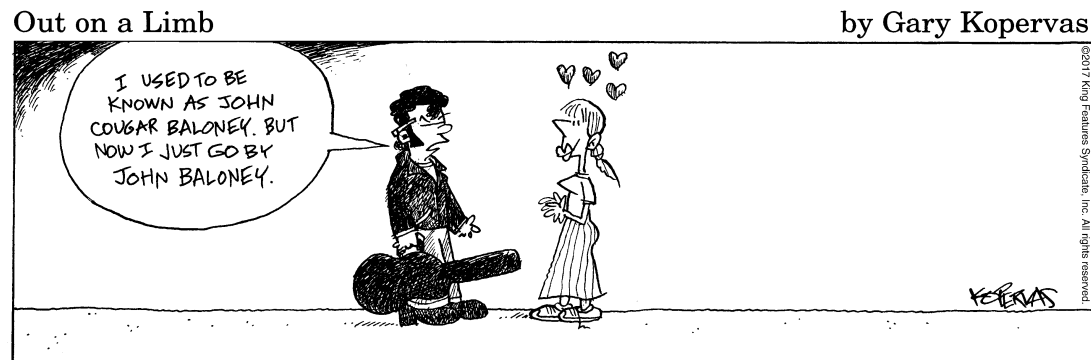
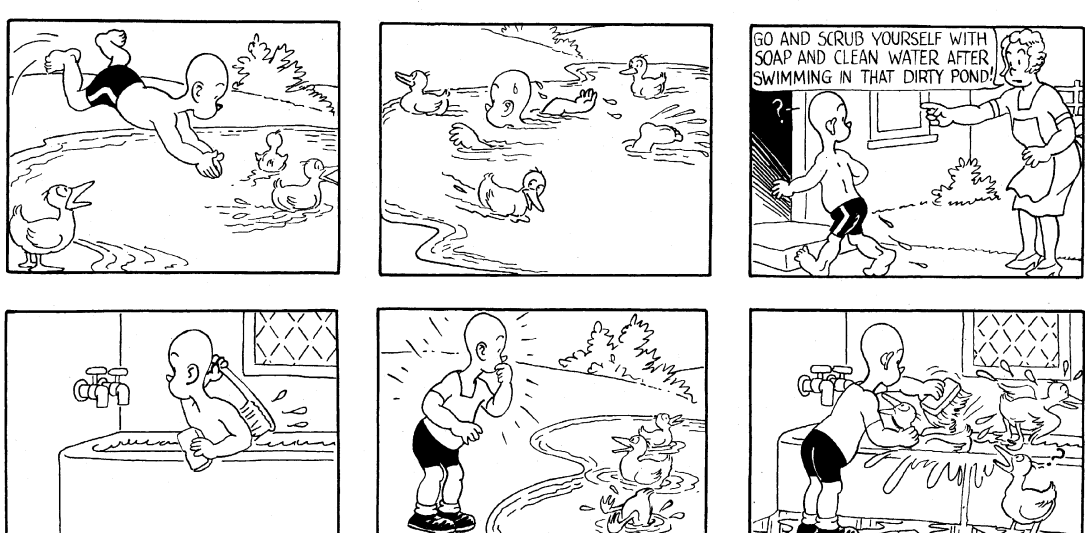
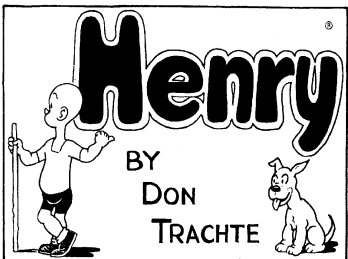
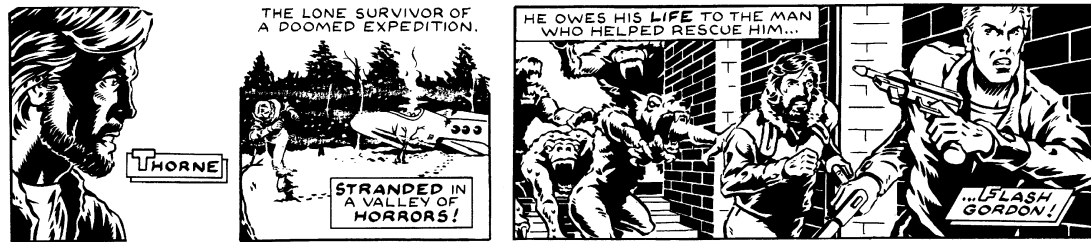
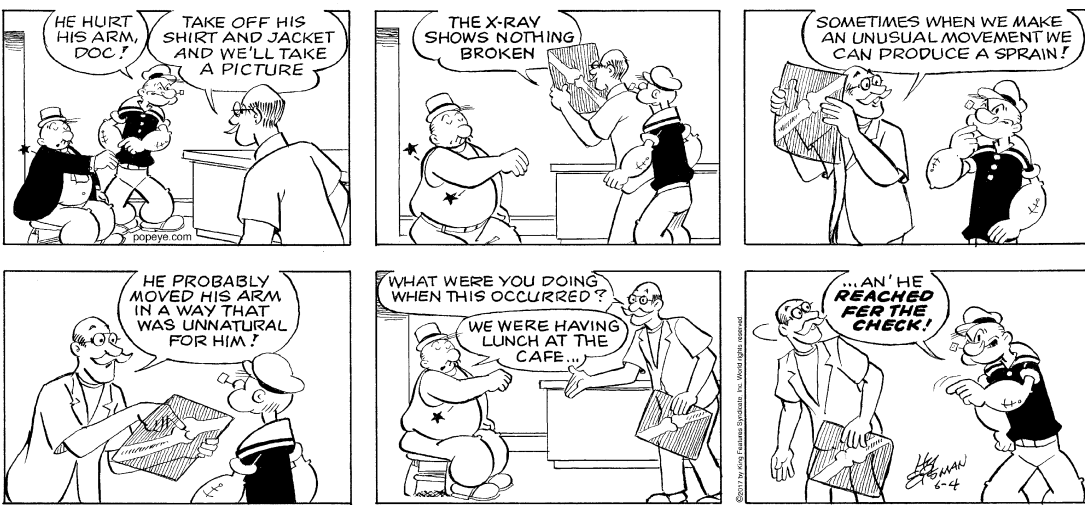
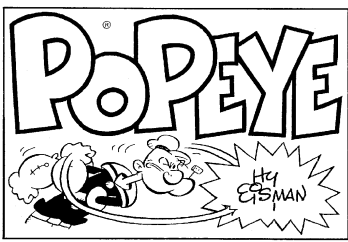


