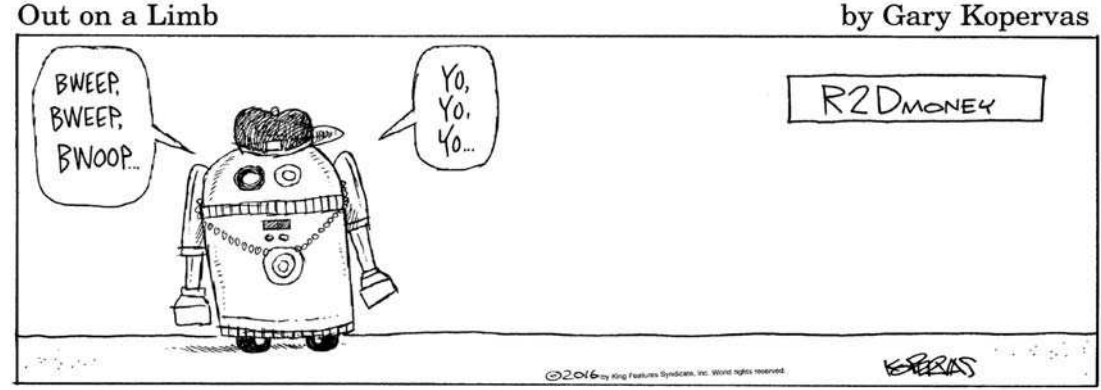
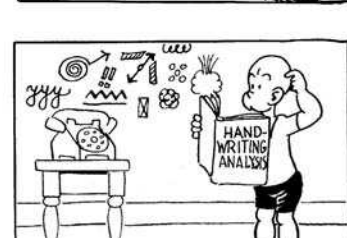
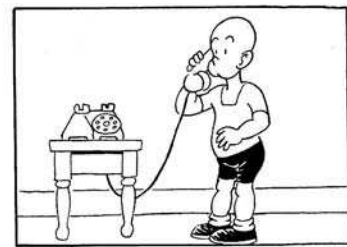
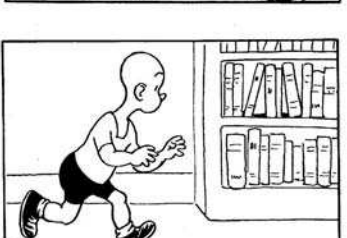
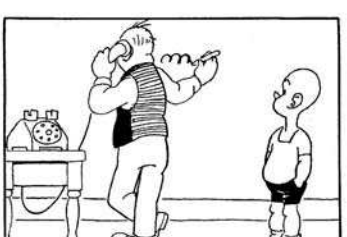
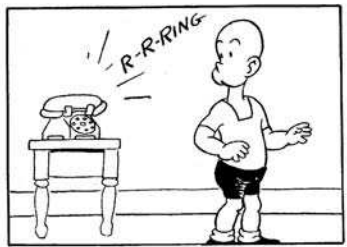
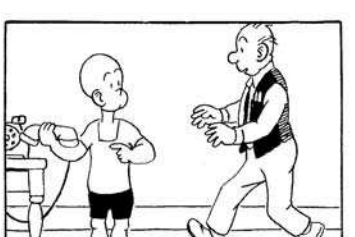
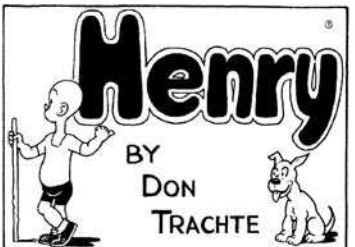
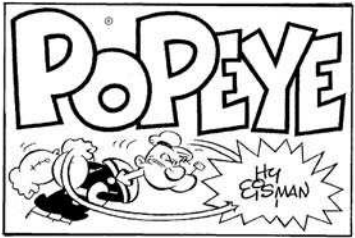


SIDE SHOW



TO YOUR GOOD HEALTH

High blood pressure can lead to stroke

DEAR DR. ROACH: Can high blood pressure cause blood clots, blindness and strokes? Or is this caused by taking the wrong combination of blood pressure medicines? — Anon.

ANSWER: High blood pressure over months or years causes damage to the lining of blood vessels. This can indeed predispose a person to a stroke. Reducing blood pressure gradually reduces risk of stroke.

Blood clots also can cause strokes, but these usually are not linked to blood pressure, high or low, and instead are linked to conditions that affect the blood itself or that affect the rhythm of the heart. Some medicines, such as estrogen, make blood clots more likely.

In people with very high blood

pressure, lowering it too much, too quickly can cause strokes. The blood pressure needs to be reduced gradually, which usually can be done as an outpatient. There are still a few times when people with extremely high blood pressure are admitted to the hospital, where blood pressure can be brought down very slowly in a controlled environment.

High blood pressure is one of the most common ailments for the general population. The booklet on it describes what it does and how it's treated. Readers can order a copy by writing: Dr. Roach — No. 104W, 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: In March 2013, I fell and landed on my left side. Since then, I have had quite a lot of pain. I had an MRI that showed I have a tear of the gluteus medius muscle. I was advised to have a surgical repair done as an outpatient. My family doctor wants me to wait and talk to another surgeon. My pain is aggravated by pressure and weight-bearing activi-

ties. What is your suggestion? I'm 77 and in pretty good health, and I walk my dogs several times per day. — M.C.

