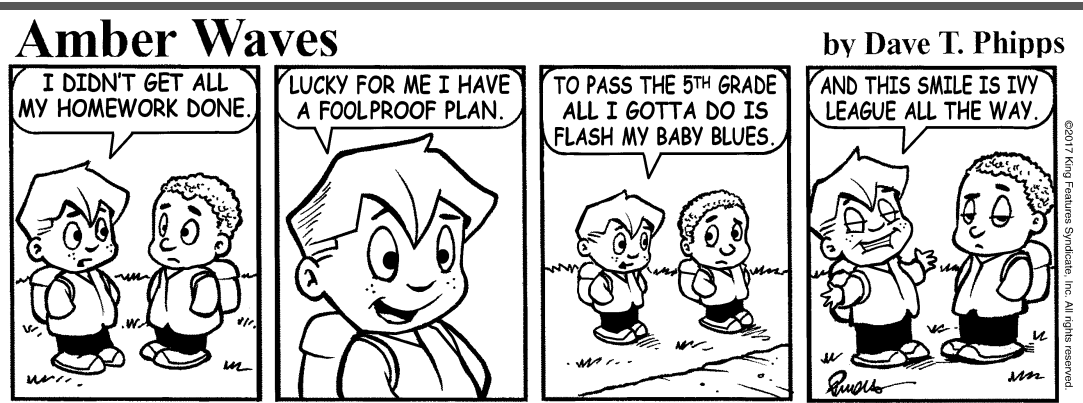
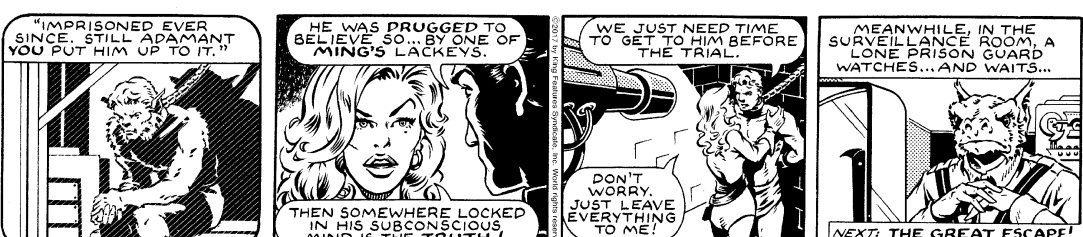
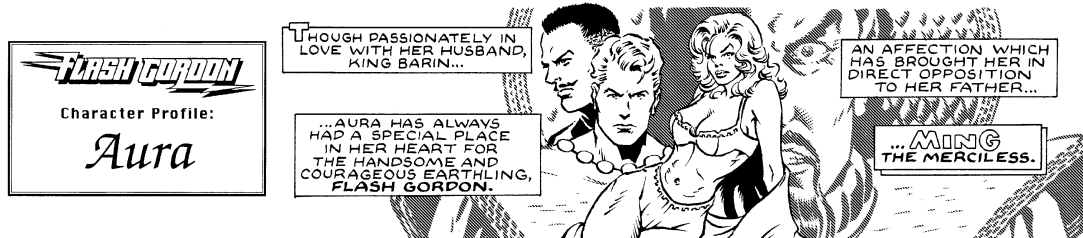
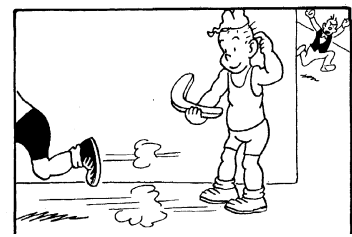
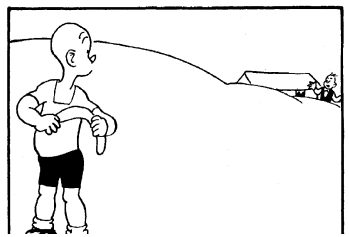
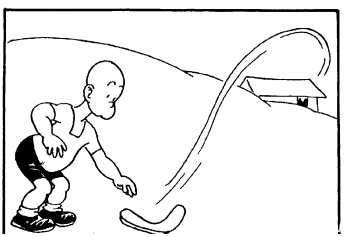
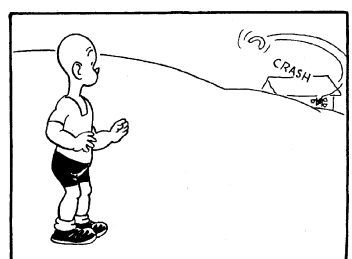
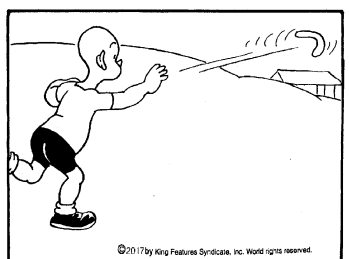
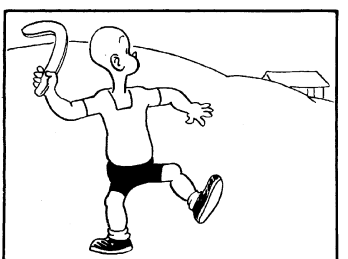
