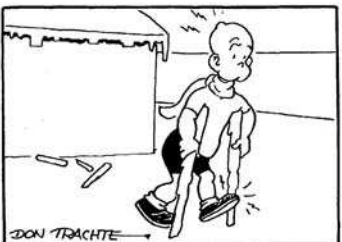
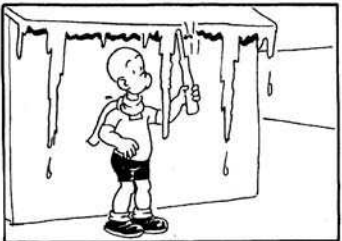
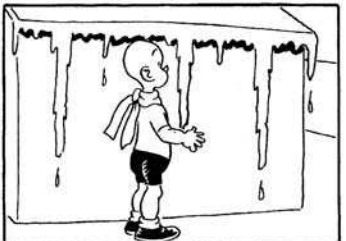
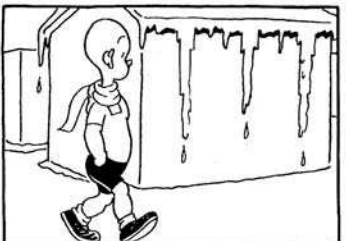
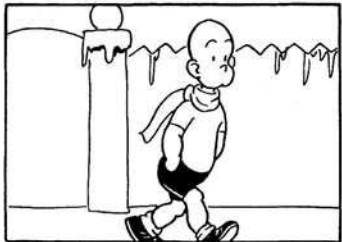
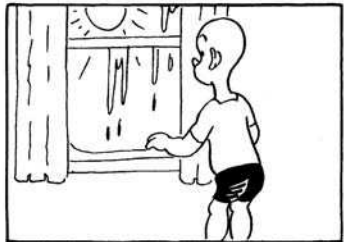
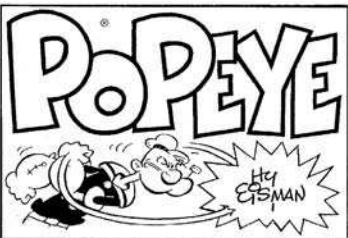


SIDE SHOW



Out on a Limb

by Gary Kopervas



Amber Waves

by Dave T. Phipps



TO YOUR GOOD HEALTH

Can heart surgery cause hot flashes?

DEAR DR. ROACH: I have had hot flashes, similar to those experienced by post-menopausal women, ever since my coronary bypass in 1990. I can be sitting quietly in a chair reading or at my computer, and suddenly I find myself dripping with perspiration. I also have had panic attacks, with increased heart rate and other physical symptoms. A few years ago, a 24-hour EKG showed heart-rhythm irregularities and that my heart stopped briefly while asleep. If these idiosyncrasies of my autonomic nervous system are a consequence of my time on the heart-lung machine for the bypass, I'm not complaining — just curious. You said that studies have been done on almost everything. Is this one? — W.S.B.

ANSWER: I found that a lot of people complain of similar symptoms. I also found that indeed, the

autonomic nervous system (the part of the nervous system that regulates temperature, sweat, blood pressure and many other critical aspects of body function without our being consciously aware of it) can be adversely affected by cardiac surgery. Some authors have suggested that the autonomic nervous system changes are one mechanism by which people are more likely to have depression after cardiac surgery. I found several possible explanations why the ANS changes with bypass surgery, but no clear consensus.

I would want to be sure that there are no other causes of these symptoms. It sounds like you have had an extensive evaluation, but I certainly would be concerned about a sudden fast heart rhythm, such as atrial fibrillation.

The booklet on abnormal heart rhythms explains atrial fibrillation and the more common heart rhythm disturbances in greater detail. Readers can obtain a copy by writing: Dr. Roach — No. 107W, 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: I suffered a

long time with GERD. I was diagnosed with Barrett's esophagus, a precancerous disease. My doctor recommended a procedure called a Nissen fundoplication. Since the procedure, I have not had heartburn again. I would do it again, after what I went through. I get an endoscopy every two years to keep an eye on my disease. — G.D.B.

ANSWER: Barrett's esophagus is a complication of longstanding reflux. It is diagnosed when the lining of the esophagus starts to look like the lining of the stomach. Barrett's esophagus can progress to cancer of the esophagus. About 0.2 percent of those with Barrett's per year will develop cancer, which sounds low, but if you live with the condition for 25 years, that's about a 5 percent risk.

