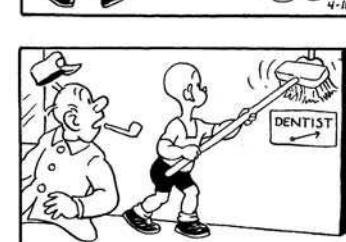
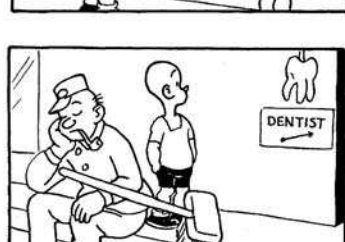
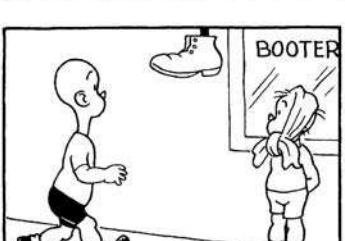
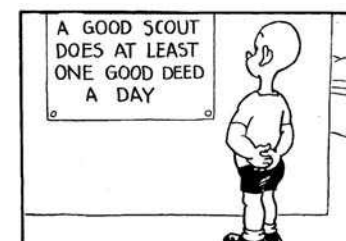
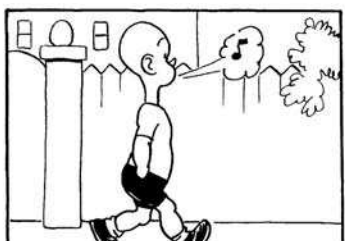
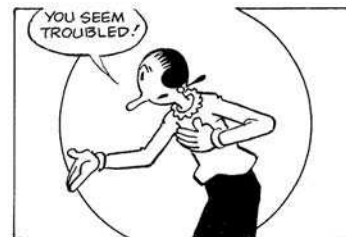
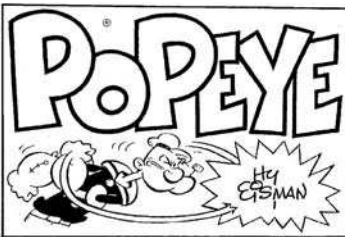


SIDE SHOW



TO YOUR GOOD HEALTH

Excercising with A-Fib

DEAR DR. ROACH: I am a 76-year-old man who has atrial fibrillation. To control this problem, I am presently taking Tikosyn, metoprolol, warfarin and aspirin. For exercise, I walk or run at least 5 miles, five days weekly. In that 5 miles, I jog rapidly at least 3-4 miles. I push myself pretty hard. What I want to know is, in your opinion, am I putting myself in jeopardy by exercising in this manner? — J.M.G.

ANSWER: There are three parts to your question. Is vigorous exercise dangerous for: someone with atrial fibrillation on a rhythm-control medication; someone on anticoagulation; and a 76-year-old man in general.

Tikosyn (dofetilide) is an antiarrhythmic drug used to stop A-fib (a chaotic heartbeat) and keep people in normal heart rhythm. Exercise gener-

ally is considered safe with this medication, but I think a pulse monitor might be a good idea to make sure you aren't going into a dangerously high range. The metoprolol tends to keep heart rate low, but exercise can overwhelm that effect. The American Heart Association would recommend a heart rate no higher than 125-130; however, some healthy 76-year-olds can exceed that safely.

Exercise while on anticoagulation medicine also is safe, with reasonable precautions. You shouldn't be in a sport that is likely to cause significant trauma. Fortunately, running is safe, unless you have had falls.

I am a big believer in the value of exercise across all ages. Regular exercise makes us feel better and have fewer falls, and it helps reduce heart risk and cancer risk. Overdoing it, however, is never a good idea. Stay with a moderate, not extreme effort, and build yourself up gradually. It sounds to me like you are exercising safely, but I would want to double-check your pulse rate at maximum effort.

Readers: Atrial fibrillation is the most common type of irregular heartbeat, and becomes more probable with age. To learn more, order the

booklet on Heartbeat Irregularities 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 was wondering if it means anything that I have not bruised in at least 10 years. I am a 59-year-old male of German and Italian descent, but favor the Mediterranean skin tone. I occasionally get whacked, but never see a bruise. I have mentioned it to doctors, who never have much to say. — D.G.

ANSWER: Bruises result from broken blood vessels in and under the skin. I frequently get asked about causes for easy bruising, which include fragile blood vessels (which just happen as we get older), low or poorly functioning platelets (especially from medications like aspirin) and a myriad of other causes. Nobody has asked me what it means to not bruise.

