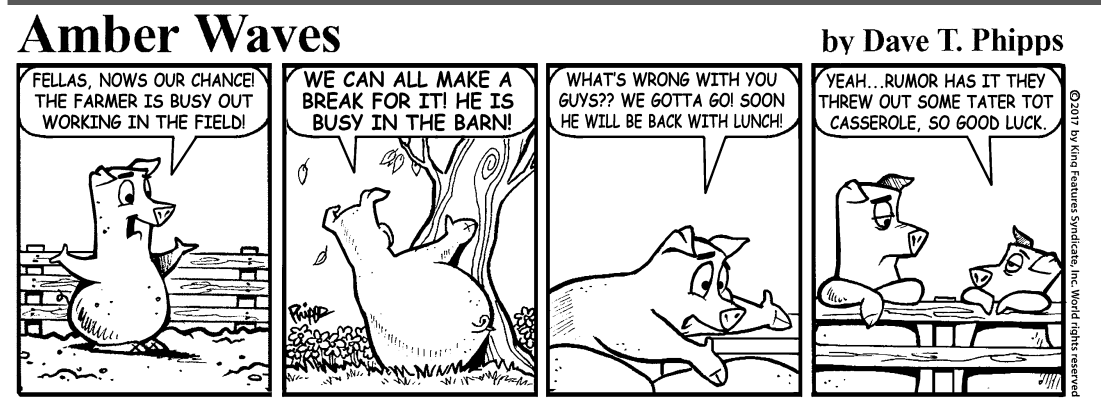
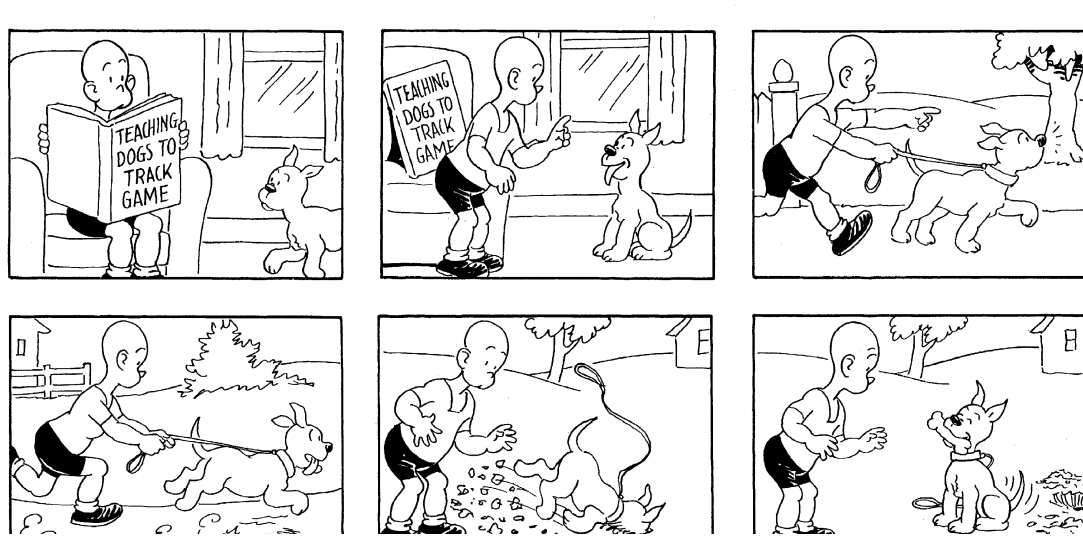
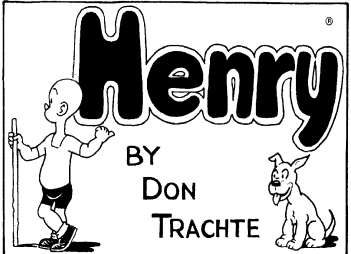
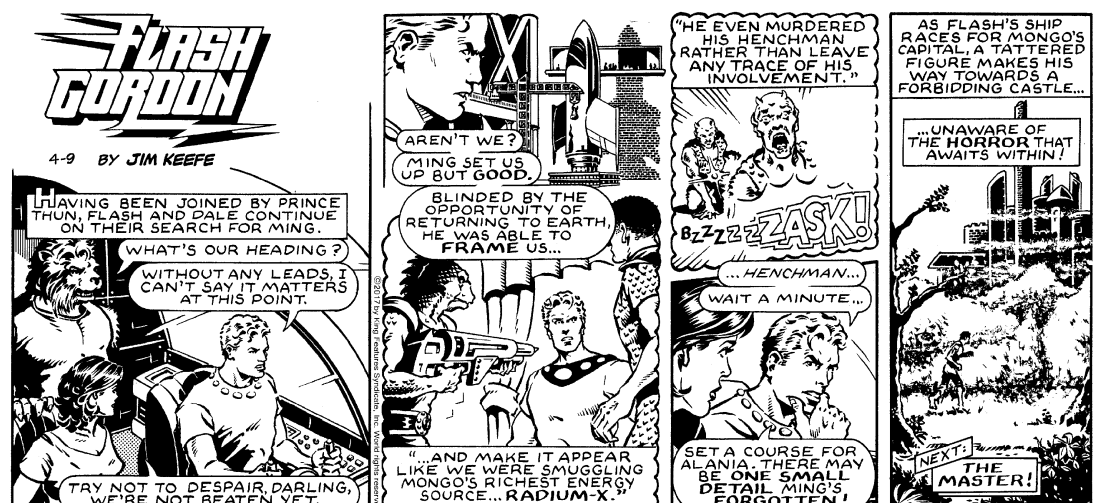
