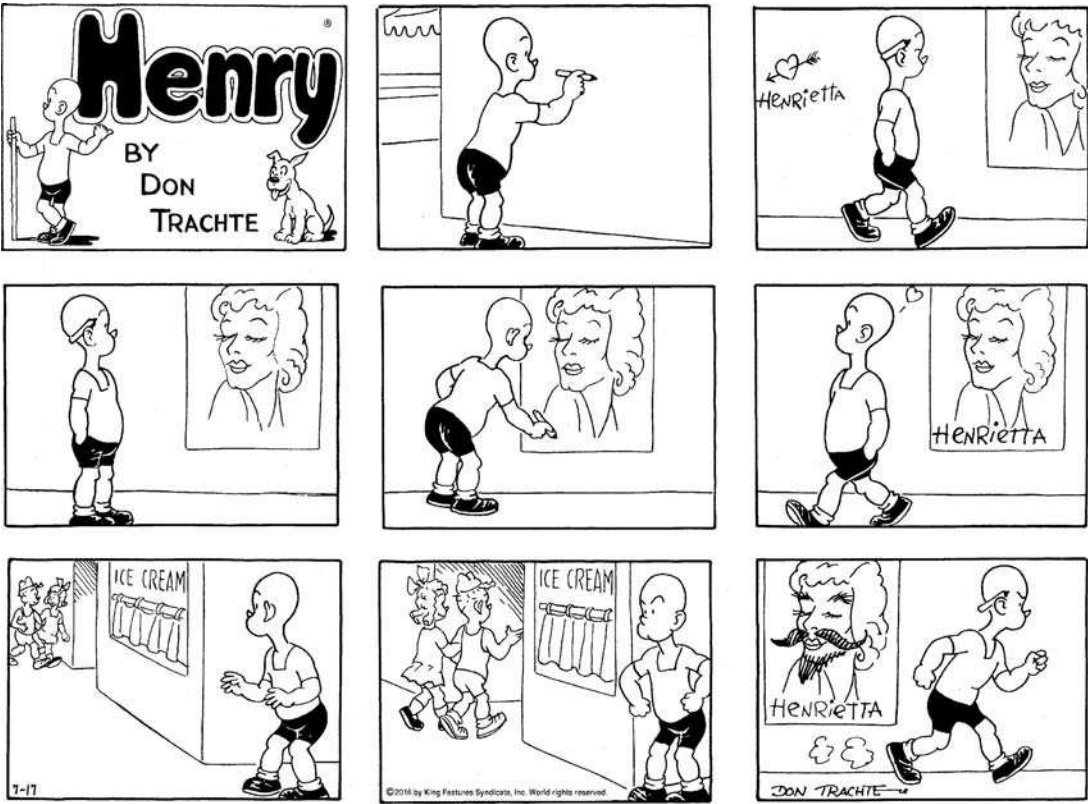


SIDE SHOW



TO YOUR GOOD HEALTH

Tell family about HIV

DEAR DR. ROACH: Can a person who has AIDS cook for his or her family and loved ones without fear of getting them sick? How long does it take to die once you are diagnosed with AIDS? How does someone with AIDS die? — D.R.

ANSWER: HIV, the human immunodeficiency virus, is acquired usually through sexual contact, exposure to contaminated blood or passed from mother to child. There has never been a reported case where a person was infected through casual contact, such as sharing eating utensils or using the same bathroom. HIV has never been reported as being transmitted through saliva, tears or sweat. It isn't transmitted by insects, either. However, it's not recommended to share razors or toothbrushes, since these can be contaminated by blood.

The progression of disease caused by HIV is highly variable. There

often is a fever and flulike symptoms at the time of first infection. Most people will test positive by the usual blood test within a few months of becoming infected. People with HIV often remain without symptoms for years; however, the virus continues to replicate and destroy CD4 cells, a key regulator of the immune system, during this time.

The term "AIDS" is reserved for advanced HIV infection with a specific, defining illness, such as Pneumocystis pneumonia; or a CD4 count below 200 (normal is around 1,000).

As far as prognosis goes, the most important single factor is whether a person with HIV infection is prescribed (and properly takes!) appropriate treatment. There certainly are many people who have had HIV for over 20 years without getting AIDS.

With very advanced HIV infection, the immune system is unable to fight off infections, but also, the body cannot fight off cancer. Since people with HIV can live so long, heart disease and any other cause is possible. Very often, people die with, not from, their HIV.

