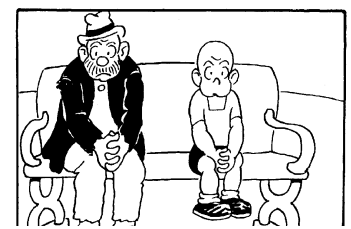
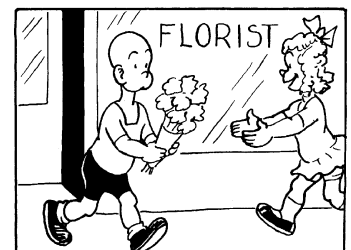
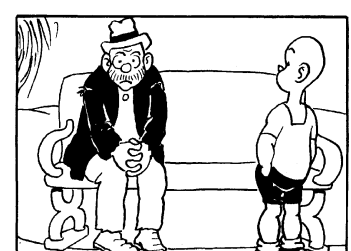
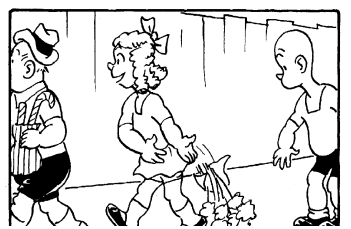
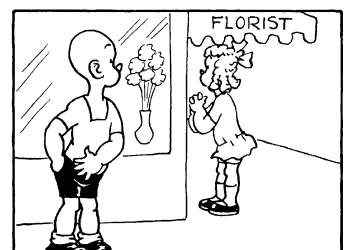
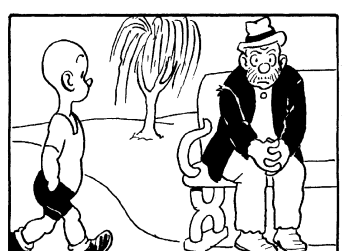
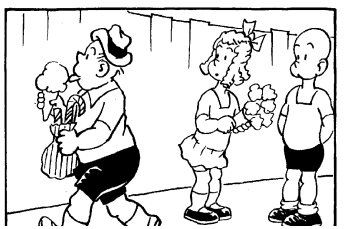
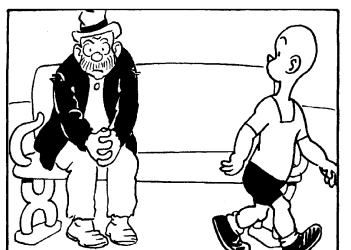
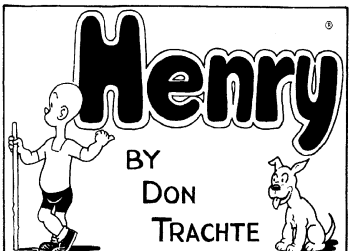
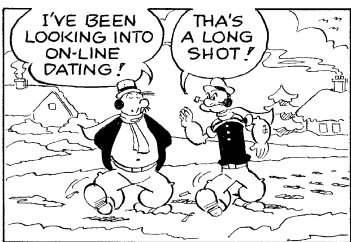
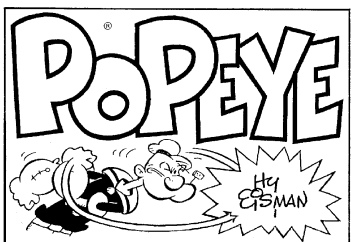
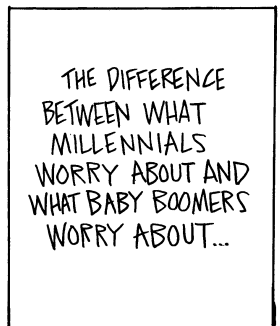


# SIDE SHOW



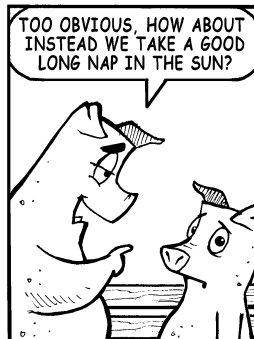
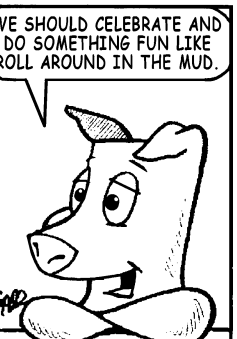
## Out on a Limb



## by Gary Kopervas



## Amber Waves



## TO YOUR GOOD HEALTH

### 'I Took an Aspirin!'

**DEAR DR. ROACH:** I took an aspirin for a seeming heart attack and went to the hospital, where I was asked if I had taken any meds. I answered "no," and was medicated; the result was panic for the doctors, as my heart rate slowed to a dangerous rate. With care and an extra day in the hospital, I was released. My ignorance about medicines was scary. I think that it should be emphasized that "meds" does not mean only prescriptions. Tell the doctor, "I took an aspirin!" -- R.G.

**ANSWER:** Indeed, your doctors should know about all medications you are taking, including over-the-counter, vitamins and other supplements. Sometimes women forget to mention their oral contraceptives.

Aspirin is a powerful medicine, not to be taken lightly. That being said, I am not sure why your heart rate slowed to a dangerous rate. Beta blockers usually are given for

## SALOME'S STARS

**ARIES** (March 21 to April 19) You're correct to want to help someone who seems to need assistance. But be careful that he or she isn't pulling the wool over those gorgeous Sheep's eyes. You need more facts.

**TAURUS** (April 20 to May 20) Your Bovine optimism soon will dispel the gloom cast by those naysayers and pessimists who still hover close by. Also, that good news you recently received is part of a fuller message to come.

