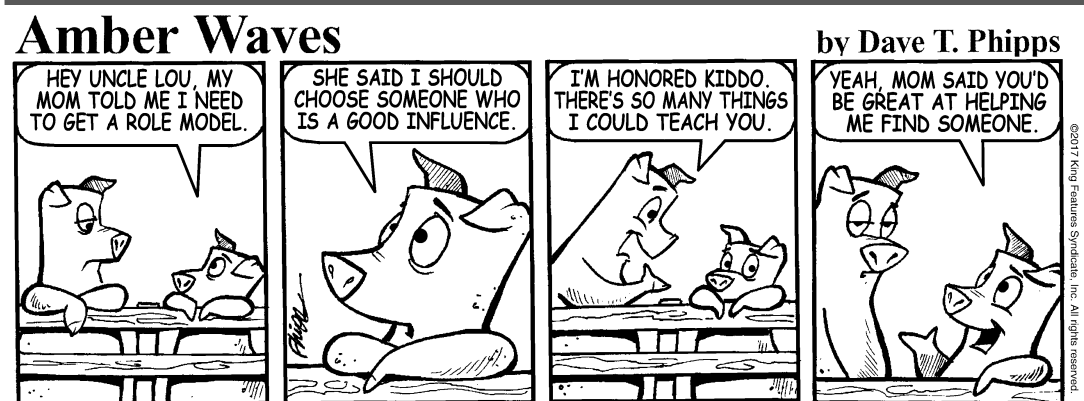
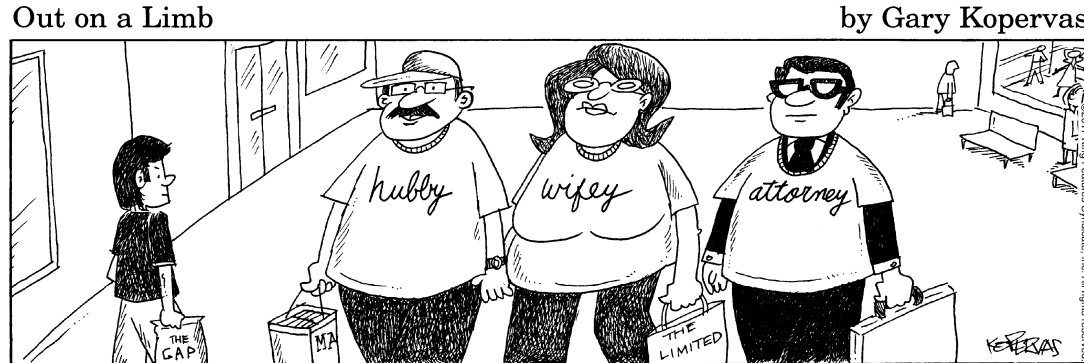
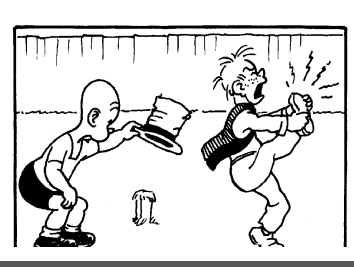
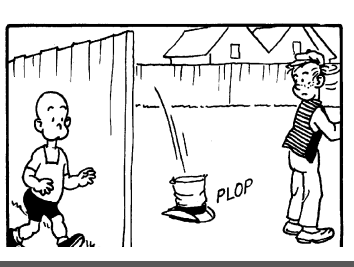
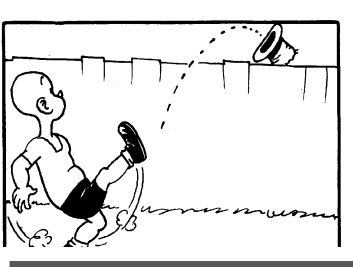
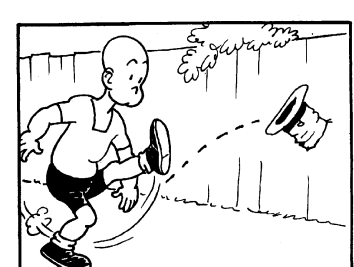
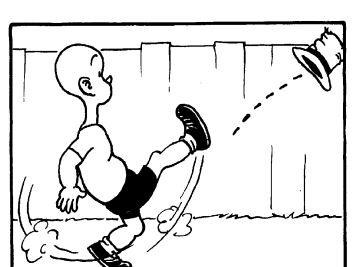
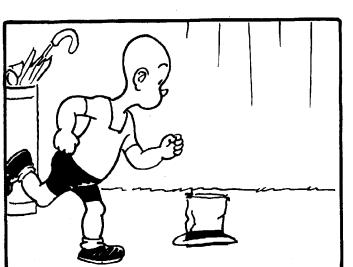
