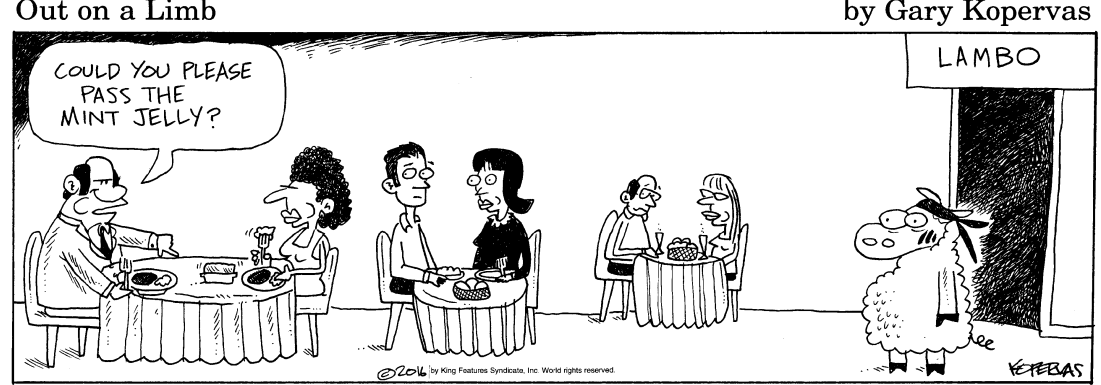
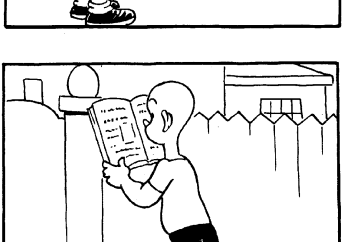
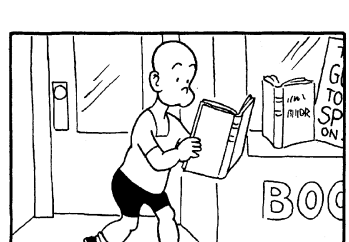
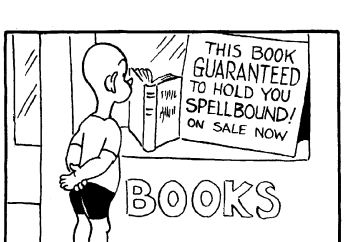
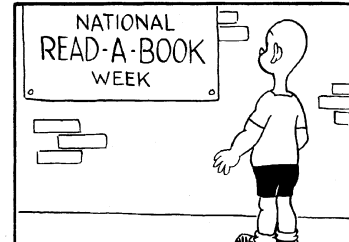
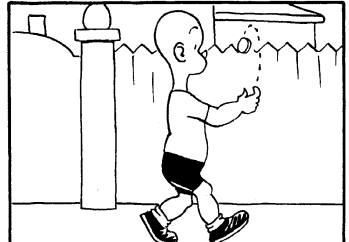
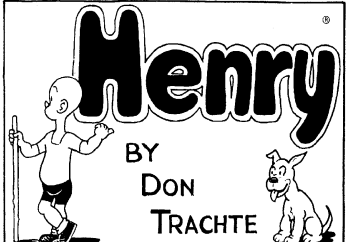
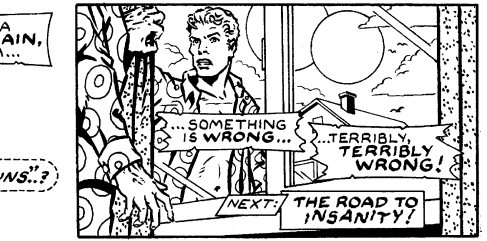
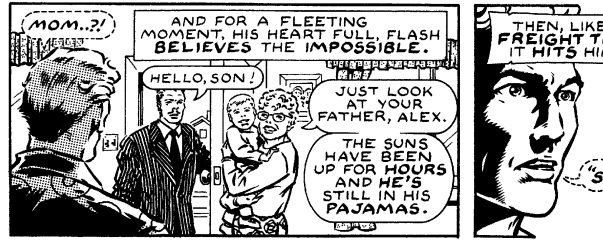
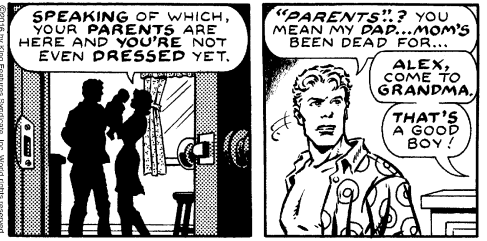
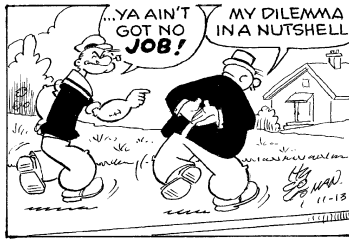
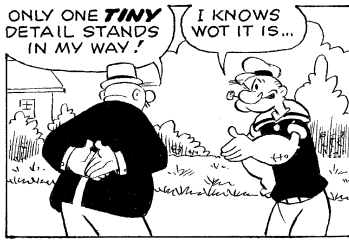
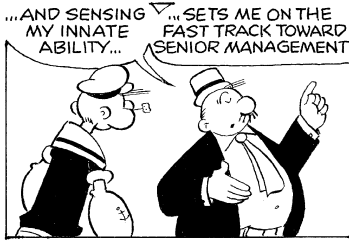
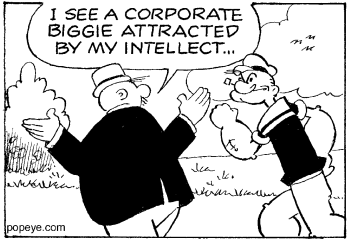
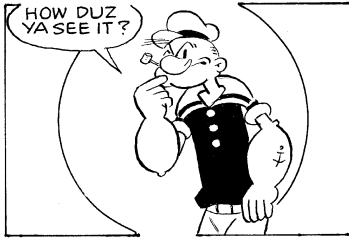
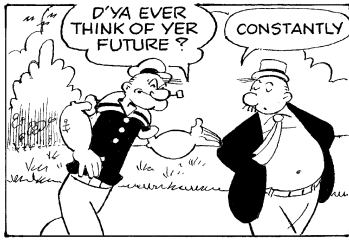
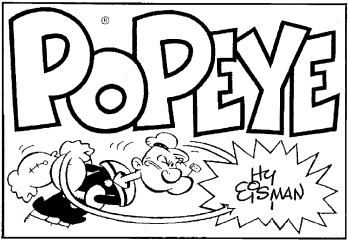