**GEMINI** (May 21 to June 20) Feeling jealous over a colleague's success drains the energy you need to meet your own challenges. Wish him or her well, and focus on what you need to do. Results start to show in mid-March.

**CANCER** (June 21 to July 22) You're likely to feel somewhat Crabby these

suspected heart attack, and some people do have dramatic responses to beta blockers, and their heart rates slow way down. I can't explain why aspirin could have made that more likely, since aspirin shouldn't slow down the heart rate. I also couldn't find any interaction between beta blockers and aspirin.

**DEAR DR. ROACH:** I am a 78-year-old female who has had three orthopedic surgeries (hip repair, hip replacement and knee replacement) with spinal anesthesia in two years. Each time, the anesthesia has left me with severe orthostatic hypotension requiring medication for months. If I should ever need surgery again, is there any other anesthetic that would be just as effective and not make me ill? -- A.P.

**ANSWER:** This actually is a very common problem, with at least half of people undergoing orthopedic surgery having some orthostatic hypotension (a lowering of blood pressure upon sitting or standing) immediately after surgery. You have had a very prolonged reaction. I spoke with an anesthesiologist at the Cleveland Clinic, who told me that the issue could have been any of the anesthetic and adjuvant agents that were used. He recommended more

days, so watch what you say, or you could find yourself making lots of apologies. Your mood starts to brighten by the weekend.

**LEO** (July 23 to August 22) Your pride might still be hurting from those unflattering remarks someone made about you. But cheer up, you're about to prove once again why you're the Top Cat in whatever you do.

**VIRGO** (August 23 to September 22) A misunderstanding with a co-worker could become a real problem unless it's resolved soon. Allow a third party to come in and assess the situation without pressure or prejudice.

**LIBRA** (September 23 to October 22) Call a family meeting to discuss the care of a loved one at this difficult time. Be careful not to let yourself be pushed into shouldering the full burden on your own.

**SCORPIO** (October 23 to November 21) An upcoming decision could open the way to an exciting venture. However, there are some risks you

salt and water before any operation and longer time in progressively upright positions before trying to get up post-operatively.

Finally, your next anesthesiologist could look at your preoperative and anesthesia records and try to figure out what agent you had that was most likely to have been causing this, so to avoid its use next time.

**DEAR DR. ROACH:** Two lab tests done in the past two years show that my kidneys are not functioning at 100 percent. Is there any action I can take (such as diet or medication) to keep these figures from worsening? -- L.M.

**ANSWER:** Kidney function tends to decrease with age, but kidneys also can be damaged from high blood pressure, diabetes, some medications and many other causes. If kidney function is low, your doctor should look at your prescription medication and carefully evaluate their dosing. Also, anti-inflammatory medicines like ibuprofen or naproxen should be minimized. Even Tylenol can cause long-term kidney damage in high doses for long periods of time. Managing any chronic illnesses and avoiding toxic drugs are the most important actions.

should know about. Ask more questions before making a commitment.

**SAGITTARIUS** (November 22 to December 21) Personal matters need your attention during the earlier part of the week. You can start to shift your focus to your workaday world by mid-week. Friday brings news.

**CAPRICORN** (December 22 to January 19) You've been going at a hectic pace for quite a while. It's time now for some much-needed rest and recreation to recharge those hardworking batteries.

**AQUARIUS** (January 20 to February 18) This is a good time to upgrade your current skills or consider getting into an entirely different training program so that you can be prepared for new career opportunities.

**PISCES** (February 19 to March 20) Keep a low profile in order to avoid being lured away from the job at hand. Focus on what has to be done, and do it. There'll be time later to enjoy fun with family and friends.

## King Crossword

1	2	3	4	5	6	7	8	9	10	11	
12				13					14		
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45	46						47				
48				49		50			51	52	53
54									56		
57									59		

**ACROSS**

1 Eden evacu-  
ee

4 Temporary gifts

9 School org.

12 Lucy of "Elementary"

13 Liver or lung

14 Parcel of land

15 Hearth

17 Past

18 Hot tub

19 Porter

21 Occur

24 Great Lake

25 Web address

26 Banned pesticide

28 "— alive!"

31 Bound

33 Surprised cries

35 Citrus fruit

36 Fancy neckwear

38 Special —

40 Nashville-based awards org.

41 "Zounds!"

43 Rouse

45 Autobiography's cousin

47 Carnival city

48 — carte

49 "Monopoly" purchase

54 Tit for —

55 More than

56 enough

57 Explanation

58 Called

59 Gorilla

9 Football tactic involving a tee

10 Roman garment

11 On

16 Sixth sense, for short

20 Use a rotary phone

21 Hawaiian dance

22 War god

23 Settings for settings?

27 Nevertheless, for short

29 Model nee

30 Penn or Astin comic-strip possum

34 Glisten

37 James Clavell novel

39 Stole

42 Histrionics

44 Popular ISP

45 Partner

46 Verve

50 Spinning stat

51 "Eureka!"

52 Police officer

53 Ram's 45-Down

**DOWN**

1 Sprite

2 Evening hour, in a way

3 Asia's neighbor (Abbr.)

4 Pruned

5 Florida city

6 Khan title

7 Mother-of-pearl

8 Derisive looks

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### King Crossword Answers

Solution time: 21 mins.

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

### Just Like Cats & Dogs

WHY IS IT EVERYTHING YOU BUY EXPIRES IN 3 OR 4 DAYS AND WHAT I LIKE HAS AN EXPIRATION DATE OF 3 OR 4 YEARS?

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