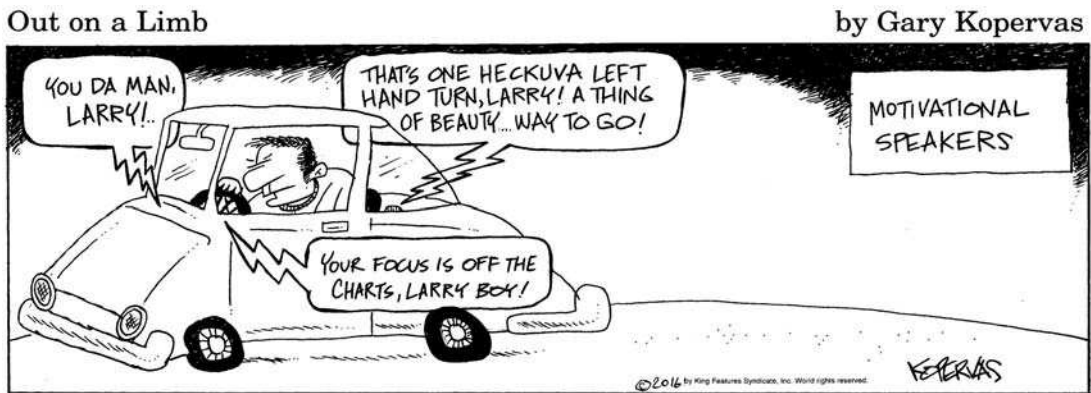
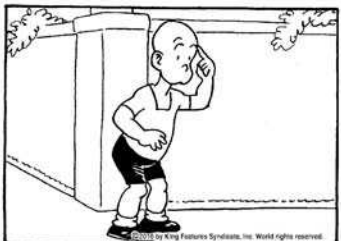
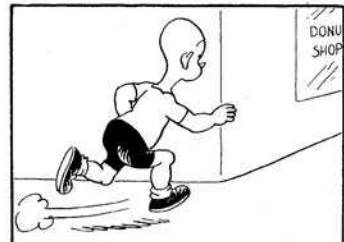
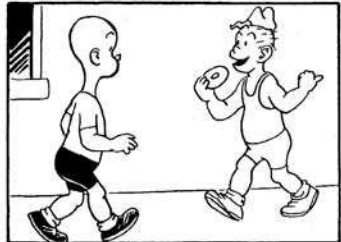
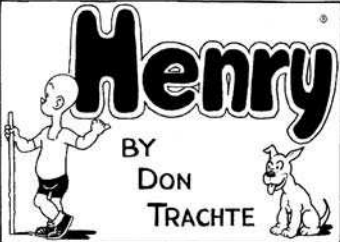
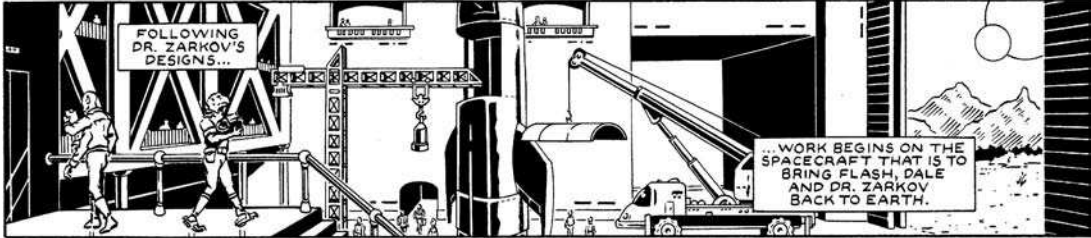
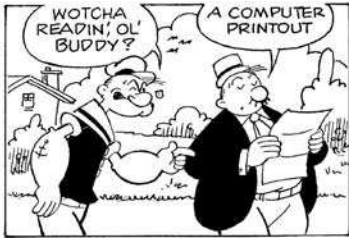
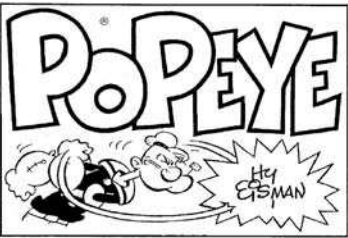


SIDE SHOW



TO YOUR GOOD HEALTH

Two heads are best at doctor's visit

DEAR DR. ROACH: I always try to accompany my husband when he goes to the doctor. I feel that two sets of ears are always better than one. When his vitals are taken (e.g., weight, blood pressure), I have to ask what they were, as they never seem to volunteer this information. I mention this because the last time we were at the doctor's office, I asked what his weight was, because he had just lost 10 pounds. The nurse said it was 165, and I said "really," that was odd, as his shorts were very loose on him. We took it again, and she had transposed the numbers. It was 156. This is a wake-up call to all patients: They need to be aware to ask these questions for

their health and well-being. — C.W.

ANSWER: I agree with you completely, for several reasons. Doctors and nurses make mistakes, but we also don't communicate as effectively as we should some of the time. We use words that people don't understand, talk too fast or too quietly, and don't spend the time we need to making sure people know what they should do to help themselves get better. I think having a family member there is a great idea. So is taking notes, and so is going over what YOU understood the doctor to say, to make sure you are both on the same page.