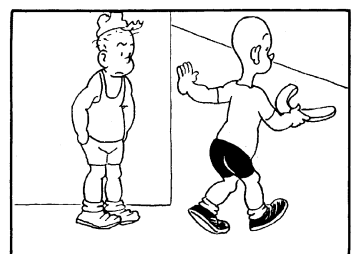
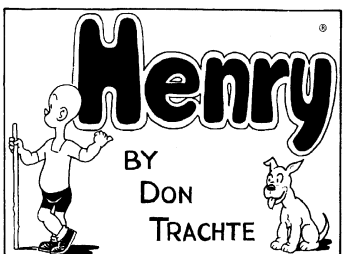
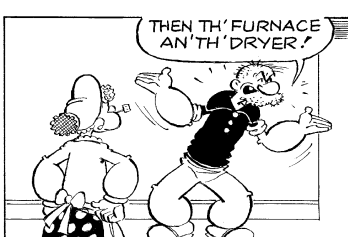
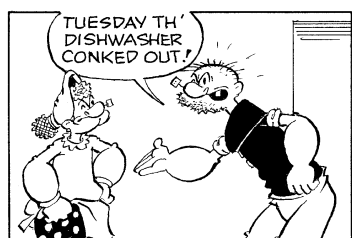
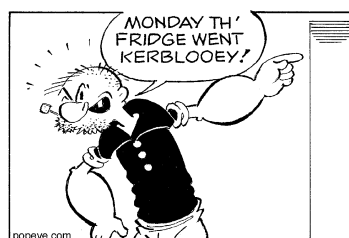
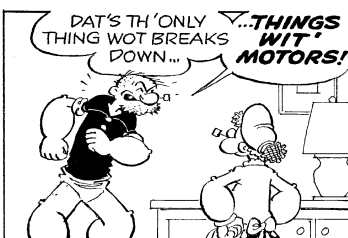
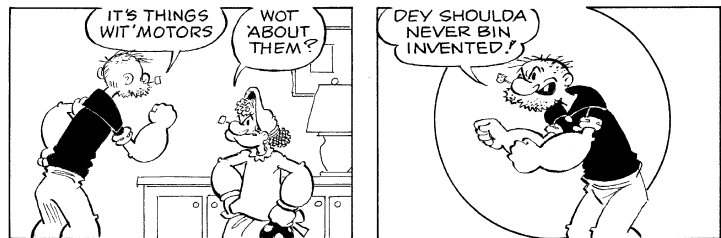
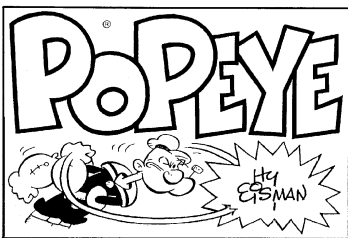


