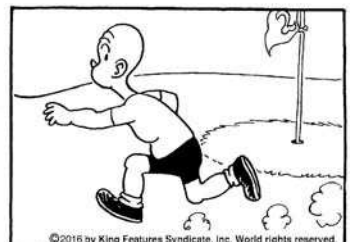
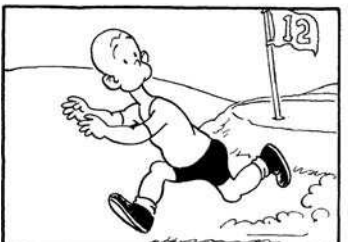
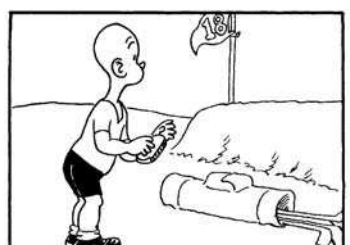
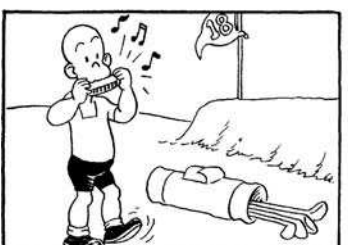
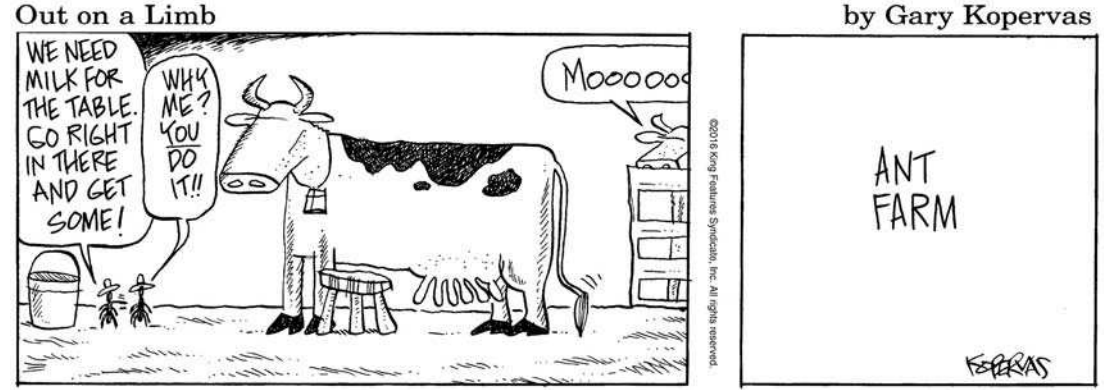
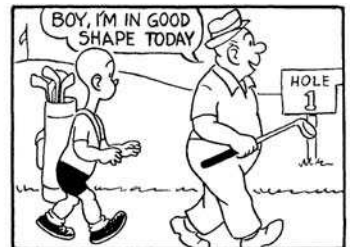
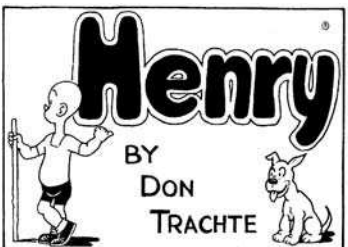
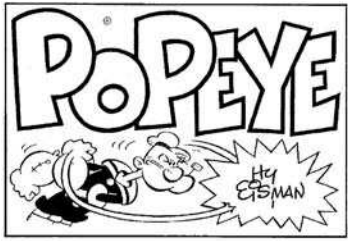


SIDE SHOW



TO YOUR GOOD HEALTH

Acid reflux surgery has side effects

DEAR DR. ROACH: I am so tired of gastric juices coming up and spraying my mouth. I am currently on a "last resort" medicine. My doctor wants to try it for three weeks. If it doesn't work, he's going to perform a Nissen fundoplication. From what I've read, there would be nothing more coming up. Could you explain this procedure? What will happen with swallowed air, and what will happen if I get sick to my stomach and (shudder) need to vomit? — S.S.

ANSWER: Large volumes of stomach acid coming into the mouth is an accepted indication for surgical treatment of reflux disease. Sometimes, the acid is associated with excess saliva and is called "water brash."

Prior to considering surgery, it is

worthwhile to make sure the medication treatment is as good as it can be. Proton pump inhibitors such as omeprazole should be taken 30 minutes before eating. Weight loss is helpful if overweight. Raising the head of the bed 6 to 8 inches (by inserting blocks under the legs of the head of the bed or using a plastic wedge under the mattress) and avoiding dietary triggers (coffee, chocolate, carbonated drinks, high-fat foods) should be tried. Baclofen, a powerful muscle relaxant with many possible side effects, may be the "last resort" medicine you are taking.

When all else fails, surgery may relieve symptoms. A Nissen fundoplication is when the upper part of the stomach, the fundus, is plicated (wrapped) around the esophagus and stitched in place. This can be done via endoscopy or as an open procedure. It is effective at reducing symptoms in 85 percent to 90 percent of patients.

