Concentrate (on)
- 6 Suspenders alternative
- 7 Anger
- 8 Aesopian
- 9 Enthusiastic, plus
- 10 Verifiable
- 11 Collections
- 17 Tarzan's clique
- 19 Giant in Coopers-town
- 22 Group of whales
- 23 Crazy
- 24 Blunder
- 25 Alias (Abbr.)
- 26 Cauldron
- 27 Chances, for short
- 28 Work with
- 29 "— the sea son to be
- 31 Formal wear
- 34 Boxer's gear
- 35 Seep
- 36 First name of 19-Down
- 37 Invest with authority
- 39 With ardor
- 40 Moreover
- 41 Peruse
- 42 McNally partner
- 43 Island dance
- 44 River of England
- 45 Coffee shop array
- 46 Skin art, for short
- 48 Lubricate

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King Crossword

Answers

Solution time: 21 mins.

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| F | A | L | L | F | B | I | M | A | T | S |
| O | R | E | O | O | E | R | O | G | R | E |
| R | E | A | M | C | L | E | A | R | O | U |
| M | A | K | E | O | U | T | P | A | G | E |
| | | | | I | T | S | G | E | L | |
| M | E | A | N | T | P | A | S | S | O | U |
| A | R | K | | T | O | M | P | S | I | |
| D | R | A | G | O | U | T | M | O | S | E |
| | | | | L | O | X | H | E | R | |
| A | R | R | O | Z | H | O | L | D | O | U |
| L | E | A | V | E | O | U | T | A | U | R |
| S | A | N | E | | I | L | L | I | S | N |
| O | D | D | S | | L | A | Y | N | E | S |

Just Like Cats & Dogs by Dave T. Phipps

