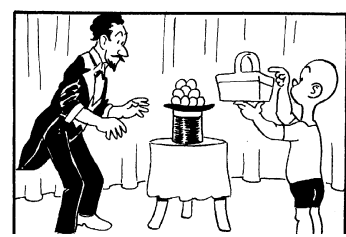
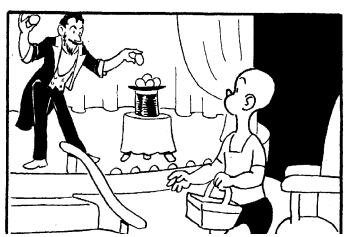
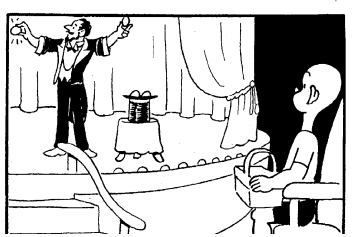
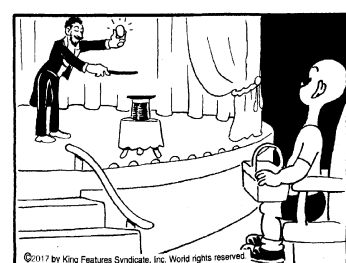
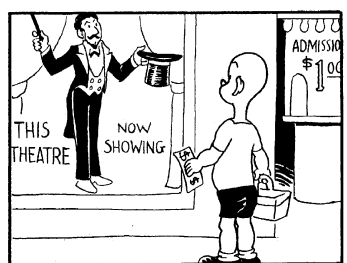
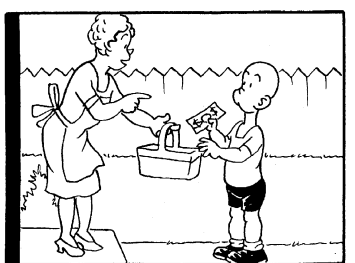
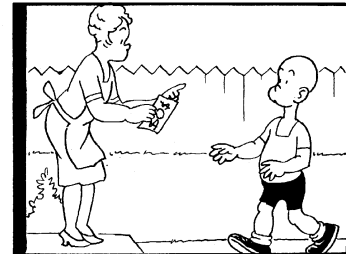
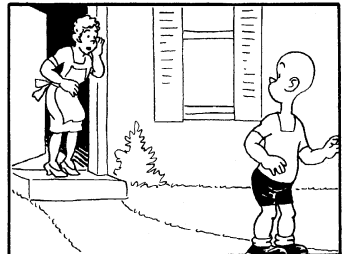
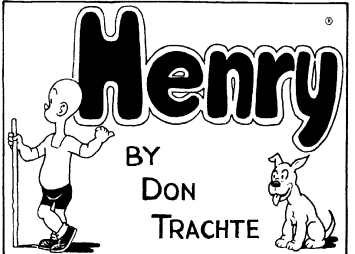
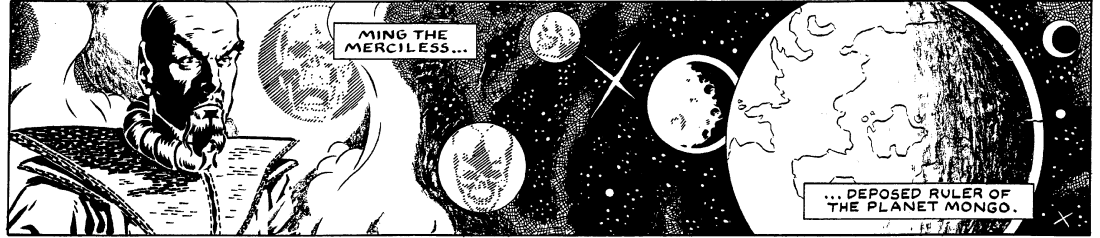
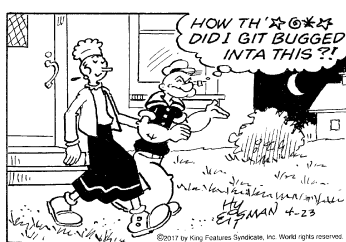
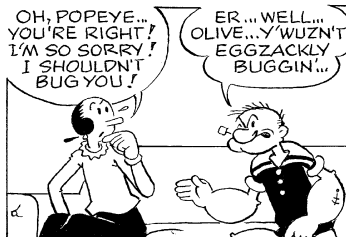
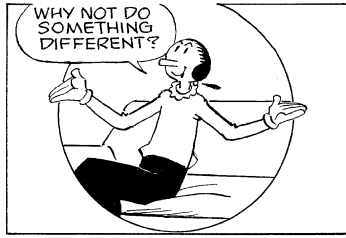
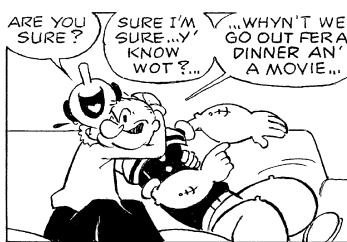
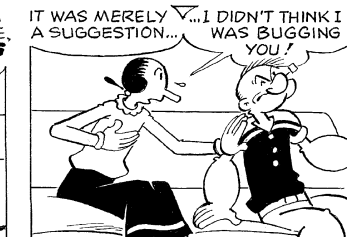
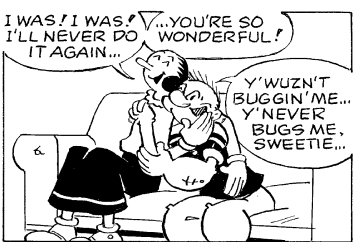
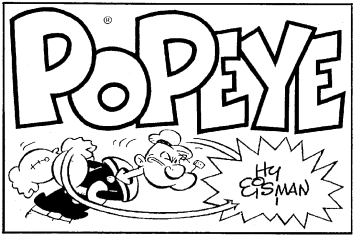
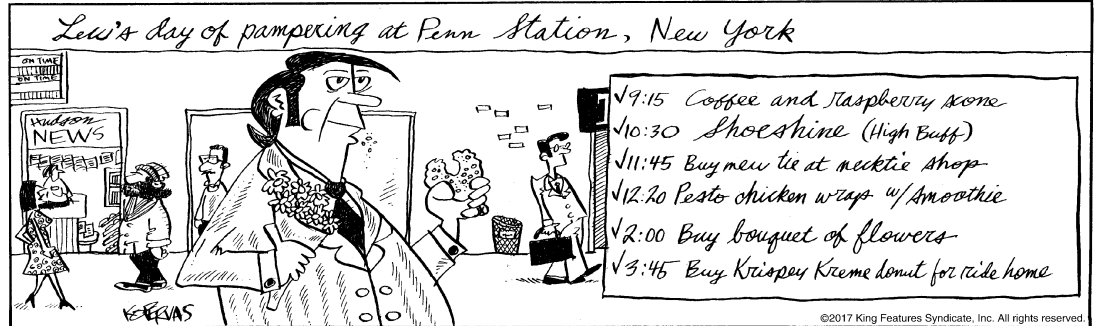