Fortunately, I think it just means that you have good blood vessels and a good clotting system. I am sure you would bruise with a bad-enough "whack," but I don't recommend testing that hypothesis.

SALOME'S STARS

ARIES (March 21 to April 19) Impatience is still somewhat of a problem. But a sign of progress should soothe the anxious Aries heart. Meanwhile, invest some of that waiting time in preparing for the change ahead.

TAURUS (April 20 to May 20) Bovines tend to excel at solving problems, not creating them. But you risk doing just that if you're slow to respond to a timely situation. If necessary, seek advice from someone you trust.

GEMINI (May 21 to June 20) The Gemini Twin might need to do more than a routine check of both a job-linked and home-based situation. Dig deeper for more data on both fronts to avoid unwanted surprises later.

CANCER (June 21 to July 22)

Moon Children facing an important workplace decision are encouraged to use their perceptiveness to see through any attempt to win them over with a supercharge of fawning and flattery.

LEO (July 23 to August 22) Good news catapults Leos and Leonas into reconsidering a deferred decision. But time has moved on, and it's a good idea to recheck your plans and make adjustments where necessary.

VIRGO (August 23 to September 22) The week favors relationships, both personal and professional. Take the time to look for and immediately repair any vulnerable areas caused by unresolved misunderstandings.

LIBRA (September 23 to October 22) A friend's problems bring out your protective instincts. Be careful to keep a balance between meeting the obligations of friendship without being overwhelmed by them.

SCORPIO (October 23 to November 21) The temptation to take an extreme position on an issue is strong, but moderation is favored both

in personal and professional dealings. Move toward finding areas of agreement.

SAGITTARIUS (November 22 to December 21) Getting another boss or teacher? Try to see the person behind the image. It will help you adjust more easily to the changes that new authority figures inevitably bring.

CAPRICORN (December 22 to January 19) Much as you might dislike the idea, keep an open mind about using the assistance of a third party to help resolve problems that threaten to unravel an important agreement.

AQUARIUS (January 20 to February 18) Music helps restore the Aquarian's spiritual energies this week. Take someone you care for to a concert of your musical choice. Also, expect news about a workplace matter.

PISCES (February 19 to March 20) A challenge that seems easy enough at first could take an unexpected turn that might test your resolve. Decide if you feel you should stay with it, or if it's better to move in another direction.

King Crossword

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57				58				59		

- ACROSS**
- 1 Medicos
 - 5 Performance
 - 8 "Oh, woe!"
 - 12 Acknowledge
 - 13 Greek consonant
 - 14 Domesticate
 - 15 Nonsense
 - 17 Pack away
 - 18 Gray, in a way
 - 19 Motes
 - 21 Aid
 - 24 "Go, team!"
 - 25 Rickey flavor
 - 28 "The Music Man" locale
 - 30 See 9-Down
 - 33 Emulate
 - 34 Lindsey Vonn
 - 34 With 23-Down, what "it's all about"?
 - 35 Historic time
 - 36 Lair
 - 37 Humdinger
 - 38 Blue hue
 - 39 Have bills
 - 41 Holler
 - 43 Capacitance measures
 - 46 — Ste. Marie
 - 50 BPOE members
 - 51 Vegan's Thanksgiving
- DOWN**
- 1 Beavers' constructs
 - 2 Elliptical
 - 3 Pop selection
 - 4 Envelop
 - 5 Clumsy boat
 - 6 Guevara nickname
 - 7 Santa's sackful
 - 8 Bewildered
 - 9 With 30-Across, one with two working parents, maybe
 - 10 Out of control
 - 11 Stitches
 - 16 Catcher's place
 - 20 Beseech
 - 22 Oz character
 - 23 See 34-Across
 - 25 "Acid"
 - 26 Eisenhower
 - 27 A restrained manner
 - 29 Existed
 - 31 Glass of
 - 32 Newsman
 - 34 Rather
 - 34 Did some weeding
 - 38 "2001" author
 - 40 Squander
 - 42 Baton Rouge sch.
 - 43 G-men
 - 44 Settled
 - 45 down
 - 45 Celeb
 - 47 Guitars' kin
 - 48 Dregs
 - 49 Proof-reader's find
 - 52 Praise in verse
 - 53 "Family Guy" network

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King Crossword

Answers
Solution time: 25 mins.

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



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