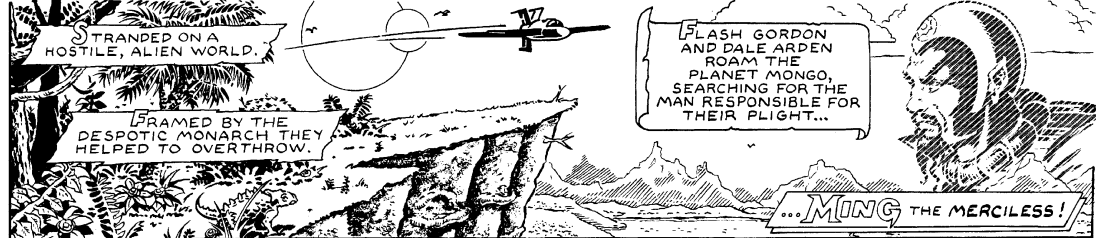
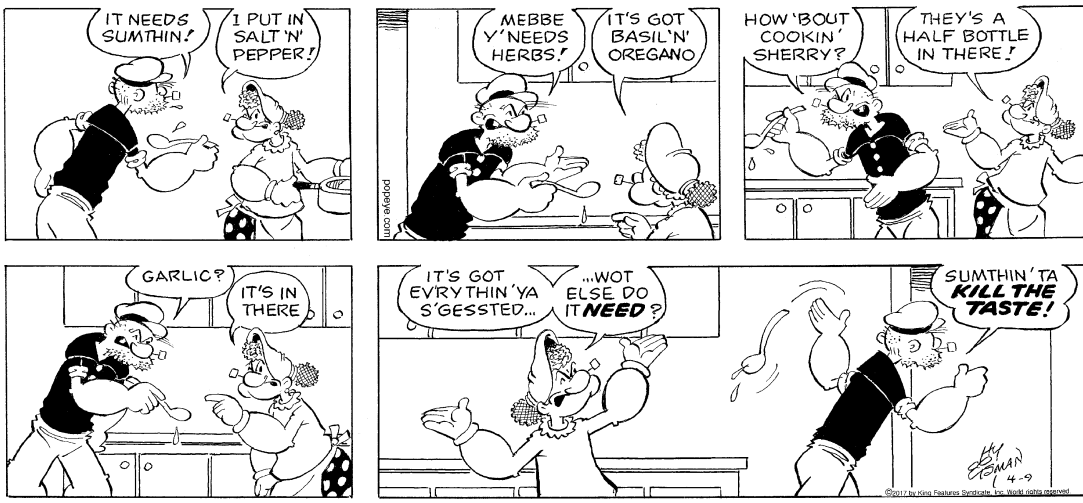
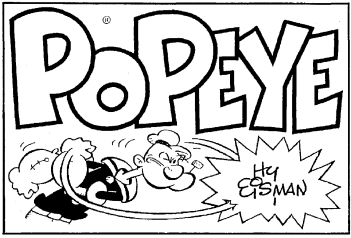