SIDE SHOW



Out on a Limb by Gary Kopervas



Amber Waves by Dave T. Phipps



TO YOUR GOOD HEALTH

Botox Can Ease Blepharospasm

DEAR DR. ROACH: I have been contending with blepharospasm for years. I got some relief from Botox for around four years, but then it stopped working and my doctor moved me to Dysport, which was horrible. It did not relax my symptoms, and it made me constantly very uncomfortable (with a feeling that my eyes were swollen all the time).

I stopped the treatments and have been able to cope, until the past six months. I am almost unable to read, look at a computer screen or drive. Do you have any suggestions? I use Ativan to try to relax the stress of the blinking, but even that has lost its effect. I have been discouraged from getting a limited myectomy because of the risks. My ophthalmologist said that a neurologist would be a waste of time. I am desperate for another opinion. -- B.B.

ANSWER: Blepharospasm is an uncontrollable muscle spasm around the eyes, often causing blinking and twitching. It ranges from occasional and mild to the much more severe and disabling condition you report.

Treatment with botulinum toxin is effective for most people. Botulinum toxin, directly injected into muscle, weakens or paralyzes the muscle. There are three types of botulinum toxin A currently available in the United States: Botox, Dysport and Xeomin, as well as botulinum toxin B (Myobloc). I suspect your ophthalmologist changed brands because of the concern of antibodies your body may have developed to the Botox.

I would never say that a neurologist would be a waste of time. Blepharospasm is a limited form of dystonia, and neurologists are the experts in dystonia. The neurologist will have an opinion on trying a different form of botulinum toxin, as well as other treatments.

