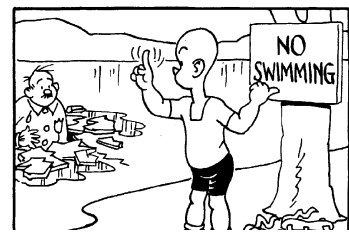
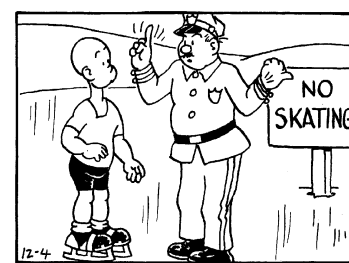
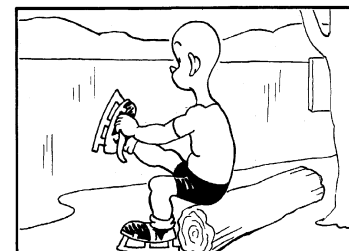
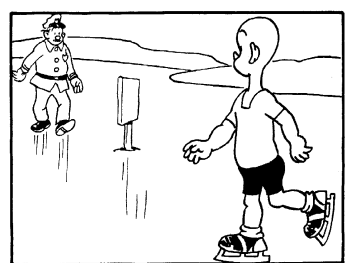
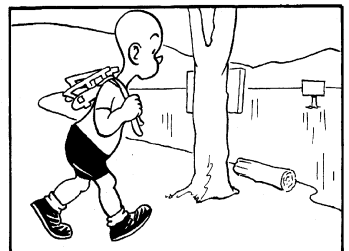
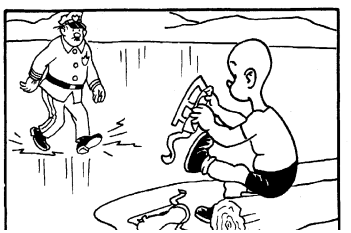
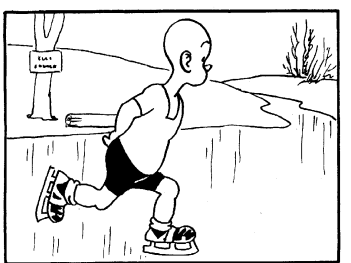
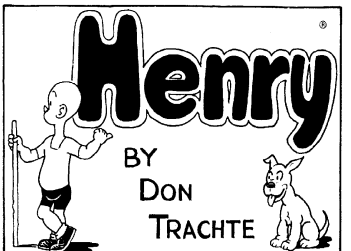
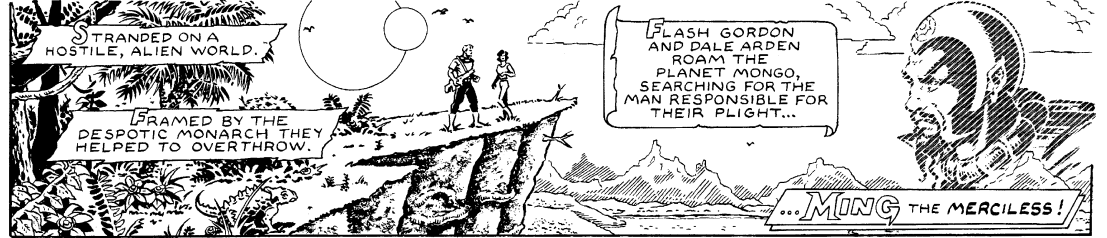
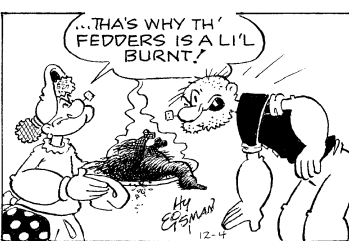
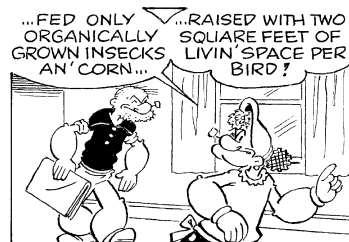
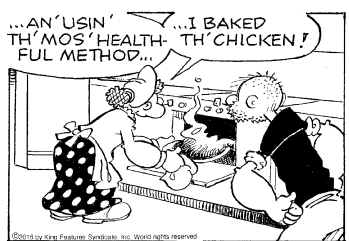
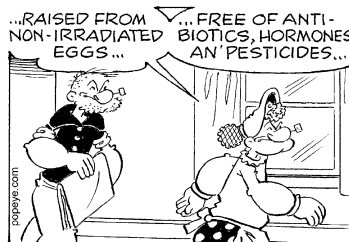
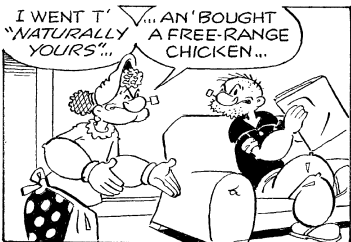
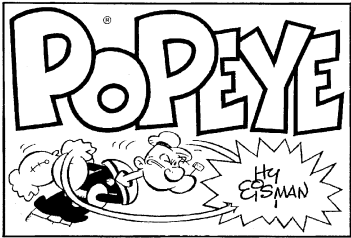
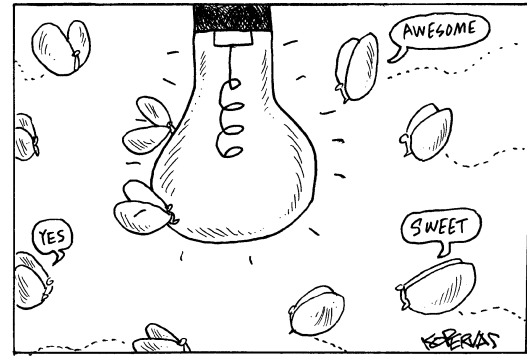