SIDE SHOW



TO YOUR GOOD HEALTH

Bald Spot on Cheek? Get Thyroid Checked

DEAR DR. ROACH: Six months ago, I noticed a "bald spot" on my right cheek. It is round and about the size of a 50-cent piece. I've never had this problem before, even though I am going bald. I am generally healthy. I am concerned that this might be an infection or cancer. There is no itching, redness or discoloration of any sort. Can you address this issue? I am worried that it will spread, and I want to know if it will grow back. -- Anon.

ANSWER: This sounds very much like alopecia areata, which usually is found on the scalp, but can be in any area of the body with hair. It probably is an auto-immune disorder, and it happens frequently in people with autoimmune thyroid

disease, such as Hashimoto's or Grave's disease. People with alopecia areata should get screened for thyroid disease. It usually starts in people under 30.

About half of people will have their hair regrow within a year. If the skin otherwise looks completely normal, it is very unlikely to be a cancer or infection. A dermatologist should be able to confirm the diagnosis.

DEAR DR. ROACH: Is there any type of corrective surgery for eye "floaters"? -- J.W.

ANSWER: Floaters are bits of cellular debris that float inside the vitreous humor in the eye. The eye has no way of getting rid of these, normally. Most people are not bothered by them, and they do not need to be treated unless they are interfering with vision. However, if they do affect vision or are very bothersome, there are surgical techniques developed to deal with them. I've had readers write in that they had treatment with laser or with vitrectomy. At least one ophthalmologist of one of my readers has a specialty practice just treating floaters.

The sudden appearance of floaters can be a sign of serious disease,

especially a detached retina; this should be evaluated immediately, especially if any changes in vision are present.

DEAR DR. ROACH: For two to three months, I have been taking 17 grams of polyethylene glycol mixed in 8 ounces of water three times a week. Finally, I have found something that is effective in relieving my lifelong chronic constipation problem. In the past two months, however, I have lost approximately 10 pounds and at 5 feet, 4 1/2 inches tall, I now weigh 100 pounds. Could the weight loss be related to the use of the polyethylene glycol? -- P.D.M.