DEAR DR. ROACH: I'm a 61-year-old woman who was diagnosed with notalgia paresthetica about five years ago. Several years later, my general practitioner told me to use capsaicin, which helps with the tingling feeling, but sometimes it feels like someone is pinching my spine and the skin tingles,

SALOME'S STARS

out before you can consider any major monetary moves. Pressures ease mid-week, with news about a potential career change.

LEO (July 23 to August 22) A workplace problem threatens to derail your well-planned project. But your quick mind should lead you to a solution and get you back on track without too much delay.

VIRGO (August 23 to September 22) An opportunity opens up but could quickly close down if you allow pessimism to override enthusiasm. A trusted friend can offer the encouragement you need.

LIBRA (September 23 to October 22) You've come through a difficult period of helping others deal with their problems. Now you can concentrate on putting your energy to work on your own projects.

SCORPIO (October 23 to November 21) Forget about who's to blame and, instead, make the first move toward patching up a misunderstanding

bringing on a very uncomfortable feeling. Can you tell me any more about this skin condition? I am beginning to believe that it is getting worse. -- Anon.

ANSWER: Notalgia paresthetica is common, but often not diagnosed, and usually causes an itching under one shoulder blade. It sometimes is associated with curvature of the spine (scoliosis). It isn't curable, and often gets better and worse. Capsaicin, lidocaine patch and other creams usually provide some relief. Botulinum toxin and nerve block occasionally are used for people with more severe symptoms who don't respond.

DEAR DR. ROACH: I am a 79-year-old male with mild Parkinson's disease and Type 2 diabetes. I can walk about 10 feet before becoming terribly short of breath and weak. I have been this way for several years, and it has become increasingly worse. Can you help me? -- K.C.

ANSWER: Neither Parkinson's disease nor Type 2 diabetes explains terrible shortness of breath on mild exertion. Severe shortness of breath can come from serious heart or lung problems (many types) or severe anemia. I can't help: Get to your doctor right away.

before it creates a rift that you'll never be able to cross.

SAGITTARIUS (November 22 to December 21) Good news for the travel-loving Sagittarian who enjoys galloping off to new places: That trip you put off will soon be back on your schedule.

CAPRICORN (December 22 to January 19) A mood change could make the gregarious Goat seek the company of just a few friends. But you charge back into the crowd for week-end fun and games.

AQUARIUS (January 20 to February 18) A decision you made in good faith could come under fire. Best advice: Open your mind to other possibilities by listening to your challenger's point of view.

PISCES (February 19 to March 20) You can avoid being swamped by all those tasks dangling from your line this week by tackling them one by one, according to priority. The weekend brings good news.

King Crossword

1	2	3	4	5	6	7	8	9	10	11	
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47					48	49	50				
51					52				53		
54					55				56		

ACROSS

1 From one end to t'other
5 Egg
9 Potential syrup
12 Vast time period
13 Water barrier
14 Biz deg.
15 Fast
17 Foreman foe
18 Diamond round- trippers
19 Stair part
21 Qua
22 Weak soup
24 Present
27 Island garland
28 Buy stuff
31 Lubricate
32 Past
33 Rage
34 Use an old phone
36 DIY buy
37 Leftovers recipe
38 Lucky number
40 Accomplish
41 California-Nevada lake
43 Propels
47 That guy
48 Landfill, essentially
51 Commotion
52 Swindles
53 Pond organ-ism

DOWN

1 Rotation gauge, for short
2 Villain's adversary
3 Wander
4 Oust from office
5 Likelihood
6 See 38-Across
7 Guitar's cousin
8 Paris subway
9 Big success
10 Competent
11 Twosome
16 Storefront sign abbr.
20 "Monty Python" opener
22 Start
23 Laugh-a-minute
24 Deity
25 "Richard —"
26 Sudden assembly that some find entertaining
27 Michigan, for one
29 Raw rock
30 Church seat
35 Writer
37 "Who cares?"
39 Fodder plant
40 Simpson's interjection
41 Dissolve
42 Assistant
43 "Hey, you!"
44 Congers
45 Sitarist's rendition
46 Mast
49 Fish eggs
50 Literary collection

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King Crossword Answers

Solution time: 25 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

I DON'T BELIEVE THIS. I RAKED, MOWED, AND CLEANED THE GUTTERS. YOU'D THINK I'D HAVE PERMISSION TO COME OVER.

Siustlaw News
READ IT TODAY!