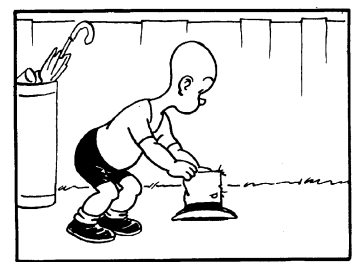
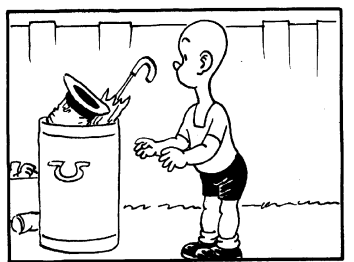
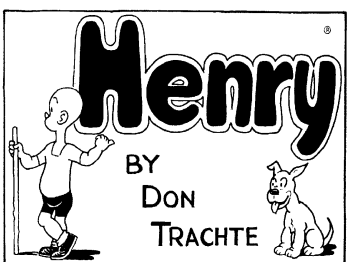
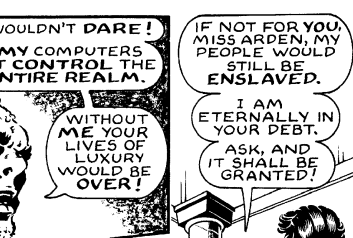
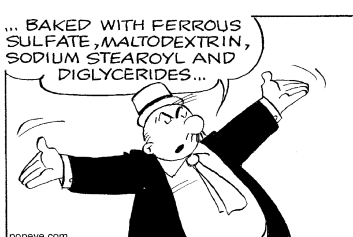
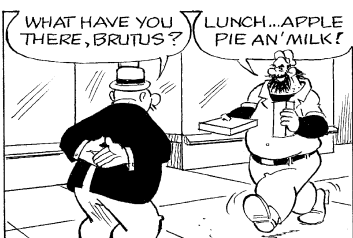
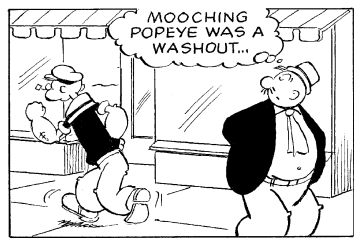
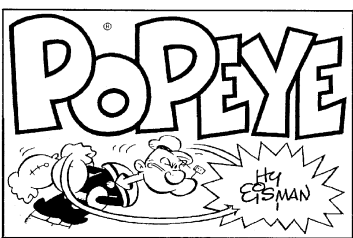


