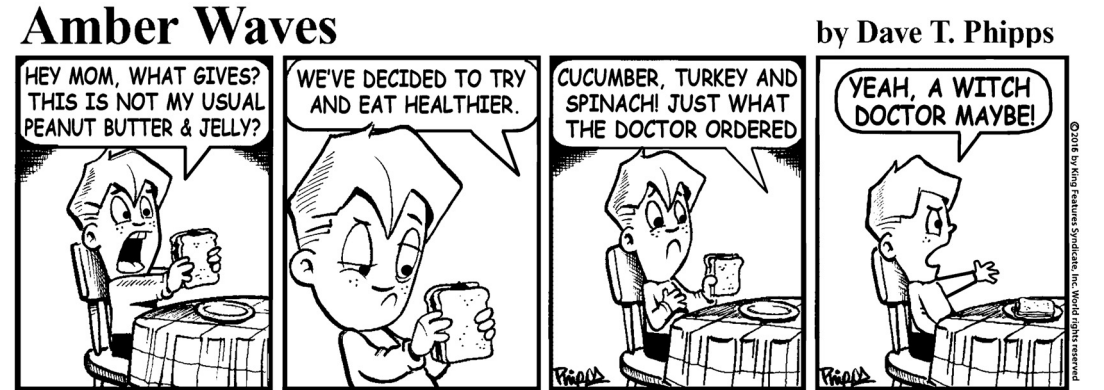
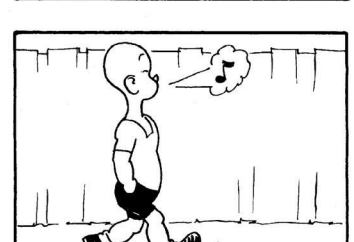
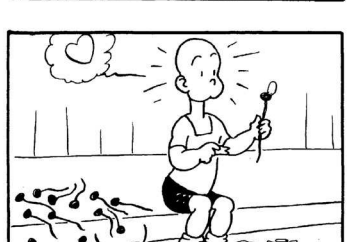
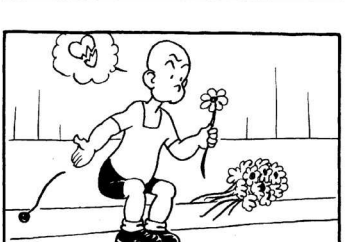
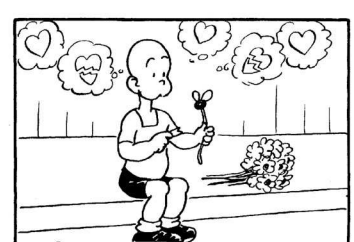
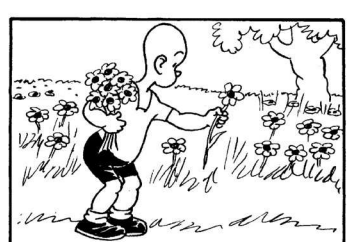
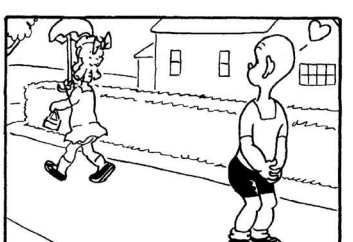
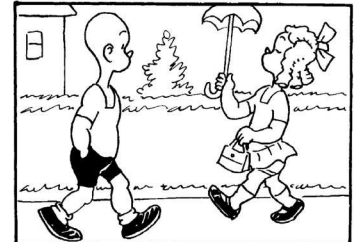
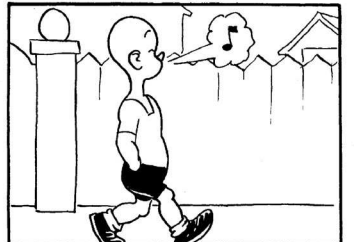
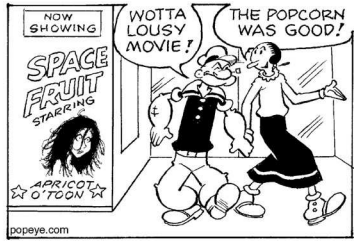
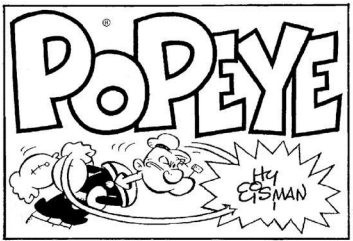


# SIDE SHOW



## TO YOUR GOOD HEALTH

### Husband fears germs in doctor's office

**DEAR DR. ROACH:** Our issue is with doctor's offices and germs. My husband won't see a doctor because he says they are some of the "germiest" places around. After his last visit to the dermatologist, he said he wouldn't go back because the doctor didn't wash his hands or change gloves before examining him. I asked a doctor once to wash his hands, and he got very defensive, to the point of being rude, and I didn't feel comfortable seeing him again.

Also, what about skin diseases, such as rosacea, lupus, etc.? Can these be transferred via stethoscopes, equipment or incidental contact? What can I do to reassure my husband that he won't get a disease at the doctor's office? — R.

**ANSWER:** It is certainly reason-

able to expect that your doctor's office be kept clean, and you have every right to ask your doctor to wash his or her hands before an exam, if you haven't seen him or her washing hands in front of you. I don't blame you for being uncomfortable about seeing the defensive doctor — infection control is part of our business.