ANSWER: Gluteus medius tears are an increasingly recognized cause of hip pain. The gluteus medius muscle helps hold the hip in place during walking. They often are treated conservatively, with injection and physical therapy. They can be mistaken for trochanteric bursitis, but persistence of pain despite treatment should make the physician consider alternate diagnoses, and an MRI usually makes the diagnosis.

In your case, you have been suffering for two years, and I agree that it's time to consider surgical repair. However, I also have to agree with your family doctor that a second opinion may be wise. There are several new surgical techniques, and you want an experienced surgeon operating on you. Talking to a second surgeon at the very least can make you more confident that the surgery is necessary.

Postoperative recovery may require six weeks of crutches or other assistive device, and another six weeks in a hip brace, although the exact recovery depends on you and the type of surgery performed.

SALOME'S STARS

ARIES (March 21 to April 19) The week promises a calmer aspect. Although there might be some lingering effects of a recent job problem, things should continue to ease up. Also expect a change in a home-based situation.

TAURUS (April 20 to May 20) If you feel uneasy about a colleague's suggestion, it might be that your wise inner Taurean guide is alerting you to a potential problem. Stepping away could turn out to be the right thing to do.

GEMINI (May 21 to June 20) A family get-together opens up new opportunities for renewing ties. It can be especially effective in dealing with disagreements that should have been, but never were, fully resolved.

CANCER (June 21 to July 22) You might be surprised at the response you

get to a recent decision. You might be even more surprised by the reasons behind it. In any event, you'll learn something important.

LEO (July 23 to August 22) Your aspects favor resolving any tensions left over from a recent incident. You might want to consider having a "clear the air" talk as soon as you can. A call can lead to a change of plans.

VIRGO (August 23 to September 22) Avoid repeating yourself. If your first few efforts fail to connect, maybe it's because you haven't found the right way to get your message across. Try changing your approach.

LIBRA (September 23 to October 22) Good intentions plus a strong resolve to succeed can take you where you want to go. Don't give up just because someone suggests you might be pursuing an impossible cause.

SCORPIO (October 23 to November 21) An unexpected setback can be a blessing in disguise. Use it to recheck your facts and how you've presented

them. Meanwhile, look for ways to expand your contacts.

SAGITTARIUS (November 22 to December 21) You should finally be seeing a positive change in a recent personal situation. However, an on-the-job matter might need more attention than you realized. Stay with it.

CAPRICORN (December 22 to January 19) While you should be close to completing an important matter, you still need to focus on being focused. But things ease up in time for weekend fun with family and friends.

AQUARIUS (January 20 to February 18) A certain matter might take an unexpected turn. Don't simply accept it; ask for an explanation. What you learn might be helpful in shifting the situation around to your benefit.

PISCES (February 19 to March 20) Projecting a positive attitude helps restore calm even when you're confronting some pretty stormy situations. Stay the course. The outcome will be well worth your efforts.

King Crossword

1	2	3	4	5	6	7	8	9	10	11
12			13				14			
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56				57				58		
59				60					61	

ACROSS

- 1 Vim and vigor
- 4 Go by
- 8 Blueprint
- 12 Glass of NPR
- 13 Between jobs
- 14 Top-rated
- 15 Unreasonably suspicious
- 17 Deteriorates
- 18 Clumsy ship
- 19 Protective wall
- 21 Not quite boil
- 24 Greek consonants
- 25 Past
- 26 Two, in Tijuana
- 28 Sulked
- 32 First course, maybe
- 34 "Golden Girl" Arthur
- 36 Volcanic flow
- 37 First Little Pig's material
- 39 Blond shade
- 41 Prot. or Cath.
- 42 Disencumber
- 44 Expedition
- 46 Ideal
- 50 Tatter
- 51 — out

DOWN

- 1 Spot on a domino
- 2 Mound stat
- 3 Lover
- 4 Made a sawtooth edge
- 5 Commotion
- 6 Error
- 7 Auto style
- 8 Sunshade
- 9 Aerobic maneuver
- 10 Initial stake
- 11 Cardinals' home?
- 16 Branch
- 20 Pirates' quaff
- 21 Back talk
- 22 "— Rhythm"
- 23 Plagiarize
- 27 Red or Black
- 29 Landlocked country
- 30 Always
- 31 Limp-watch painter
- 33 Seeming
- 35 Donkey
- 38 Peruke
- 40 Bother repeatedly
- 43 Grumpy
- 45 Online help pg.
- 46 Mexican money
- 47 Related
- 48 Depend (on)
- 49 Appellation
- 53 Scoot
- 54 Really impress
- 55 Stick with a kick

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King Crossword

Answers

Solution time: 25 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

BE HONEST, DOES THIS NEW WINTER COAT MAKE ME LOOK FAT?

Siuslaw News

READ IT TODAY!