Most people are unable to vomit and have less or no ability to belch, leading to bloating, increased intestinal gas and flatulence. Discomfort during eating is common. There are modifications of the surgical procedure designed to reduce side effects and

complications while maintaining effectiveness, but a description of what these all are technically is in your surgeon's domain.

Readers: The booklet on Acid Reflux, Heartburn and Hiatal Hernia explains these common gastrointestinal disorders in greater detail. Readers can obtain a copy by writing: Dr. Roach — No. 501W, 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 been riding my bike outdoors, same saddle, 130 miles a month for over three years. Out of the blue my left sit bone, or the tissue around it, is so sore. I can't quit riding — HELP! — A.D.C.

ANSWER: A good rule of thumb for an athletic injury or sudden soreness is that resting it for a period of time usually is a good idea. Get off the bike for a while and try some different types of exercising: walk, run, swim or lift weights, but give your soft tissues a chance to recover. You may simply have overdone it. If things don't get better, go ahead and make an appointment to get checked out.

SALOME'S STARS

ARIES (March 21 to April 19) Home conditions still demand attention. Also, keep an open mind about a sudden question of trust involving a close friend. All the facts are not yet in.

TAURUS (April 20 to May 20) With summer just around the corner, travel begins to dominate your sign. Make plans carefully to avoid potential problems in the first half of June.

GEMINI (May 21 to June 20) A romantic Libra sets a challenge that your "sensible" side might question, but your idealistic self finds the prospect too intriguing to resist. The choice is yours.

CANCER (June 21 to July 22) Those tense times in your personal life

are just about over. Concentrate on reaffirming relationships. Your love of travel opens a surprising new opportunity.

LEO (July 23 to August 22) The Big Cat usually loves to be in the center of things. But this week it might be wiser to watch and learn from the sidelines. A Pisces wants to make you purr.

VIRGO (August 23 to September 22) "New" is your watchword this week. Be open to new ideas, both on the job and in your personal life. A romantic Aries or Sagittarian beckons.

LIBRA (September 23 to October 22) Some difficult family decisions have to be faced, but be sure to get more facts before you act. Be careful not to neglect your health during this trying time.

SCORPIO (October 23 to November 21) You still need to support a loved one through a difficult time. Meanwhile, things continue to work

out to your benefit in the workplace.

SAGITTARIUS (November 22 to December 21) Aspects continue to favor expanding social opportunities. A Gemini reaches out to offer a chance for re-establishing a once-close relationship.

CAPRICORN (December 22 to January 19) There's a potential for misunderstanding in both your job and your personal life. A full explanation of your intentions helps smooth things over.

AQUARIUS (January 20 to February 18) You might be feeling restless on the job, but delay making any major moves until all the facts are in. A Scorpio has a surprising revelation.

PISCES (February 19 to March 20) Your business sense works to your advantage as you sort through the possibilities that are opening up. A Libra is Cupid's best bet for your romantic prospects.

King Crossword

ACROSS

- 1 Towel designation
- 4 Wildebeest
- 7 Oscar winner Patricia
- 11 Concept
- 13 A billion years
- 14 Gumbo need
- 15 Ripped
- 16 Kreskin's claim
- 17 Office part-timer
- 18 Does in
- 20 Opposite of "nope"
- 22 Commonest English word
- 24 Elvis' instrument
- 28 Annoys
- 32 Cutting tool
- 33 Jai --
- 34 Knock
- 36 Pleased
- 37 Fool
- 39 Roams
- 41 Followed relentlessly
- 43 Menagerie
- 44 Chew, as rodents do
- 46 Used a paper towel
- 50 Cincinnati's state

1	2	3	4	5	6	7	8	9	10
11		12	13			14			
15			16			17			
18			19		20	21			
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44			45	46	47	48	49		
50	51	52		53	54	55			
56				57		58			
59				60				61	

- 53 Pinch
- 55 Infamous Roman emperor
- 56 Aspiration
- 57 Genetic stuff
- 58 Kindly bloke
- 59 Disarray
- 60 Evergreen type
- 61 Decks in the ring
- 7 "Forget it!"
- 8 -- out a living
- 9 Upper limb
- 10 Once around the track
- 12 Cole Porter musical
- 19 That girl
- 21 Arctic bird
- 23 Blunder
- 25 Mosaic piece
- 26 Somewhere out there
- 27 Ball club from 50-Across
- 28 Musical combo
- 29 Hodgepodge
- 30 Piquancy
- 31 Witnessed
- 35 Peace (Sp.)
- 38 Japanese money
- 40 Present
- 42 Fine and --
- 45 Sommelier's suggestion
- 47 Cheat at hide-and-seek
- 48 Cubesmith
- 49 They get connected
- 50 Resistance unit
- 51 Weeding implement
- 52 Tape speed meas.
- 54 Dog's hand

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King Crossword

Answers

Solution time: 21 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