SIDE SHOW



TO YOUR GOOD HEALTH

Neck Deformation Appeared Suddenly

DEAR DR. ROACH: One day, I woke up and my neck was bent forward. Now my chin almost touches my chest. How much worse can this get? One doctor said he may have to break my neck and reset it. I can't look people in the face anymore; I'm looking at their belt buckle. -- R.W.

ANSWER: I can think of several reasons why your neck may be bent forward. One is a muscle problem. A severe muscle spasm in the neck can force the neck into an unnatural position, often very painful to move. This can go on for weeks. However, most people can force their neck into a normal position.

The second is a nerve problem. Cervical dystonia is the most important of these. Dystonia can present itself with the neck pointing to the side, forward or backward. It typi-

cally gets better and then worse, and is associated with sustained muscle contractions.

What the doctor said about "breaking your neck" doesn't make sense to me. However, since your doctor has suggested a possible spine surgery, the third, and most likely cause, is a skeletal problem. Kyphosis is the term for an abnormal forward deformity of the spine (as opposed to scoliosis, which is to the side). There are numerous causes, but in older men, the most likely is osteoporosis, which can cause very severe kyphosis, especially when in conjunction with vertebral fractures. I wonder if you had a vertebral compression fracture that made things suddenly worse.

Unfortunately, surgery for kyphosis has a very high complication rate and shouldn't be considered unless you are facing serious impediments, such as difficulty breathing or intractable pain. The best treatment is an exercise program. An orthopedic surgeon or physiatrist could make precise recommendations for your physical therapist.

DEAR DR. ROACH: I am a 75-year-old male on Coumadin who recently took a fall. I badly bruised my shin. Initially, it swelled up the size of half a grapefruit but now,

two weeks later, it's still very tender and the size of half an orange. I first iced and elevated it. Lately I have tried heat, an elastic wrap and even my TENS unit, but nothing seems to reduce the swelling and sensitivity. Any suggestions? -- B.N.

