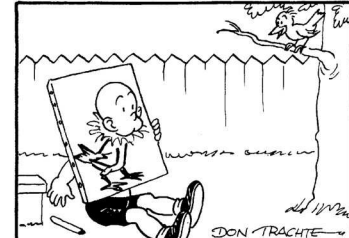
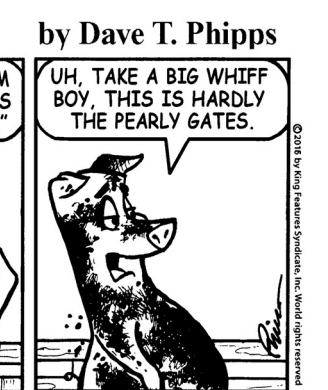
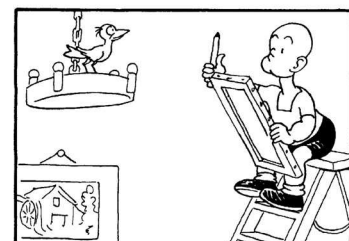
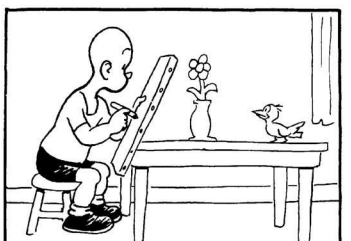
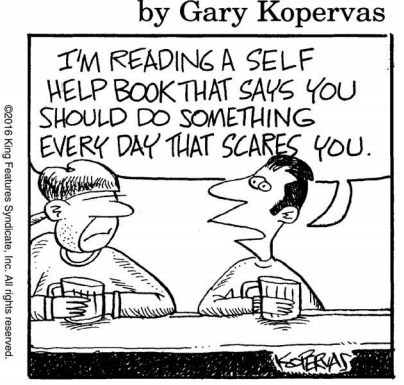
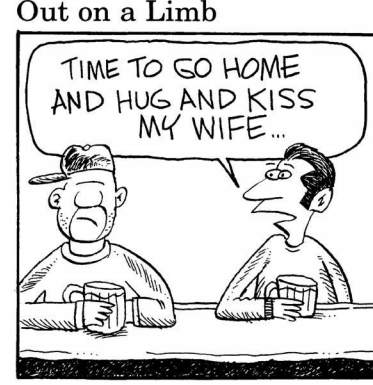
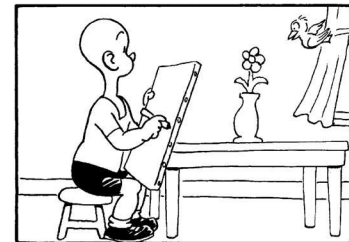
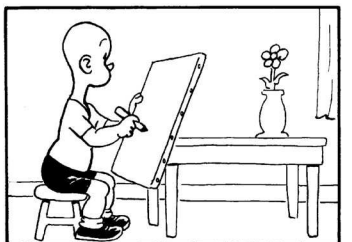
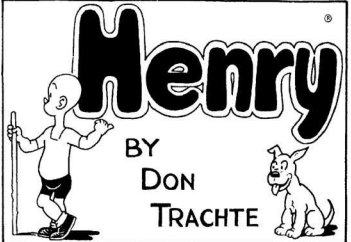
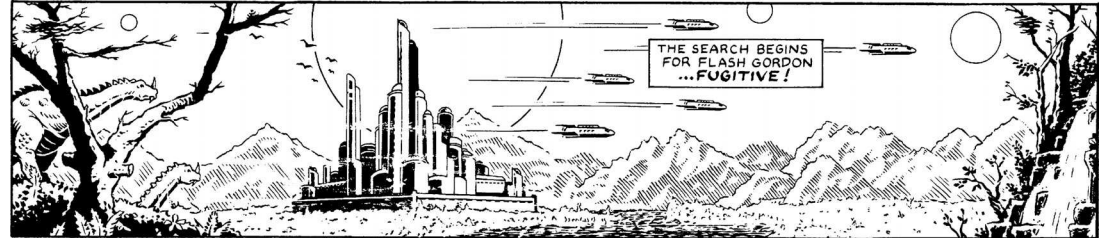
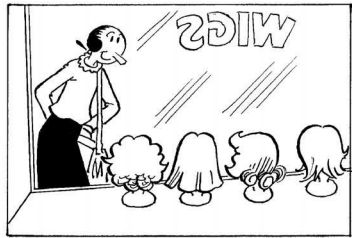
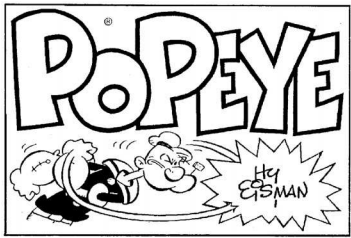


# SIDE SHOW



## TO YOUR GOOD HEALTH

### If walking hurts, try water exercise

DEAR DR. ROACH: I just wanted to touch base with you about my diabetes. While my weight has stayed stable around 320 pounds, my sugar numbers have been increasingly hard to keep in line. I've maxed out on the oral medications we use. My latest A1c was 6.6. The doctor says it should be under 6 and that our next step is insulin. He asked me to try to lose 50 pounds over the next six months in order to get my sugar back under control.

