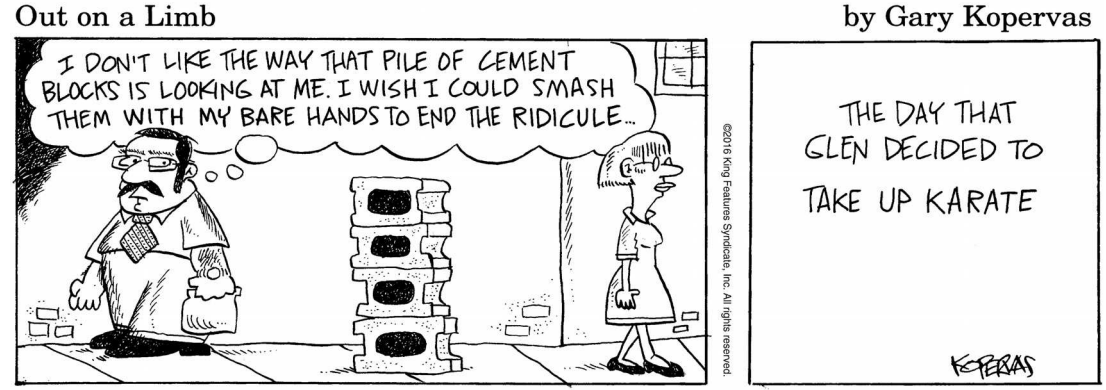
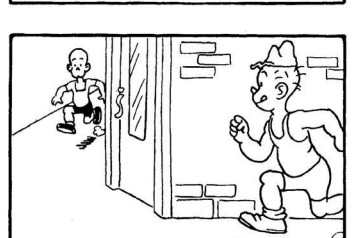
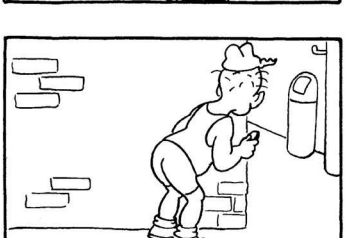
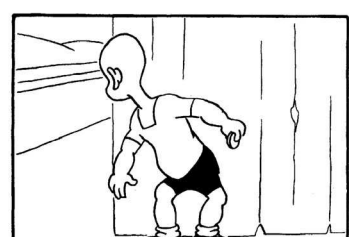
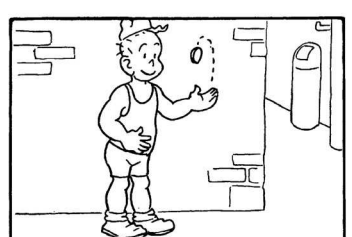
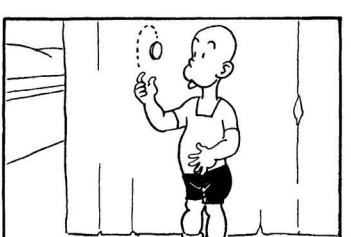
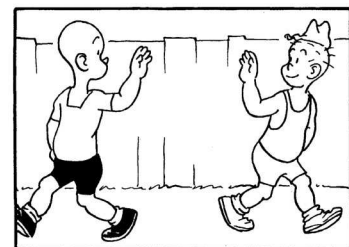
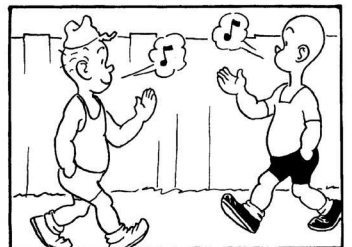
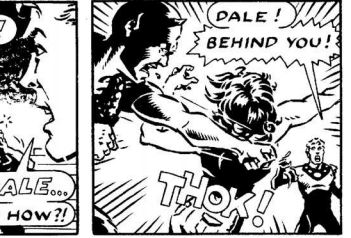
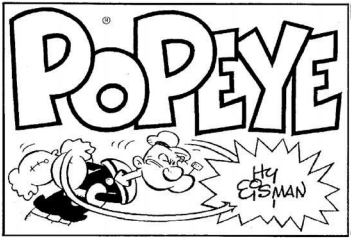


SIDE SHOW



TO YOUR GOOD HEALTH

Pancreatitis requires total abstinence

DEAR DR. ROACH: I went to the emergency ward this weekend with severe chest pains and bloating. I was sure I was having a heart attack. After tests, a CT scan revealed I had pancreatitis (they mentioned a number 222 for some enzyme or something); also, my potassium was low and sodium was critically low, at 113. I am 62, 5 feet, 9 inches tall and weigh 210; I have Type 2 diabetes with an A1C of 6.7 and high blood pressure.

I was discharged after four days with no restrictions other than to eat light and refrain from alcohol 100 percent for the rest of my life to avoid another occurrence. I had never heard of pancreatitis, and it was devastating news to me. I make wine, and have for years. I do not drink anything except

wine, and the thought of never being able to drink again is very disturbing. Is there a possibility that I may be able to drink wine again in the future? The doctor's assessment seemed pretty harsh to me. — J.C.