DEAR DR. ROACH: I have an eye question. I am 84, and I have mild hemorrhages in my left eye. My doctor said this is due to old age, and to just wait and see if it gets worse. He did say that it could indicate a prelude to a brain stroke-type hemorrhage.

What can I do about this? I am very concerned. Why are my blood vessels so fragile? Does every old person have this problem? — J.I.

ANSWER: I assume you mean a hemorrhage in the white of your eye, called a subconjunctival hem-

orrhage. These are very common, can be seen easily in the mirror, and they usually do not indicate increased stroke risk. They are more likely in people taking aspirin or other anti-inflammatory drugs. They also can come from even minor trauma, as people in their 80s do typically have somewhat more fragile blood vessels.

If you have a retinal hemorrhage, which he would see with an ophthalmoscope in the back of the eye, that indicates a more substantial risk for stroke. Since the blood vessels in the retina are essentially the same as inside the brain, hemorrhage in the retina predicts stroke. In that case, your doctor would recommend very careful control of any risk factors you may have, especially blood pressure, diabetes and smoking.

The booklet on stroke explains this condition that is deservedly feared by all. Readers can obtain a copy by writing: Dr. Roach — No. 902, 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.

SALOME'S STARS

ARIES (March 21 to April 19) It isn't always easy for the rambunctious Aries to give a second thought to their often spur-of-the-moment choices. But aspects favor rechecking a decision before declaring it final.

TAURUS (April 20 to May 20) Information emerges for the business-driven Bovine who feels ready to restart a stalled project. Be prepared to make adjustments as needed at any time during the process.

GEMINI (May 21 to June 20) Part of you wants to complete plans for an upcoming event, while your other self wants to see how things develop first. Compromise by moving ahead with your plans while being open to change.

CANCER (June 21 to July 22) An unexpected change in a relationship could open up a problem or could

lead to a much-needed and too-long-delayed reassessment of a number of matters. The choice is yours to make.

LEO (July 23 to August 22) Time for the Lion to total the plusses and minuses resulting from recent personal and/or professional decisions. See what worked, what didn't and why, and base your next big move on the results.

VIRGO (August 23 to September 22) The clever Virgo can make persuasion work by presenting a case built on hard facts. Sentiment might touch the heart, but it's good, solid information that invariably wins the day.

LIBRA (September 23 to October 22) You usually can win over the most stubborn skeptics on your own. But this time you can benefit from supporters who have been there, done that and are willing to speak up on your behalf.

SCORPIO (October 23 to November 21) You win admiration for your determination to do the right thing. Don't be distracted from that

course, despite the offer of tempting alternatives that might suddenly turn up.

SAGITTARIUS (November 22 to December 21) While you still need to maintain control of a dominant situation, a new development emerges, making the task easier and the outcome potentially more rewarding.

CAPRICORN (December 22 to January 19) New factors might have a positive effect on a still-pending matter, but only if the information proves to be credible. Trusted colleagues might be able to offer needed advice.

AQUARIUS (January 20 to February 18) The week favors moderation, especially if a health problem is involved. Resist the impulse to do more than might be good for you at this time. You can catch up later.

PISCES (February 19 to March 20) You could feel more than a mite upset by someone or some people who might be creating problems for you. Find out why they won't change their ways. Their reasons might surprise you.

King Crossword

ACROSS

1 Binge

4 San —, Calif.

9 Write in the margins

12 Time of your life?

13 — Saxon

14 Raw rock

15 India's movie industry

17 Meadow

18 "The — Daba Honey-moon"

19 Zigzag on skis

21 Agile

24 Alluring

25 Commotion

26 Banned bug spray

28 Not intoxicated

31 — podrida

33 Knight's address

35 Protuberance

36 Alabama city

38 Apiece

40 Literary collection

41 Sweet potatoes

43 Chaste

45 Archaeologist's relic

47 Greek H

48 Clay, today

49 Broadway heroine who debuted in 1964

54 Poorly lit

55 Precipitous

56 Basketball's Jeremy "Help!"

57 Yonder

58 Enthusiast

DOWN

1 Poke

2 Past

3 Toothpaste type

4 Convertible couch

5 To the center

6 Id counter-part

7 Lip cosmetic

8 A bunch

9 Dinghy's cousin

10 Cream-filled treat

11 Squad

16 Science workshop

20 Nerve cell process

21 Neighbor of Cambodia

22 Not working

23 Model who co-starred in "Las Vegas"

27 Gratuity

29 Writer Ferber

30 Authentic

32 You love (Lat.)

34 Party animal

37 In the thick of

39 Confirm a password, perhaps

42 Laziness

44 Bando of baseball

45 Crazes

46 Hodgepodge

50 Shelter

51 Sprite

52 By way of

53 Hostel

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King Crossword

Answers

Solution time: 21 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

I'M REALLY SORRY SIR, BUT I'M PRETTY SURE WE DON'T CARRY A "HAPPY BELATED ANNIVERSARY" CARD.

Siusslaw News

READ IT TODAY!