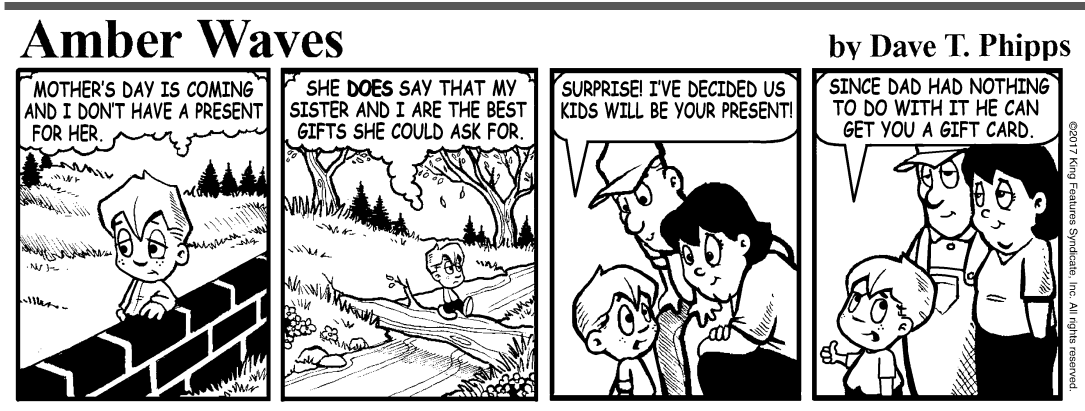
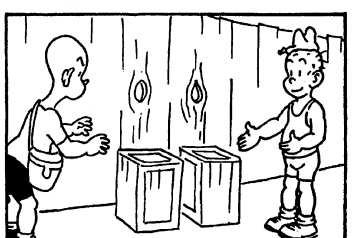
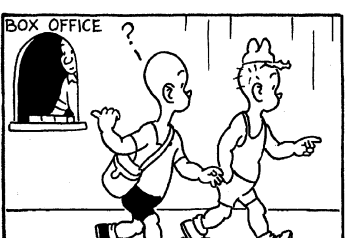
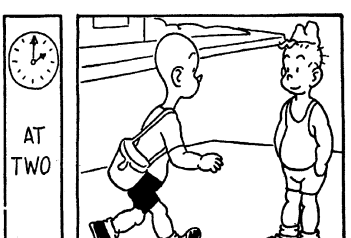
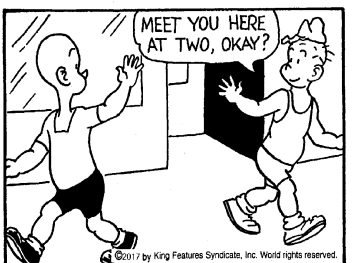
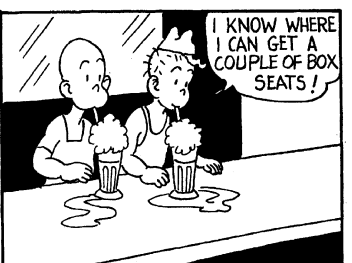
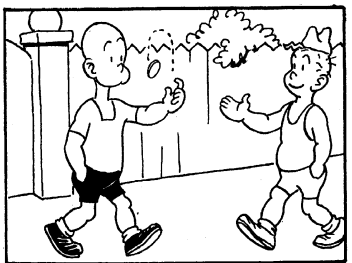
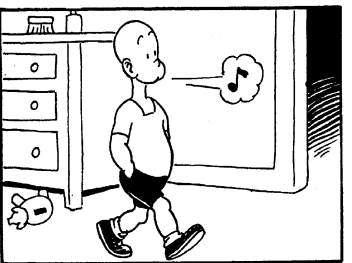
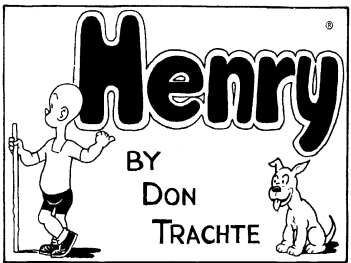
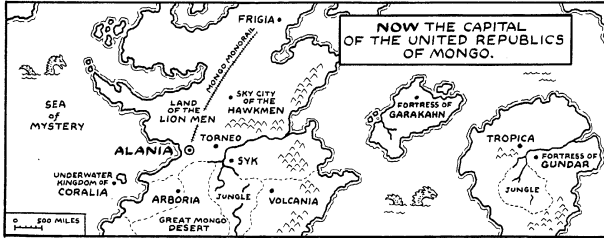
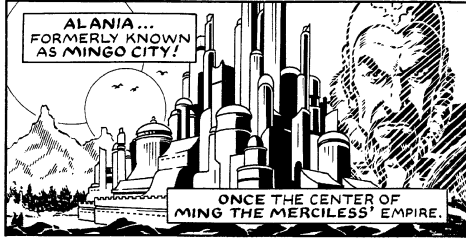
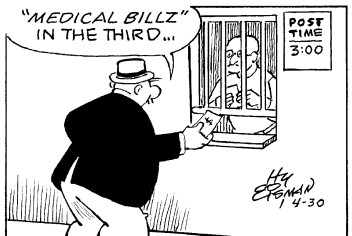
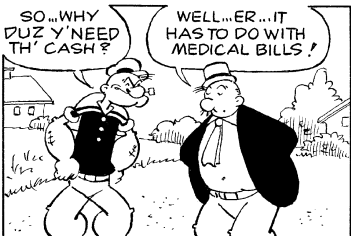
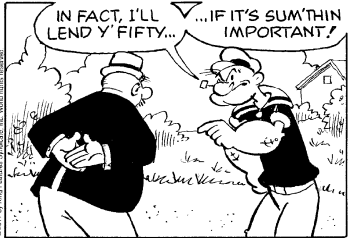
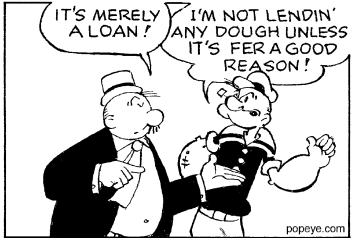
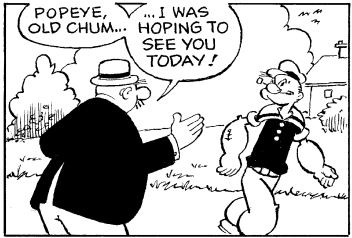
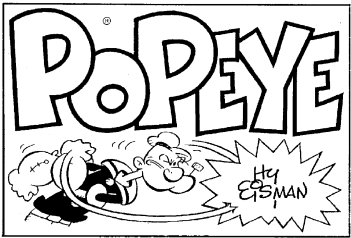