ANSWER: Acute pancreatitis is an inflammation of the pancreas, an organ that makes digestive enzymes and insulin. Acute pancreatitis can be very severe, even life-threatening on occasion. There are many causes, but the most common in North America are gallstones and alcohol. The diagnosis is made from the history and physical exam, and an elevated pancreas enzyme level, usually amylase or lipase. These often are elevated into the thousand range. A CT scan also can help confirm the diagnosis.

Before concluding that alcohol is the cause of the pancreatitis, it's important to make sure there is nothing blocking the pancreatic and common bile duct, such as a stone or tumor. The CT scan is good, but if there is doubt, an endoscopy may need to be performed.

If your doctor determined that the cause is alcohol, then I'm afraid I have to agree that no amount of alcohol is safe. Drinking even modest

amounts of wine, even months or years later, could bring about pancreatitis again. In addition to the pain and suffering that go with an episode, the more episodes of acute pancreatitis you have, the more likely you are to develop chronic pancreatitis (with constant pain), pancreatic insufficiency (leading to inability to properly digest food) and worsen your diabetes.

DEAR DR. ROACH: My husband is 61, and has twice had to take a course of vitamin D, 50,000 units weekly. I don't understand why he isn't taking a daily dose. — L.D.

ANSWER: It is commonly recommended for physicians to treat very low levels of vitamin D with vitamin D-2 at the high dose of 50,000 units once weekly for six to eight weeks. However, I have seen many people who, like your husband, take the course of therapy and then don't take any daily vitamin D and just become deficient again. In most cases, I recommend vitamin D-3 at 800-1,000 units daily, then rechecking the level. Some people need even more, especially if there is poor absorption, such as after gastric bypass surgery or in people with celiac disease.

SALOME'S STARS

you determine whether a new offer is solid or just more fluff 'n' stuff. The clues are all there, waiting for you to find them.

LEO (July 23 to August 22) Being ignored is difficult for any proud Leo or Leona. But pushing yourself back into the spotlight might be unwise. Instead, let things work themselves out at their own pace.

VIRGO (August 23 to September 22) Trying to uncover a colleague's secret under the pretext of showing concern is ill-advised. Control your curiosity in order to avoid raising resentment in the workplace.

LIBRA (September 23 to October 22) Expect to hear good news about a loved one. Also, be prepared for some changes in several family relationships that could develop from this lucky turn of events.

SCORPIO (October 23 to November 21) Some surprises are expected to accompany a number of changes that will continue through part

of next week. At least one could involve a romantic situation.

SAGITTARIUS (November 22 to December 21) You might be upset by some of your critics. But most of your associates continue to have faith in your ability to get the job done, and done well.

CAPRICORN (December 22 to January 19) A workplace goal that suddenly seems out of reach is no problem for the sure-footed Goat, who moves steadily forward despite any obstacles placed in his or her way.

AQUARIUS (January 20 to February 18) Uncertainty about who is right and who isn't might keep you from making a clear-cut decision. Wait until you know more about what you're being asked to decide.

PISCES (February 19 to March 20) Be careful to keep your emotions in check when dealing with a demanding personal situation. You need to set an example of strength for others to follow.

King Crossword

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54						55			56		
57						58			59		

ACROSS

- Speed-of-sound number
- Away from NNE
- Differently
- Jai follower
- Island garland
- Cambodia neighbor
- Price reduction
- African herd
- Goes in
- Old foundation garment
- "Gee, ya think?"
- Goblet feature
- Young Lincoln
- "Family Guy" daughter
- Burn with steam
- "Go away!"
- Fix the sound-track
- Sandwich cookie
- Chess soldiers
- Periodical, for short
- Barbie's companion
- Approach
- Dinner for Dobbin
- Plot
- Rhododen-

DOWN

- Auntie of Broadway
- "Two and a Half Men" role
- Wagon
- Walked
- dron kin
- "Hi, sailor!"
- Native country
- Part of GSN
- Coach Parseghian
- Small combo newspaper pg.
- Small shots
- Tosses in
- through the woods
- Inebriated
- Stitch
- Offstage areas
- Crete-born painter
- Sightseers' stop
- Devil's purchase
- Brutus' being
- Snare, for
- "Monty Python" intro
- Recipe meas.
- "Eureka!"
- Quaint and unpretentious
- Wrigley
- product
- Director Spike
- "SNL" announcer Pardo
- Like some jacks
- Nassau's islands
- America's uncle
- Stare
- Place to heal
- 1945 conference site
- Palm starch
- Fellow
- Fat
- Oklahoma city
- Commotions
- Sphere

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King Crossword Answers

Solution time: 25 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

I TOLD YOUR MOTHER WE'D RETURN ONCE WE CAUGHT ONE...GIVE IT A FEW HOURS AND WE'LL START USING BAIT.

Siuslaw News
READ IT TODAY