SIDE SHOW



TO YOUR GOOD HEALTH

Bed Sores Linked to COPD

DEAR DR. ROACH: I am 89 years old and just learned that I have the first stages of bed sores on my buttocks. My dermatologist said that I should stay off of it as much as possible and apply hydrocortisone cream.

I have COPD, and I need to sleep sitting up. I wonder if you have any other suggestions to help my pain and discomfort. -- A.A.

ANSWER: Bed sores (also called pressure ulcers) are potentially serious problems that require immediate attention. We "stage" bed sores into four categories. Hopefully you have stage one, where there is skin redness, usually over a bony prominence such as the sacrum, the hand-shaped bone at the base of the spine. A stage two bed sore may be a shallow, open ulcer or a blister. At stage three there is full-thick-

ness loss of the skin, while a stage four has exposed muscle or bone. Sometimes, it is impossible to stage ulcers from their appearance alone.

A stage one bed sore often is treated with a clear film for protection. Hydrocortisone cream is surprising to me, since steroids can thin the skin when used excessively, which you certainly don't want to do. The pain should be treated, but you should be taking this as your body's warning that there is a problem.

The key to preventing further injury is to find a way to take pressure off the area. Sleeping sitting up puts all your weight on your lower back, buttocks and thighs, which in turn puts these areas at a high risk for pressure ulcers. There are several ways to combat this, including different kinds of mattresses and pads, and even a device that adjusts automatically to pressure. Changing positions frequently (every two hours or less) is critical if you are not using a special mattress or pad. There are wound-management specialists, both nurses and doctors, with expertise for your particular situation. I would ask your doctor about finding and consulting with

People with COPD are at high risk for poor nutrition, and making sure you are getting adequate protein and calories is critical, as poor nutrition is a big risk for serious bed sores. I strongly recommend a visit with a nutritionist. Also, perhaps your COPD treatment could be optimized to make it easier to sleep in a supine (lying-down) position. This means a revisit with your regular doctor or the consultant doctor who is treating your COPD.

DEAR DR. ROACH: I am writing to you regarding your recent column about psoriasis.

My husband spent most of his life suffering from severe psoriasis, until he was told of an all-natural solution: cilantro. In a matter of a few months he was completely symptom-free, and remains so after more than a year. He simply adds a few sprigs of cilantro to a garden salad once a day. -- J.L.

ANSWER: I also have read that eating fresh cilantro helps psoriasis. I couldn't find any study that looked at this, and people responding to online support groups reported mixed results. However, it is very safe and might be worth a try.

SALOME'S STARS

ARIES (March 21 to April 19) Avoid having someone else take credit for the project you started by finishing it yourself. Then it will be you lovely Lambs who will be wearing those well-deserved laurels.

TAURUS (April 20 to May 20) The facts about a new opportunity are still emerging. Wait until they're all out in the open, and then use your keen business sense to help make the right decision.

GEMINI (May 21 to June 20) You might feel confused, even hurt by a friend who suddenly puts distance between you. If she or he won't discuss it, don't push it. An explanation should come in time.

CANCER (June 21 to July 22) Your willingness to be part of the team

opens doors that had been shut to you. Keep them open by keeping your promises even when your commitment seems to be wavering.

LEO (July 23 to August 22) Congratulations. You're really getting things done to purr-fection. And don't forget to take a catnap now and again to keep those energy levels up and bristling for action.

VIRGO (August 23 to September 22) Your "plain-talking" honesty is admirable. But sometimes sharp words can leave painful scars. Be careful that what you say doesn't come back to hurt you.

LIBRA (September 23 to October 22) A stress-filled period takes a positive turn as you deal with the underlying problem. Act now to avoid a recurrence by changing some basic rules in your relationship.

SCORPIO (October 23 to November 21) Your rising energy levels make it easier for you to achieve some important objectives. This could lead to a big

boost in how you're perceived, both at home and on the job.

SAGITTARIUS (November 22 to December 21) A changing picture begins to emerge as you learn more about an offer that seemed so right but could be so wrong. Look to a trusted adviser for guidance.

CAPRICORN (December 22 to January 19) Spiritual aspects are strong. Take time to reflect on the path you're on and where you hope it will lead you. It's also a good time to reach out to loved ones.