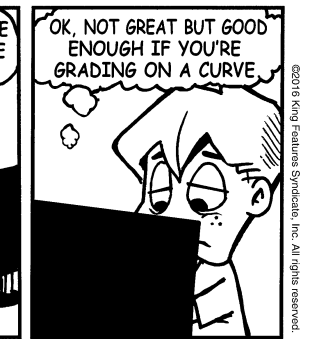
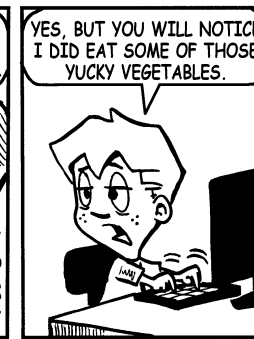
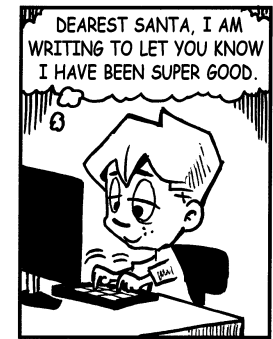
SIDE SHOW



Out on a Limb by Gary Kopervas



Amber Waves by Dave T. Phipps



TO YOUR GOOD HEALTH

Chronic Urticaria: The Non-Stop Itch

DEAR DR. ROACH: For the past year, I have had hives on and off again, with the hives being more prominent in the morning than in the evening. I have been told by a dermatologist that it is a viral infection and that topical creams, antihistamines and/or steroids would only mask the virus -- it would still be in my bloodstream.

Are there other causes of hives that could be causing or exacerbating the problem? I do not know the exact cause of the hives, and they really don't itch too much -- they are just unsightly. How long can a viral infection with hives take to clear up? Is there anything I can do to help speed along recovery? Can it be heat-related, as in the warmer months they tend to come out more than in the winter?

I get differing diagnoses from various doctors, some saying I shouldn't go swimming or go outside in the sun, and others saying to go about my normal routines. I just wish I knew the exact cause. I would be grateful for any advice or insight on the topic of hives. -- Anon.

ANSWER: "Chronic urticaria" is the medical term for what you are describing, if you have hives most days of the week for six or more weeks. The rash is raised, usually round or ring-shaped, and can vary in size. They tend to be very itchy (you are lucky that way), and each lesion comes and goes within 24 hours. Chronic urticaria is common, occurs more often in women, and can appear on any part of the body. Sunlight and heat can be triggers for some people, whereas cold is a trigger for others. Diet usually is not a factor in chronic urticaria.

There are many theories, but nobody is sure, so I can't tell you the exact cause. It probably is not due to viruses, but hepatitis A and hepatitis C have been suggested, though there is conflicting data. We don't know what causes it, but since the itchiness can be very uncomfort-

able, even severe in some cases, I think treatment, even though it may "mask" the underlying cause, is still helpful, and antihistamines are the mainstay of treatment. I tend to prefer cetirizine (Zyrtec), since it is effective (both for itchiness and in helping clear the hives), usually doesn't cause sedation and is very inexpensive as a generic. It may take two to five years, but chronic urticaria usually does go away eventually.