However, it is impossible (and unnecessary) to keep the surfaces truly sterile, since diseases that are transmitted in the doctor's office most often come from hands, or occasionally are airborne, such as during flu season (which is why you may be asked to wear a mask if you have a cough or sneeze). One exception is C. diff, which is why it is such a problem in hospitals. Washing your own hands is a good idea when leaving the physician's office, but you don't want to go overboard worrying about acquiring diseases in the doctor's office.

Rosacea and lupus are not spread by skin-to-skin contact.

**DEAR DR. ROACH:** I was prescribed Lamisil (terbinafine 250 mg). I developed diarrhea after 44 pills. My doctor told me to stop taking the pills. The diarrhea has continued, and it still hasn't stopped to this day. I tried over-

the-counter treatments, which did not help. I read on the Internet that this is a common side effect. I'm concerned and don't know what to do to get relief. Do you have any suggestions? — E.B.

**ANSWER:** I also have read in online forums about diarrhea lasting for months after oral terbinafine, a powerful antifungal agent that can be used as a cream. However, the published reports state that the diarrhea, which isn't uncommon, usually goes away by itself pretty quickly.

General advice for acute diarrhea (that is, lasting less than two weeks) includes drinking plenty of fluids with some salt and sugar, not eating at all for the first 24 hours and then only modest amounts of bland foods, such as rice, potatoes, bananas and crackers. The over-the-counter drug loperamide usually is safe. If you are having more than six bowel movements a day on this regimen after two days, it's time to call your doctor again.

Oral terbinafine rarely causes serious liver damage. Although it's not life-threatening, it can cause taste disturbances, which can become permanent. I recommend thinking twice before taking oral terbinafine.

## SALOME'S STARS

**ARIES** (March 21 to April 19) A heads-up alert to all free-spirited Ewes and Rams: Be wary of a deal that could result in compromising your independence. Check every detail before making a commitment.

**TAURUS** (April 20 to May 20) New facts emerge that help put an irksome workplace situation in perspective. Meanwhile, pay more attention to a family member who needs your wisdom and strength.

**GEMINI** (May 21 to June 20) A slight setback in plans is nothing to worry about. Use this delay to deal with a number of matters you might have ignored for too long. Expect news from someone in your past.

**CANCER** (June 21 to July 22)

You're entering a period of stability. Use it to straighten out any outstanding problems related to a very personal situation. Also, pay closer attention to financial matters.

**LEO** (July 23 to August 22) As much as you love being a social Lion, you might well benefit from staying out of the spotlight for a while. You need time to reflect on some upcoming decisions.

**VIRGO** (August 23 to September 22) A difficult family situation improves, thanks to your timely intervention. You can now start to focus more of your attention on preparing for a possible career change.

**LIBRA** (September 23 to October 22) An on-the-job change works to your benefit by offering new opportunities. It's up to you to check them out. Meanwhile, a stalled romantic situation starts up again.

**SCORPIO** (October 23 to November 21) That flare-up of Scorpian temperament cools down, leaving you more receptive to suggestions about changes

that might need to be made in your personal life.

**SAGITTARIUS** (November 22 to December 21) An unusual period of indecisiveness is a mite frustrating. But things soon clear up, allowing the sage Sagittarian to make those wise pronouncements again.

**CAPRICORN** (December 22 to January 19) You might feel that you know best, but it's not a good idea at this time to try to force your opinions on others. Best advice: Inspire change by example, not by intimidation.

**AQUARIUS** (January 20 to February 18) Some setbacks could affect your plans to fortify your financial situation. But things start moving again by early next week. Meanwhile, enjoy your resurgent social life.

**PISCES** (February 19 to March 20) Show that often-hidden steely spine of yours as you once again stand up to an emotional bully. You've got the strength to do it, especially as friends rally to your side.

### King Crossword

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41	42					43		44	45	46
47				48	49	50				
51				52				53		
54				55				56		

**ACROSS**

- 1 Asian desert
- 5 "-- Only Just Begun"
- 9 Book-spine abbr.
- 12 Director
- 13 Met melody
- 14 Inventor
- 15 Green-blue deposit on copper
- 17 Edge
- 18 Guarantee
- 19 Bar legally
- 21 Neighbor of OR and NV
- 22 Worth
- 24 Macadamize
- 27 Entreat
- 28 Recedes
- 31 Inseparable
- 32 Exist
- 33 Regret
- 34 Old Italian coin
- 36 Conclusion
- 37 Zoo structure
- 38 Conflagration
- 40 Biz letterhead abbr.
- 41 Definitely will
- 43 Christie of whodunits
- 47 Dine
- 48 Red shade
- 51 Longtime ring champ
- 52 Furniture
- 11 Flaccid
- 16 George's brother
- 20 Jane's "Glee" role
- 22 "20,000 Leagues Under the Sea" author
- 23 On in years
- 24 D.C. figure
- 25 Blackbird
- 26 Not paraphrased
- 27 Folksinger
- Joan
- 29 Annoy
- 30 Spot
- 35 Every iota
- 37 Anthracite
- 11 carrier
- 39 Cohort of Simon and Theodore
- 40 Hollywood trickery, for short
- 41 Line of fashion?
- 42 Head light?
- 43 "-- for All Seasons"
- 44 One of the Jackson 5
- 45 Barrel part
- 46 Heche or Hathaway
- 49 Scrape (out)
- 50 -- Speed-wagon

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### King Crossword Answers

Solution time: 25 mins.

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