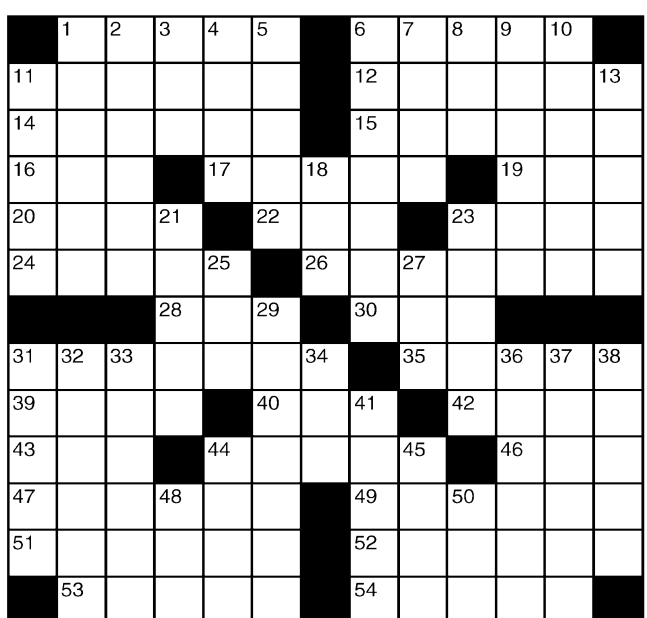
AQUARIUS (January 20 to February 18) You could be assuming far too many responsibilities, whether it's at work or in personal matters. Be careful that you're not weighed down by them.

PISCES (February 19 to March 20) You're getting closer to your goals. And since nothing succeeds like success (or the promise thereof), don't be surprised to find new supporters swimming alongside you.

King Crossword

ACROSS

- 1 Strait-laced
- 6 Makes dirty
- 11 Not wobbly
- 12 WWII fleet
- 14 Chinese dumpling
- 15 Chocolate treat
- 16 As well as
- 17 Flood preventer
- 19 UN workers' org.
- 20 Unembellished
- 22 Turf
- 23 Took off
- 24 Practical joke
- 26 Lacking a cover
- 28 Energy
- 30 "Piggy"
- 31 Mercurous chloride
- 35 Is capable, Biblically
- 39 Follow orders
- 40 Felon's flight
- 42 Big truck
- 43 Historical period
- 44 Cagney's TV partner
- 46 Very long time
- 47 Castle's inner tower
- 49 2012 Olympics site
- 51 Zen enlight-



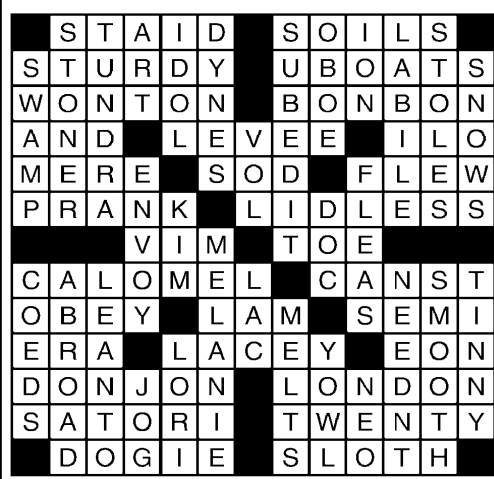
- 8 Charged bit
- 9 Chemically unstable
- 10 Fur pieces
- 11 Morass
- 13 Hemingway's "The — of Kilimanjaro"
- 18 Abbr. on a book's spine
- 21 Representative
- 23 Dog bane?
- 25 A Kardashian
- 27 A Dwarf
- 29 Actress Griffith
- 31 Dorm deni-
- 32 Overseas
- 33 Shed
- 34 Varnish ingredient
- 36 Has no obligation to
- 37 Level
- 38 Lacking resonance
- 41 Dissolves
- 44 Actress Singer
- 45 Loud, long, mournful cry
- 48 Trot
- 50 Ultra-modernist

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King Crossword

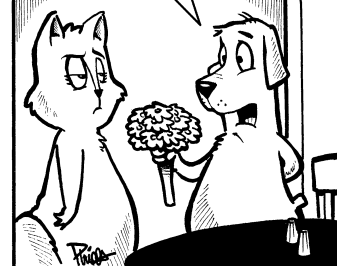
Answers

Solution time: 24 mins.



Just Like Cats & Dogs

WOW, THIS SEEMS TO HAVE BACKFIRED. I THOUGHT I WOULD PICK YOU UP SOME FLOWERS FOR NO REASON AND NOW EVEN I FEEL LIKE I MUST HAVE DONE SOMETHING WRONG



Siuslaw News

READ IT TODAY