ANSWER: Polyethylene glycol (Miralax and others) is a nonabsorbable, inert substance that carries water with it as it goes through your digestive tract. This gives the stool more moisture and makes it easier to pass. It is considered very safe.

I don't think that it is responsible for 10 pounds of weight loss. I would be more concerned about an underlying medical issue, especially one that might cause constipation, such as thyroid disease. I also would be sure you have had a recent colonoscopy.

SALOME'S STARS

ARIES (March 21 to April 19) Keep those sharp Sheep eyes focused on a hazy situation. As things begin to clear up, you'll find a sharper picture emerging, showing something you will need to know.

TAURUS (April 20 to May 20) Watch your expenses through the end of the month. Later, you'll be glad to have extra money to pay for something that will make an acquisitive Bovine's heart beat faster.

GEMINI (May 21 to June 20) You're now ready to make that oft-deferred commitment, if you still believe it's what you want. Don't be afraid to change your mind if you feel you should go in another direction.

CANCER (June 21 to July 22) Now that you are moving on with

your life after that recent disappointment, how about reactivating your travel plans and taking someone special along with you.

LEO (July 23 to August 22) Many new friends come into your personal life, which suits all of you social Lions just fine. However, one new friend might make demands that you could find difficult to deal with.

VIRGO (August 23 to September 22) Communication doesn't exist unless it's two-way. So if you're getting no replies to the signals you're sending, it could be time to look for someone more receptive.

LIBRA (September 23 to October 22) A workplace complication that you thought was ironed out develops new wrinkles that need attention. Meanwhile, expect continuing improvement in your home life.

SCORPIO (October 23 to November 21) A tense personal problem needs to be talked out before someone decides to walk out. Resist

making decisions until full explanations are offered from both sides.

SAGITTARIUS (November 22 to December 21) A technological glitch that caused problems recently will soon be repaired, and life can return to normal. A colleague has a surprising message to deliver.

CAPRICORN (December 22 to January 19) Your partner might feel that you haven't been as open with him or her as you should be. Deal with this now, before it turns into something more difficult to handle.

AQUARIUS (January 20 to February 18) Good news: Many of the stumbling blocks that affected the progress of some of your career projects are fading away. Things also start to look up on the home front.

PISCES (February 19 to March 20) You'll need that strong Piscean pluck to get through waters that will be turbulent for a while. A more positive aspect soon emerges, along with some welcome news.

King Crossword

1	2	3	4	5	6	7	8	9	10	11	
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54									55		
										56	

ACROSS

- 1 Wagon
- 5 Part of MYOB
- 9 Young fellow
- 12 Lotion additive
- 13 Small plateau
- 14 Bobby of hockey
- 15 Very hush-hush
- 17 Shell-game item
- 18 "A Streetcar Named Desire" role
- 19 German artist Max
- 21 Form of 22-Across
- 22 One of the media
- 24 Millinery
- 27 Winter mo.
- 28 Elevator name
- 31 Past
- 32 Whopper
- 33 Spy org.
- 34 Cried
- 36 Pismire
- 37 Dish damage
- 38 Cabbies
- 40 Otherwise
- 41 Bizet work
- 43 Online image
- 47 Mauna —
- 48 Leading comedian
- 51 Gun the engine
- 52 Manitoba native
- 53 Black, in verse
- 54 Whatever number
- 55 Stampeding group
- 56 Went under
- 8 Assessed
- 9 A-one
- 10 Belligerent god
- 11 "Phooey!"
- 16 Shade provider
- 20 2016 Olympics city
- 22 Jockey's handful
- 23 Help a hood
- 24 Hee follower
- 25 Time of your life?
- 26 Lacking balance
- 27 Criticism
- 29 Midafternoon, in a way
- 30 Fool
- 35 Pitch
- 37 Construction site machinery
- 39 Hidden complication
- 40 Eggs
- 41 Callaloo ingredient
- 42 Hammerhead part
- 43 Sleeping
- 44 Forbidden (Var.)
- 45 Soon, to a bard
- 46 — and file
- 49 Raw rock
- 50 Apiece

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King Crossword Answers

Solution time: 25 mins.

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

Just Like Cats & Dogs

by Dave T. Phipps

THIS TIME OF YEAR CALLS FOR MULTITASKING... ESPECIALLY WHEN HALFTIME IS ONLY 15 MINUTES TOPS.

Siuslaw News
READ IT TODAY!