# SIDE SHOW



## TO YOUR GOOD HEALTH

### Diabetic Asks If Meds Caused Leg Weakness?

DEAR DR. ROACH: I have peripheral neuropathy symptoms in my feet. I am borderline diabetic and keep it under control by eating right. Also, my legs are weak, and I am doing exercises. I was taking the drug Reglan for a couple of months. During the time I was taking it was when I started to have these leg problems. Could this be a side effect of the Reglan? -- G.D.

ANSWER: Diabetic neuropathy is a complication of longstanding diabetes, especially if it has been poorly controlled. Occasionally, it can show up seemingly early in the course of Type 2 diabetes, but this is thought to represent a delay in diagnosis in otherwise asymptomatic disease or in those who have ignored symptoms. The symptoms of diabetic neuropathy usually begin with numbness, and later on pain and tingling of the feet. Weakness,

when it happens, generally comes later on.

Metoclopramide (Reglan) is used for nausea and vomiting, especially after chemotherapy, and is used to stimulate the stomach emptying in people with diabetic gastroparesis, which is a type of neuropathy of the nerves to the stomach and intestines. Many or most diabetics with gastroparesis also have diabetic neuropathy. However, metoclopramide should not be given for more than eight weeks due to the risk of tardive dyskinesia, a serious disease of motor control, especially in the facial muscles. Although tardive dyskinesia can cause symptoms in the limbs, weakness would be unusual, and tardive dyskinesia would be very unusual if you took the Reglan only for two months and have stopped.

I think it is unlikely that either diabetic neuropathy or the Reglan are causing the muscle weakness. There are many kinds of neuropathies, and all (or nearly all) are more common in people with diabetes. I would revisit your doctor to try to find out more about why you are having leg weakness.

READERS: Diabetes has become epidemic in North America. The booklet on it offers insight into its

diagnosis and treatment. Order a copy by writing: Dr. Roach -- No. 402W, 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.

DEAR DR. ROACH: We always hear about "superfoods" and their antioxidant power. Is there any truth to the hype? -- H.C.

ANSWER: I know what you are saying; blueberries, kale and acai berries often are called "superfoods." I don't really know what "superfood" means. These foods are generally healthy, as part of a balanced diet, but it doesn't mean that eating them can make you live forever -- or even erase bad food choices.

To me, a healthy diet is one with lots of diversity -- many different fruits, vegetables, nuts, whole grains and fish and limited amounts (or none) of red meat, saturated fat and processed foods. Health isn't found by sticking to a fad diet, but by a lifetime of healthy eating, regular exercise, stress reduction, good social interactions and being fortunate enough to avoid injury and disease. Making good choices dramatically improves your odds of a healthy life.

## SALOME'S STARS

ARIES (March 21 to April 19) A sudden change of plans could lead to a misunderstanding with a friend or family member. Be ready to offer a full explanation of your decision. A past favor is returned.

TAURUS (April 20 to May 20) Expect pressure from those who want you to change your position on a matter of importance. However, the determined Bovine will be able to withstand the bullying and win out.