SIDE SHOW



TO YOUR GOOD HEALTH

Don't Keep Secrets From Your Doctor

DEAR DR. ROACH: About three years ago, I was walking from the parking lot to church (not a long distance) and was overcome with a feeling of warmth and weakness throughout my body. I almost dropped my purse, but it stopped almost immediately. About three weeks ago, the same thing happened. I did not feel ill, and it passed almost as fast as it came on. I am 65 years old, exercise regularly and eat a healthy diet. I have yearly check-ups and blood tests.

After looking over my yearly bloodwork, which we do at work, my white blood cell count is usually low, according to my hematologist. He had me do a total body X-ray and several blood tests over a three-month period and found nothing wrong with me. I did not mention

the above to him. Can you tell me what can possibly be going on in my body? -- A.N.

ANSWER: Since it has happened only twice in three years, and since you have had an evaluation without finding anything, it may just be one of those things that happens that we don't get an answer to. In fact, I think that is the most likely outcome.

However, whenever I hear about warmth all over the body, I worry about conditions that cause a release of substances that act on the blood vessels. Carcinoid syndrome and pheochromocytomas are two rare conditions that can cause a temporary flushing sensation, and you certainly should mention this to your doctor. Neither of them is likely, but you don't want to miss either possibility.

Sudden onset of weakness is a warning sign of a TIA or stroke, but your situation doesn't really sound like that. Still, giving your doctor the most information will help him decide whether this needs to be looked into further.

DEAR DR. ROACH: I am 80 years old, and have been bothered by frequent urination for many

years. My urologist was constantly recommending a surgical procedure, and was performing diagnostic tests to determine what I already knew -- that I do not void fully. I sometimes must urinate three to four times at night. I have not seen this urologist for more than two years. My question is: What are the risks of doing nothing? I was on Flomax and found it to be of no benefit. -- W.B.