For people living with HIV and who haven't told their family, I recommend doing so. I know it's com-

plex, and it may not be right for everybody, but it will help relieve stress for most.

DEAR DR. ROACH: My husband has Meniere's disease. We cannot find anyone who can help him. Is there any medication for this? — L.M.

ANSWER: Meniere's disease causes episodes of vertigo, tinnitus and eventually hearing loss. It is caused by swelling in the organ of balance in the inner ear, but the reason for the swelling isn't clear.

Before being seen by a doctor, your husband can try to identify triggers for the attacks. Common triggers include a high-salt diet, tobacco, alcohol and stress. A low-salt diet can dramatically reduce episodes.

ENT doctors are usually expert in treating Meniere's disease. A diuretic such as hydrochlorothiazide often is used if diet alone doesn't help.

The booklet on vertigo explains this disruptive condition in detail and outlines its treatment. Readers can order a copy by writing: Dr. Roach — No. 801W, 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.

SALOME'S STARS

change you'd been hoping for carries an unexpected complication. Stay the course, and things will work themselves out. Be sure to make time for family and friends.

LEO (July 23 to August 22) Aspects favor spending time with loved ones. On the job, new ideas are generally welcomed. But some demands for changes could cause problems. Be ready to defend your choices.

VIRGO (August 23 to September 22) Good news: That workplace problem is close to being resolved with results that should please everyone. Take time off to indulge your love of fun and games.

LIBRA (September 23 to October 22) Most of the time you are the most unflappable person around. But be ready to be thrown off-balance in the nicest way when Cupid takes aim in your direction.

SCORPIO (October 23 to November 21) It's not often when someone tries to "sting" the sharp-witted Scorpion. But

it can happen. Continue to be skeptical about anything that seems too good to be true.

SAGITTARIUS (November 22 to December 21) Your strong sense of self-esteem helps you serve as a role model for someone who needs personal reassurances. Your efforts pay off in an unexpected way.

CAPRICORN (December 22 to January 19) Someone close considers revealing a painful secret. Withhold judgment. Instead, open your generous heart, and offer dollops of your love and understanding.

AQUARIUS (January 20 to February 18) Your talents as a peacemaker are called upon once more as an old problem re-emerges with new complications. Move cautiously in order to avoid falling into hidden traps.

PISCES (February 19 to March 20) Your artistic side is enhanced with the reception given to your new project. Use this success as encouragement toward fulfilling your larger goals.

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King Crossword

ACROSS

- 1 Rd.
- 4 "Little Women" woman
- 8 Colorless
- 12 Wrestling win
- 13 Met melody
- 14 Libertine
- 15 Vindicating
- 17 Count counterpart
- 18 A billion years
- 19 Gold measure
- 20 Heathen
- 22 "Just the facts, --"
- 24 Low-pH
- 25 Gaffer's responsibility
- 29 Pale
- 30 Wise lawgiver
- 31 Born
- 32 Tabloid event re Elvis
- 34 Check bar codes
- 35 Highly-rated
- 36 Upper crust
- 37 Tweet
- 40 Elevator name
- 41 Parliament figure
- 42 At it
- 46 First victim
- 47 Between jobs
- 48 Compete
- 49 Inquisitive
- 50 Active sort
- 51 Shade provider

DOWN

- 1 Spring mo.
- 2 Twilight hour, in a way
- 3 Attractive
- 4 Majorette's prop
- 5 Burnett of CNN
- 6 Can makeup
- 7 Crone
- 8 Fantastized
- 9 Bellow
- 10 Emanation
- 11 Region
- 16 Boss
- 19 Actress
- 20 Handles clumsily
- 21 Antioxidant berry
- 22 Winnie-the-Pooh's creator
- 23 Enthusiastic, plus
- 25 Pork cut
- 26 Impressively direct
- 27 Spruced up
- 28 Kelly or Hackman
- 30 Halt
- 33 Almost not at all
- 34 Skirt feature
- 36 Old anesthetic
- 37 Family
- 38 Vagrant
- 39 Ticks off
- 40 Leer
- 42 Newton fruit
- 43 Bachelor's last words
- 44 Zero
- 45 Sparkler

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King Crossword Answers

Solution time: 27 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

Siuslaw News
READ IT TODAY!