ANSWER: A bone bruise, called a periosteal hematoma, happens when small blood vessels are broken in the lining of the bone, called the periosteum. The blood collects and forms a tender lump at the site of injury. It can happen at any bone, but the shin is very common due to its being very superficial.

Warfarin (Coumadin) works by preventing the liver from making blood-clotting proteins, making for a larger blood collection, which takes longer to heal. As long as your INR is in range, though, it will eventually heal.

READERS: Worried about the strength of your bones? The osteoporosis pamphlet explains how to prevent this universal condition. Readers can obtain a copy by writing: Dr. Roach -- No. 1104W, 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 address. Please allow four weeks for delivery.

SALOME'S STARS

ARIES (March 21 to April 19) Recently obtained information could open a new opportunity for a career change. But temper that Arian impatience and act on it only when all the facts are made available.

TAURUS (April 20 to May 20) You're moving into a more active cycle. So put your ideas back on the table, where they'll be given the attention they deserve. Expect a favorable change in your love life.

GEMINI (May 21 to June 20) A friend might ask for a favor that you feel would compromise your values. Best advice: Confront him or her and explain why you must say no. A true friend will understand.

CANCER (June 21 to July 22) A relationship continues to develop

along positive lines. Meanwhile, a brewing job situation could create complications for one of your pet projects. Look into it right away.

LEO (July 23 to August 22) Your interest in a co-worker's project could lead to a profitable experience for you both. But before you agree to anything, be sure to get all your legal I's dotted and T's crossed.

VIRGO (August 23 to September 22) Be careful whose counsel you take about a possible long-distance move. Some advice might not necessarily be in your best interest. Stay focused on your goals.

LIBRA (September 23 to October 22) Someone might try to complicate efforts in an attempt to work out that confusing job situation. But don't let that keep you from sticking with your decision to push for a resolution.

SCORPIO (October 23 to November 21) A disagreement on how to handle a family problem could create more trouble for all concerned.

Look for ways to cool things down before they boil over.

SAGITTARIUS (November 22 to December 21) An unexpected change in long-standing workplace procedure and policy could provide a new career target for the Archer to aim at. Start making inquiries.

CAPRICORN (December 22 to January 19) You're finally able to get back into the swing of things, as those temporary doldrums begin to lift. Expect some surprising disclosures from a new colleague.

AQUARIUS (January 20 to February 18) Rely on your innate sense of justice to see you through a dilemma involving a family member. Other relatives who've stood back soon will come forward as well.

PISCES (February 19 to March 20) A new friend seems to be pushing you to take risks -- financial or otherwise. Best advice: Don't do it. They might have a hidden agenda that hasn't surfaced yet.

King Crossword

1	2	3	4	5	6	7	8	9	10	11
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15				16			17			
18			19		20	21				
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50					51			52		
53					54			55		

ACROSS

- 1 Slender
- 5 Cribbage scorer
- 8 Pinnacle
- 12 Defense acronym
- 13 Yon maiden
- 14 Capricorn
- 15 Portent
- 16 Yoko of music
- 17 Juli Inkster's org.
- 18 Lament
- 20 Sea greeting
- 22 Complete win
- 26 Coral structure
- 29 Allow
- 30 24 horas
- 31 Bear lair
- 32 Rowing need
- 33 Obsolete letter opener?
- 34 PC file extension
- 35 Jewel
- 36 Silences
- 37 1967 Lee Marvin movie, with "The"
- 40 Ms. Moore
- 41 Not alfresco
- 45 Teeny bit
- 47 Spot on a domino
- 49 -European
- 50 Padlocked

DOWN

- 1 Uppity one
- 2 Weak, as an excuse
- 3 Thing
- 4 Eyeglass
- 5 Cell, e.g.
- 6 Poetic time of day
- 8 Radiant
- 9 Work on manuscripts
- 10 Periodical, for short
- 11 Greek vowel
- 19 Every iota
- 21 White House monogram
- 23 Texas mission
- 24 Green land
- 25 Just say no
- 26 Scored 100 on
- 27 Urban transport
- 28 Take too much
- 32 Solver of the Riddle of the Sphinx
- 33 Old timer?
- 35 Workout locale
- 36 Chaps
- 38 Entice
- 39 Very quick
- 42 Sans siblings
- 43 Stench
- 44 Memorization method
- 45 "Eureka!"
- 46 Bill
- 48 Devil's minion

King Crossword Answers

Solution time: 25 mins.

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