ANSWER: Difficulty urinating is a common problem for older men, and for many men, the symptoms themselves make them want to be treated. It sounds like you are asking if there might be additional downsides besides the symptoms.

The major risk is that there might be a cancer, especially of the prostate, so seeing the urologist to look for cancer is important. Prolonged blockage occasionally leads to kidney damage, if the blockage is severe enough for long enough. Finally, having "stale" urine in the bladder predisposes you to infection. If your doctor finds you have good kidney function, no cancer and no infection, you don't need to get treated. That being said, there are other treatments besides Flomax that might help your symptoms.

SALOME'S STARS

ARIES (March 21 to April 19) You Ewes and Rams will find your ideas cheered by a mostly receptive flock. Those few dissenters could well be turned around by your charm and powers of persuasion.

TAURUS (April 20 to May 20) It's time for the bold and beautiful Bovine to shake off the dust of the past and shape up with new ideas for the future. This could surprise some folks, but they'll soon adjust.

GEMINI (May 21 to June 20) Those nagging new doubts about an upcoming decision should alert you to step back (at least temporarily) so you can reassess its potential impact from a new perspective.

CANCER (June 21 to July 22) That unpleasant situation you hoped would

go away by itself needs immediate attention before it affects an upcoming decision. Expect your supporters to rally around your cause.

LEO (July 23 to August 22) You're moving up and away from that recent setback. But remain cautious about finances. An exercise in thrift today helps cushion a possible end-of-the-month money squeeze.

VIRGO (August 23 to September 22) You're still dealing with overtones of pessimism that cause you to doubt your ability to make some needed changes. But the negative pressures will ease up by week's end.

LIBRA (September 23 to October 22) There could be some fallout from the way you handled a recent family problem. But those who know that you were in the right won't hesitate to step in on your behalf.

SCORPIO (October 23 to November 21) Financial strains ease by week's end. Meanwhile, focus on cultivating that new relationship if

you hope to have it blossom into something more meaningful.

SAGITTARIUS (November 22 to December 21) Health matters once again dominate the week. Be careful not to ignore recurrences of an old problem. An almost-forgotten commitment resurfaces.

CAPRICORN (December 22 to January 19) The emergence of an unusual selfish streak could dismay those close to you. Defy it -- don't justify it -- so you can become your gracious self again.

AQUARIUS (January 20 to February 18) Reassess your decision to stay with the status quo. It might seem like the sensible thing to do right now, but changes around you could make that choice a risky one.

PISCES (February 19 to March 20) Move decisively but cautiously when dealing with a delicate personal matter. The fewer mistakes you make now, the less likely it is that the problem will recur later on.

King Crossword

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53					54					55	

ACROSS

1 Media watchdog org.
4 Basin accessory
8 Jason's ship
12 Carte lead-in
13 Old woman's home?
14 Cat call
15 Capital of Uzbekistan
17 Elliptical
18 Involve
19 Plant bristle
21 Mischievous tyke
22 Capital of Rwanda
26 Prologue
29 Fast flier
30 Director Howard
31 Little lamb's owner
32 Prohibit
33 Ostentatious display
34 Santa — winds
35 Blunder
36 Point of view
37 Capital of Mozambique
39 Ostrich's cousin
40 Cal.'s ocean
41 Dutch exports
45 Shaving cream

DOWN

1 Karma
2 Family
3 Group of actors
4 Inuit
5 Puppy
6 A billion years
7 Gotten back
8 In the thick of
9 Accelerate quickly
10 — long way
11 Hooter
16 Hirsute
20 Humor
23 Met melody
24 Forsaken
25 "Meet Me — Louis"
26 Mosque big wig
27 "Peter Pan" pooch
28 Snare
29 Cookie holder
32 Rich fabric
33 "Be-Bop- —"
35 Greek vowel
36 With complacency
38 Knock over
39 Bygone anesthetic
42 Sacred
43 Egyptian bird
44 Macadamize
45 Charon's river
46 Big bother
47 Once around the track
48 Have bills
49 Seek damages

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King Crossword

Answers

Solution time: 27 mins.

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

Just Like Cats & Dogs

by Dave T. Phipps

I'M LOOKING FOR SOMETHING IN THE PRICE RANGE THAT WILL SUGGEST I'M SORRY BUT DOESN'T ADMIT ANY GUILT.

Siuslaw News

READ IT TODAY!