DEAR DR. ROACH: I haven't had to shave my legs for a few years, because I never get growth anymore. My doctor said it may be from hormones. I'm 78. Could that be the reason? -- C.K.

ANSWER: Lack of hair can result from several reasons, including hormonal changes, but also from "poor circulation" -- specifically, peripheral artery disease. Unrecognized peripheral artery disease is important, since it predicts increased risk of heart disease and stroke. A physical exam is sometimes enough to make the diagnosis; however, if your doctor's suspicion is high, he or she might order a Doppler ultrasound to evaluate the blood flow.

SALOME'S STARS

that workplace problem. Consider leaving it until after the holidays. This way you'll have the facts you need to reach the right resolution.

LEO (July 23 to August 22) You'll get news that will make you glow brighter than the lights of the holiday season. Be sure to use what you learn both carefully and kindly, to avoid giving the wrong impression.

VIRGO (August 23 to September 22) That frayed relationship could be mended in time for the holidays if you were more flexible. Give a little, and you could get back a lot more than you imagined.

LIBRA (September 23 to October 22) Things might not seem to be settling down as quickly as you would prefer. But it might be just a little holiday time flutter. You'll soon get news that will lead to more stability.

SCORPIO (October 23 to November 21) Stop getting so involved in everyone's personal problems that you lose precious time with loved ones. Remember, even

the Supreme Court closes for the holidays.

SAGITTARIUS (November 22 to December 21) All signs point to a bright holiday, with all of those pesky problems finally resolved in your favor. Share the good times with people you love and, of course, who love you.

CAPRICORN (December 22 to January 19) Your plans should not be set in stone and cemented over. Leave some openings in case you need to make changes. Spend the holidays with your nearest and dearest.

AQUARIUS (January 20 to February 18) Surprise! This holiday finds you on the receiving end of the generosity of those who are usually the recipients of so much that you give so freely and lovingly.

PISCES (February 19 to March 20) That piece of good news assures that you'll be swimming in clearer, calmer waters this holiday season. There might be a storm or two ahead, but you'll weather it all in fine style.

King Crossword

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50					51			52		
53					54			55		

ACROSS

- 1 Smell
- 5 U.K. fliers
- 8 Teen's skin woe
- 12 One of the Three Bears
- 13 Conclusion
- 14 TV's Dr. McGraw
- 15 Mideast port
- 16 Wrestling hold
- 18 Tetanus
- 20 Lassoes
- 21 High tennis shot
- 22 Jewel
- 23 Jaunty topper
- 26 Samson's weapon against the Philistines
- 30 Altar affirmative
- 31 London forecast
- 32 Hive dweller
- 33 Arid
- 36 Playwright Henrik
- 38 Noon, in a way
- 39 High card
- 40 Squabble
- 43 Plaster-fiberboard mix
- 47 Home entertainment

DOWN

- 1 October
- 2 Pedestal part
- 3 Oil cartel
- 4 Irritate
- 5 Betty Ford Center program
- 6 From the
- 8 Self-assurance
- 9 Hew
- 10 Pleasant
- 11 BPOE members
- 17 Sketched
- 19 Make marginalia
- 22 Choke
- 23 Lobster eater's aid
- 24 Tokyo's old name
- 25 Director Howard
- 26 Cohort of Whoopi and
- 28 Born
- 29 Hollow ender
- 31 Calendar abbr.
- 34 Rejoices
- 35 God, in Grenoble
- 36 Aloof
- 37 Lament
- 39 Pretentious
- 40 Vacationing
- 41 Bronchial sound
- 42 Radiate
- 43 Prank
- 44 Host
- 45 Mad king of literature

King Crossword Answers

Solution time: 21 mins.

O	D	O	R		R	A	F		A	C	N	E	
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B	E	R	E	T	J	A	W	B	O	N	E		
I	D	O			F	O	G		B	E	E		
B	O	N	E	D	R	Y		I	B	S	E	N	
					X	I	I		A	C	E		
A	R	G	U	E		D	R	Y	W	A	L	L	
W	A	L	L		U	N	I	T		A	R	E	A
A	L	O	T		A	D	S		I	M	A	N	
Y	E	W	S		B	O	Y		L	Y	R	E	

