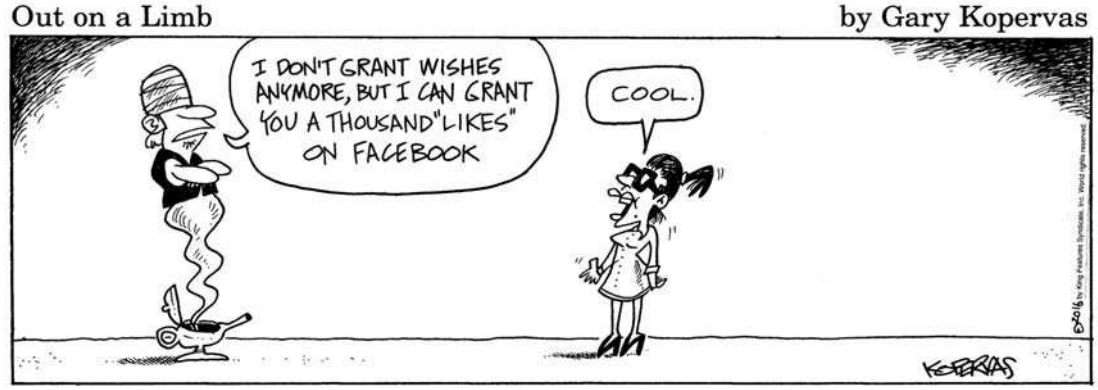
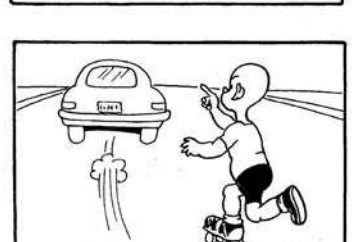
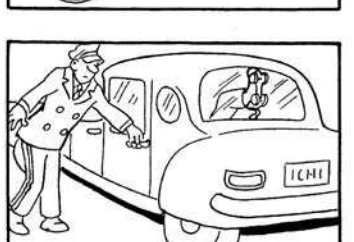
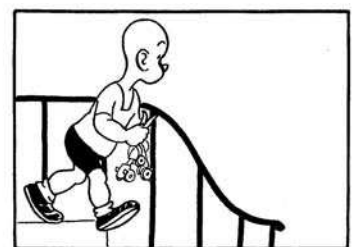
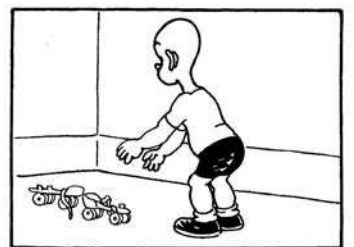
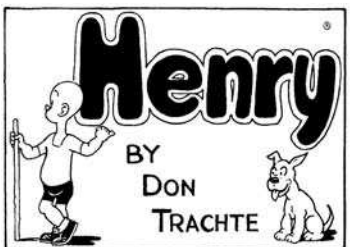
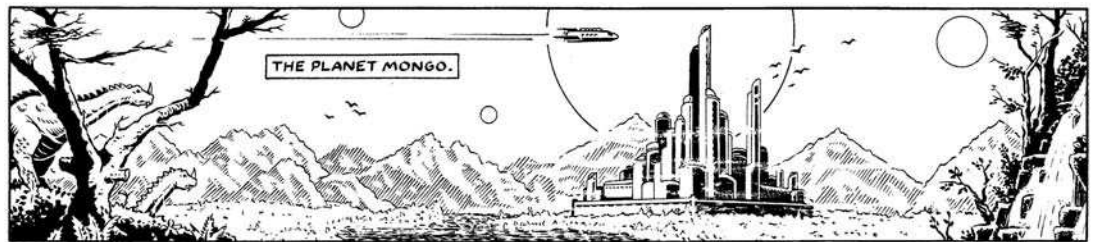
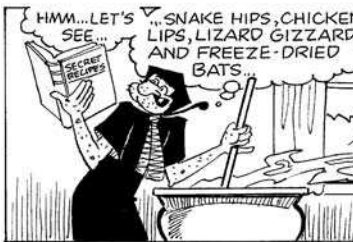
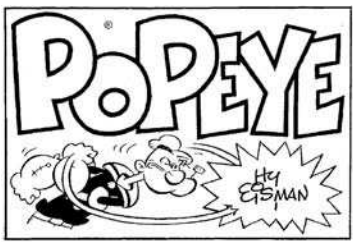


SIDE SHOW



TO YOUR GOOD HEALTH

Is prostate to blame for sluggish bladder?

DEAR DR. ROACH: I would like your opinion on enlarged prostate. My primary-care doctor sent me for a blood test and said my PSA number was too high, then sent me to a urologist. He said my bladder is not emptying and that I am having urine retention in the bladder. After one week of medication (Rapaflo), I had a catheter inserted for another week. He measured the urine in the bladder, and it was 880 ml. Now he is suggesting surgery. Is he going too fast? What are your thoughts on the procedure and side effects? Will this correct the problem? — D.G.

ANSWER: The bladder is drained via a tube called the urethra, and in men, the urethra runs right through the middle of the prostate. As men get older, the prostate commonly enlarges, and this can cause resist-

ance to flow. The symptoms can range from mildly annoying to complete obstruction. Complete obstruction is an emergency, since the kidneys will fail within a few days of being unable to drain urine at all.