Surgery for reflux disease is done only rarely. However, it is very effective (85 percent to 90 percent). The most common reason to consider surgery is inadequate relief from medications and lifestyle changes. However, severe erosions from acid in the esophagus, inability to take medications, a stricture (partial closure) of the esophagus and Barrett's esophagus are all reasons to consider surgery. Surgery appears to reduce the risk of cancer more than other treatments.

SALOME'S STARS

ARIES (March 21 to April 19) Guess what, Lamb? You're about to experience a new perspective on a situation you long regarded quite differently. What you learn could open more opportunities later.

TAURUS (April 20 to May 20) The Bold Bovine is tempted to charge into a new venture. But it might be best to take things one step at a time so that you know just where you are at any given point.

GEMINI (May 21 to June 20) It's a good time to go on that fun getaway you've been planning. You'll return refreshed, ready and, yes, even eager to tackle the new challenge that awaits you.

CANCER (June 21 to July 22) The Moon Child loves to fantasize about

magical happenings in the early part of the week. But the sensible Crab gets down to serious business by week's end.

LEO (July 23 to August 22) What goes around comes around for those lucky Leos and Leonas whose acts of generosity could be repaid with opportunities to expand into new and exciting areas of interest.

VIRGO (August 23 to September 22) Your concern about your job responsibilities is commendable. But you need to take some quiet time to share with someone who has really missed being with you.

LIBRA (September 23 to October 22) Aspects favor getting out and meeting new people. And as a bonus, you could find that some of your newly made friends could offer important business contacts.

SCORPIO (October 23 to November 21) You might take pride in wanting to do everything yourself. But now's a good time to ask family mem-

bers to help with a demanding personal situation.

SAGITTARIUS (November 22 to December 21) Pay more attention to the possibilities in that workplace change. It could show the way to make that long-sought turn on your career path.

CAPRICORN (December 22 to January 19) Your need to succeed might overwhelm obligations to your loved ones. Ease up on that workload and into some well-deserved time with family and friends.

AQUARIUS (January 20 to February 18) Love rules for amorous Aquarians who can make good use of their ability to communicate feelings. Don't be surprised if they're reciprocated in kind.

PISCES (February 19 to March 20) Fishing for compliments? No doubt, you probably earned them. But it's best to let others believe they were the ones who uncovered the treasure you really are.

King Crossword

ACROSS

1 Moo goo  
4 Snitch  
7 Prop for Sherlock  
8 Intrinsically  
10 Insertion mark  
11 Mountaineering tool  
13 New Orleans section  
16 Scoundrel  
17 Storefront sign info  
18 Raw rock  
19 Olympic sled  
20 Desert-like  
21 Harvests  
23 Ski trail  
25 Nevada city  
26 Sex Pistols genre  
27 Suitable  
28 Highlanders  
30 Island  
33 "3rd Rock From the Sun" cast member  
36 Baltimore bird  
37 Change  
38 Hairnet

DOWN

1 Sent a telegram  
2 Admitting customers  
3 Burger enhancer  
4 Happen again  
5 Neighborhoods  
6 Despot  
7 Prefix with  
8 legal or medic  
9 Resentment  
10 Ozone depleter (Abbr.)  
12 Weird  
14 Swine  
15 Scarlet  
19 "7 Faces of Dr. —"  
20 Request  
21 Copy, for short  
22 Goes in  
23 Green shot  
24 Entomologist's study  
25 U.K. fliers  
26 Sat for a picture  
28 Ice cream tool  
29 Actress  
30 Non-clergy  
31 Sea eagle  
32 "— Impossible"  
34 NPR's  
35 Totenberg  
35 Sweater material

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King Crossword

Answers

Solution time: 21 mins.

FALL FBI MATS  
OREO OER OGRE  
REAM CLEAROUT  
MAKEOUT PAGES  
ITS GEL  
MEANT PASSOUT  
ARK TOM PSI  
DRAGOUT MOSES  
LOX HER  
ARROZ HOLDOUT  
LEAVEOUT AURA  
SANE ILL ISNT  
ODDS LAY NESS

Just Like Cats & Dogs

by Dave T. Phipps

NO SIR...THAT'S ALREADY OUTDATED. HERE'S APPLE'S NEW OPERATING SYSTEM. GOOD AT LEAST UNTIL YOU GET HOME.

Siustlaw News

READ IT TODAY!