GEMINI (May 21 to June 20) It's time to stop dwelling on past disappointments and move on to other possibilities. By week's end, you'll be meeting new people and making new plans for the future.

CANCER (June 21 to July 22) A long-simmering situation between

co-workers threatens to heat up and could create problems with your work schedule. Best advice: Consult a supervisor on how to proceed.

LEO (July 23 to August 22) You might have just learned that someone close to you is keeping a secret. And, of course, the Cat's curiosity has gone into overdrive. But be patient. All is revealed soon enough.

VIRGO (August 23 to September 22) Don't give up. The recognition citing the good work you recently did will come through. Meanwhile, an opportunity opens up that can lead to a lot of traveling later on.

LIBRA (September 23 to October 22) A financial crunch eases, but it's still a good idea to keep a tight rein on what you spend for nonessentials. Education becomes a major focus as the week winds down.

SCORPIO (October 23 to November 21) Recent encounters with stressful situations could require some restorative measures to get your energy lev-

els back up. Talk to your doctor about a diet and exercise program.

SAGITTARIUS (November 22 to December 21) New connections follow changes on the job or in your personal life. But keep your feelings reined in until these relationships have a chance to develop.

CAPRICORN (December 22 to January 19) Pay more attention to your aches and pains, but avoid self-diagnoses. Seek professional advice to make sure these problems won't lead to something more serious.

AQUARIUS (January 20 to February 18) You love doing research and learning new things, so you'll be happy to know that education becomes a big part of your life at this time, and for some time to come.

PISCES (February 19 to March 20) Your Piscean penchant for doing things logically could be challenged by an equally strong emotional reaction to a new situation. Best advice: Keep the two factors in balance.

## King Crossword

1	2	3	4	5	6	7	8	9	10	11
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18			19				20			
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38	39	40			41			42	43	44
45				46				47		
48				49				50		
51				52				53		

**ACROSS**

- 1 Choir voice
- 5 Tackle the slopes
- 8 Mediocre
- 12 Prompted
- 13 Moray, for one
- 14 Helper
- 15 Chris Matthews' show
- 17 Shakespearean king
- 18 "Delicious!"
- 19 Rock band's need
- 20 Vertical
- 21 Sauté
- 22 Peter Pan rival
- 23 Stereo setups
- 26 Resident
- 30 Lotion additive
- 31 Spicy
- 32 Green land
- 33 Kadiddle-hopper
- 35 Aquatic plant life
- 36 Female deer
- 37 Bouquets-to-order co.
- 38 High
- 41 Sticky stuff
- 42 Tier
- 45 Culture
- 46 Concealed trigger
- 48 Sandwich

**DOWN**

- 1 Sore
- 2 Hawaiian feast
- 3 Expression
- 4 Peculiar
- 5 Sordid
- 6 Edible seaweed
- 7 Under the
- 8 Diamond location
- 9 Stead
- 10 First man
- 11 KFC flavorer
- 16 Taverns
- 20 Cushion insert
- 21 Educational visit
- 22 Lustrous black
- 23 Owns
- 24 Sort
- 25 Enemy
- 26 Put on
- 27 Sharp turn
- 28 Historic period
- 29 Born
- 31 Weeding tool
- 34 Monkey (with)
- 35 On
- 37 Palm off (on)
- 38 "— and the Tramp"
- 39 Curved molding
- 40 Respond to gravity
- 41 Clench
- 42 Kelly of morning TV
- 43 Raw rocks
- 44 Took off
- 46 Nevertheless, for short
- 47 Travail

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### King Crossword Answers

Solution time: 21 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

YOU BOYS ENJOYING THE NEW POOL TABLE? IN CASE YOU ARE WONDERING WHAT THAT SCENT IS, I PUT POTPOURRI IN THE POCKETS.

READ IT TODAY!