But the obstruction does not need to be complete in order to cause kidney damage. It's the high pressure in the urethra, bladder and ureters (the tubes that allow urine to flow from the kidneys to the bladder) that causes kidney damage. Placing a catheter allows the urine to drain at low pressure if the problem is in the urethra.

Normal bladder capacity is between 300-400 ml. At 880 ml, you would experience very abnormal bladder drainage and would be at high risk for ongoing kidney damage. Thus, I completely agree with your urologist that something, probably surgical, needs to be done quickly.

It's not completely clear to me whether your inability to drain the bladder is due to obstruction from enlarged prostate, even though an elevated PSA suggests that this might be the case. It also is possible that there is something wrong with the nerves that go to or from the bladder. I suspect your urologist has done additional bladder tests to help sort this out.

The booklet on the prostate gland discusses enlargement as well as cancer. Readers can obtain a copy by writing: Dr. Roach — No. 1001W, 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 have weaned off Zoloft, and I noticed a swelling of my fingers — I can't get my rings on. Do you think it is related? — E.P.

ANSWER: Discontinuing an antidepressant such as sertraline (Zoloft) certainly can cause symptoms. Dizziness, fatigue, muscle aches, anxiety and irritability are common. It happens more frequently if the drug is suddenly stopped versus tapered down over weeks. Paroxetine (Paxil) seems to have the highest incidence of symptoms on stopping.

However, I haven't seen swelling as a result of stopping sertraline. It may be related, but I doubt it. Is it possible that you are consuming more salt? That's the most common reason for increased fluid in the fingers over a short time.

I would see your doctor if it doesn't go away in a week or so.

SALOME'S STARS

ARIES (March 21 to April 19) Consider moving beyond the usual methods to find a more creative means of handling a difficult on-the-job situation. Avoid confrontation and, instead, aim for cooperation.

TAURUS (April 20 to May 20) Seasonal change creates a new look for the outdoors. It also inspires Taureans to redo their own environments, and this is a good week to start redoing both your home and workplace. Enjoy.

GEMINI (May 21 to June 20) A misunderstanding needs to be straightened out so the wrong impression isn't allowed to stand. If necessary, offer to support the use of a third party to act as an impartial arbitrator.

CANCER (June 21 to July 22) A career change offering what you want

in money and responsibilities could involve moving to a new location. Discuss this with family members before making a decision.

LEO (July 23 to August 22) Feeling miffed over how you believe you were treated is understandable. But before you decide to "set things straight," make sure the whole thing wasn't just a misinterpretation of the facts.

VIRGO (August 23 to September 22) Showing you care makes it easier to build trust and gain an advantage in handling a delicate situation. What you learn from this experience also will help you understand yourself better.

LIBRA (September 23 to October 22) Planning for the future is fine, especially if you include the roles that family members may be asked to play. Don't be surprised if some hidden emotions are revealed in the process.

SCORPIO (October 23 to November 21) Making choices highlights much of the week, and you have a head start here, thanks to your ability to grasp the

facts of a situation and interpret them in a clear-cut manner.

SAGITTARIUS (November 22 to December 21) Carrying a torch can be a two-way situation: It can either keep you tied to the past or help light your way to the future. The choice, as always, has to be yours.

CAPRICORN (December 22 to January 19) Your watchwords this week are: "Focus." "Focus." "Focus." Don't let yourself be distracted from what you set out to do. There'll be time later to look over other possibilities.

AQUARIUS (January 20 to February 18) A workplace opportunity might require changes you're not keen on making. Discuss the pluses and minuses with someone familiar with the situation before you make a decision.

PISCES (February 19 to March 20) Love and romance are strong in your aspect this week. If you've already met the right person, expect your relationship to grow. And if you're still looking, odds are you'll soon be finding it.

King Crossword

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ACROSS

- 1 Relative of reggae
- 4 Crazy
- 8 Reed instrument
- 12 Snapshot
- 13 Jacob's twin
- 14 Thwart
- 15 Brewery product
- 16 Cascade
- 18 Wander off
- 20 Witness
- 21 Corn eaters' castoffs
- 24 Unforeseen problems
- 28 Napoleon's downfall
- 32 Plummet
- 33 Historic period
- 34 "Smallville" family
- 36 — Khan
- 37 Roseanne of comedy
- 39 1998 Sandler movie, with "The"
- 41 Censorial sound
- 43 Classic theater name
- 44 Shell game item
- 46 Furlough
- 50 Nixon-era scandal
- 55 Fleur-de —

DOWN

- 1 Resorts
- 2 Bagpiper's attire
- 3 Big name in PCs
- 4 The Big Apple
- 5 Mex. neighbor
- 6 Skin art, for short
- 7 Seeks restitution
- 8 Insult
- 9 Feathery neckpiece
- 10 Lubricate
- 11 Right angle
- 17 In medias —
- 19 Expert
- 22 Huffed and puffed
- 23 Echolocation method
- 25 Bedouin
- 26 Energetic
- 27 Fix, in a sense
- 28 "Dragnet" star
- 29 Uzbekistan sea
- 30 Container
- 31 Director
- 35 Neuter
- 38 Say again
- 40 "Catcher in the —"
- 42 Apiece
- 45 Taj Mahal city
- 47 Charitable donations
- 48 Test tube
- 49 Catch sight of
- 50 Bankroll
- 51 Exist
- 52 Can material
- 53 Have a bug
- 54 Upper surface

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King Crossword

Answers

Solution time: 25 mins.

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



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READ IT TODAY!