I agree and want it to happen. I'm counting calories and cutting out carbs, and have started walking in the morning. I know I can't run, with no discs in my bottom three vertebrae. But even walking is hard. I walk until my leg goes numb, but I don't think it will be enough, and I may not even be able to keep that up. Even walking easy makes my hip hurt and leg go numb after about 20 minutes. — S.A.

ANSWER: I am surprised by your doctor's advice, because it's very clear now (from the ACCORD study) that an A1c (a measure of average sugar levels) of 7 percent has lower overall risks than an A1c of 6 percent for someone like you.

Exercise is always good, and my first thought is water. Getting in a pool will take pressure off your back, and you should be able to swim, walk in the water or do water-exercise classes to your heart's content.

Readers: Start reaping the benefits of exercise the moment you begin. To learn more, order the booklet on Aerobics, Fitness and Abdominal Exercises by writing: Dr. Roach — No. 1301W, 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: What can you tell me about laser iridotomy for angle-closure glaucoma? What are the risks? What is the success rate? Any other things that would help make a decision? — J.K.

ANSWER: Glaucoma is

increased pressure inside the eye. Without treatment, it damages the optic nerve and can lead to vision loss, even permanent blindness.

Angle-closure glaucoma is caused by abnormal anatomy inside the eye, where the lens blocks the pupil, "closing" the channels that allow fluid to leave the eye. In acute closed-angle glaucoma, symptoms include headache, a "halo" around lights and severe eye pain. This is an emergency, since permanent vision changes may occur within hours to days, so the surgery is done immediately.

Ophthalmologists can suspect the condition based on exam, and if confirmed, will recommend treatment to prevent this emergency. It sounds like that is what has happened in your case.

I resist making a recommendation of laser versus non-laser surgery. In my mind, you trust your surgeon to use the right technique for you. However, in this case, laser is the standard treatment. I have read effectiveness rates of 60 percent to 95 percent. Complications are uncommon but can include inflammation and "ghost" images. Repeat surgery is occasionally needed.

## SALOME'S STARS

ARIES (March 21 to April 19) You're the first sign in the Zodiac and like to take the lead wherever you go. But this time, you'd be wise to follow someone who has much to teach you.

TAURUS (April 20 to May 20) Your adversary hasn't given up trying to undermine you. Continue to stay cool — someone in authority knows what's happening.

GEMINI (May 21 to June 20) Spring brings a positive aspect for relationships. Paired Twins grow closer, while the single set finds new romance — perhaps with a Leo or Libra.

CANCER (June 21 to July 22) Wavering aspects this week mean

weighing your words carefully to avoid misunderstandings.

LEO (July 23 to August 22) You could soon be on a new career path in pursuit of those long-standing goals, but don't cut any current ties until you're sure you're ready to make the change.

VIRGO (August 23 to September 22) A former colleague wants to re-establish an old professional connection. It would be wise to make the contact, at least until you know what he or she is planning.

LIBRA (September 23 to October 22) A relationship that survived some rocky moments could be facing a new challenge. Deal with the problem openly, honestly and without delay. Good luck.

SCORPIO (October 23 to November 21) A recent and much-appreciated change in the workplace inspires you to make some changes in your personal life as well. Start

with a plan to travel more.

SAGITTARIUS (November 22 to December 21) A friend needs your kind and caring advice, but you need to know what he or she is hiding from you before you agree to get involved.

CAPRICORN (December 22 to January 19) Your circle of friends continues to widen. Expect to hear from someone in your past who hopes to re-establish your once-close relationship.

AQUARIUS (January 20 to February 18) Your aspects favor the arts. Indulge in whatever artistic expression you enjoy most. A workplace situation will, I'm pleased to say, continue to improve.

PISCES (February 19 to March 20) Warning! Your tendency to let things slide until the last minute could have a negative effect on a relationship that you hope can develop into something meaningful.

## King Crossword

### ACROSS

- 1 Ended a chess game
- 6 Rule, for short
- 9 Lawyers' org.
- 12 Accustom
- 13 Acapulco gold
- 14 Varnish ingredient
- 15 Hammerstein's contribution
- 16 Fond of reading
- 18 Jacks
- 20 Being, to Brutus
- 21 "Bali —"
- 23 Evergreen type
- 24 Sasquatch's kin
- 25 Siberian city
- 27 Album item
- 29 Colleague
- 31 Have-not
- 35 William's mum
- 37 Actress Gilpin
- 38 Jeans material
- 41 Indiana Jones' pursuit
- 43 Upper limit
- 44 Vicinity
- 45 Siege
- 47 Sickly

1	2	3	4	5	6	7	8	9	10	11
12										
15										
21	22									
25										
29										
38	39	40								
44										
47										
52										
55										

- 5 Starbucks option
- 6 "Everybody Loves Raymond"
- 7 Cupid's alias
- 8 Sticky stuff
- 9 Elite group
- 10 Deep-voiced singers
- 11 Liniment targets
- 17 Maintain
- 19 Panorama
- 21 Ad — committee
- 22 I love, to Livy
- 24 Singer
- 26 Alaskan bear
- 28 In two places
- 30 Edge
- 32 Hungry
- 33 Mound stat
- 34 Wardrobe malfunction
- 36 "Guys and Dolls" lead
- 38 Pythias' pal
- 39 Love poet's Muse
- 40 Salamanders
- 42 Gold measure
- 45 One side of the Urals
- 46 Docket entry
- 48 Little demon
- 50 Witness
- 51 Dined

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## King Crossword

### Answers

Solution time: 27 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