# SIDE SHOW



## TO YOUR GOOD HEALTH

### Watch Out For This Common Skin Cancer

**DEAR DR. ROACH:** I am fair-skinned and have had sunburns in the past, so I have been diligent about looking for rough, scaly skin patches that might turn into cancer and dark irregular patches that might be melanoma. But I had not read anything about watching for a pore that bleeds, heals and bleeds again. I have a place like that on my nose and just thought it was thin skin. There was no bump, no redness, no scaling; just occasional bleeding. Then it would heal and everything seemed fine.

Now I find out from my dermatologist that it is basal skin cancer, it grows down into the skin, and I will have to have Mohs surgery to remove the cancer and plastic surgery to repair it. I want everyone

to know to watch for this kind of symptom and get to a doctor immediately if they have it. -- W.R.

**ANSWER:** A basal cell carcinoma is a skin cancer, probably the most common cancer in the U.S., and is most common among light-skinned people. It's unusual in people with very dark skin. It is more common in men, and increases in frequency with age. As you note, sunlight is the major risk factor, although sunburns aren't necessary to develop BCC. Use of tanning beds also greatly increase the risk for skin cancer, and I strongly discourage their use.

BCCs can appear in several different forms. They often appear as a nodule on the face, with dilated blood vessels that can bleed and ulcerate (causing a shallow pit). On the trunk, they can appear as a superficial red patch. They also can appear as firm, deeper, scar-like lesions.

Because they can appear in such a varied manner, ANY new skin lesion, especially in a light-skinned person with sun exposure, should be evaluated by a professional. Any nonhealing sore or one that periodically bleeds is particularly

at risk.

Although BCCs rarely, if ever, spread outside the skin, they can grow locally and be disfiguring. Once one has occurred, additional skin cancers are much more likely, so a periodic total skin exam by a dermatologist is essential.

**DEAR DR. ROACH:** I developed a ganglion cyst in the palm of my hand virtually overnight. Where did it come from, and how do I get rid of it? It's very annoying. -- V.L.

**ANSWER:** A ganglion is a cystic structure that is associated with a tendon sheath or joint. They most commonly occur in the wrist. It's not clear why they occur: One theory is that they are from the tissue around a joint that makes joint fluid, the synovium.

They often go away by themselves, but a surgeon can remove fluid from them with a syringe, and sometimes inject medication to keep them from recurring. Surgery is occasionally necessary for painful ganglia that keep recurring.

I urge you to resist the advice you will get to whack it with a book (traditionally, a Bible). That can cause many small ones.

## SALOME'S STARS

problem that has taken on some unexpectedly difficult aspects. Stay with it until it's resolved. News on a more positive note is due soon.

**LEO** (July 23 to August 22) Some snags could cause delays in those plans you're eager to see put into operation. But be patient. The Clever Cat will soon have good reason to celebrate a job well done.

**VIRGO** (August 23 to September 22) Be careful not to let that Virgan sensitivity dissuade you from being the hardheaded realist you should be at this time. Your goals are in sight. Stay focused on them.

**LIBRA** (September 23 to October 22) A more positive aspect opens up, allowing you to make some important changes in a personal situation. Remember to seek balance and avoid extremes as you proceed.

**SCORPIO** (October 23 to November 21) This is a good week to get out and enjoy the fine times you missed while you were so deep in

those workaday projects. Be sure to share it with that special person.

**SAGITTARIUS** (November 22 to December 21) Work and play are in balance this week. However, expect news that could tip things toward the workplace for quite a while. But all to a good end.

**CAPRICORN** (December 22 to January 19) You're more productive on the job than you have been in some time. That's good. But be careful not to overlook some situations developing in your private life.

**AQUARIUS** (January 20 to February 18) You've been doing a lot for others (as usual). But now it's time to focus on your needs, including finally going on that long-delayed trip you've been hoping to make.

**PISCES** (February 19 to March 20) It's all smoothly going on 'twixt you and that very special person in your life. But a colleague causes some disruption on the job that you might be called on to help settle.

### King Crossword

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41					42	43				44	45
46					47					48	
49					50					51	

**ACROSS**

1 Muppet master Henson  
4 Wile E. Coyote's supplier  
8 Low- — diet  
12 Mimic  
13 Make dinner  
14 Medley  
15 Preside over  
17 Walden, for one  
18 Mountain goat  
19 Feudal lord  
20 Choir members  
22 You  
24 Slender  
25 Mao Zedong's title  
29 Encountered  
30 Band section  
31 Praise in verse  
32 Like kebab  
34 Greek letters  
35 Walk in the woods  
36 Expositions  
37 Less  
40 Sicko, for short  
41 Rue the run  
42 Steep  
46 Bistro name starter  
47 Shakes-peare's river  
48 Plaything

**DOWN**

1 Predicament  
2 Wall St. debut  
3 Indulge in reflection  
4 Farm statistic  
5 Wheelde  
6 Witticism  
7 — out a living  
8 Office machine  
9 — vera

10 Circle  
11 Olympic skier  
16 Black, in verse  
19 Island neckwear  
20 Charitable donations  
21 Onion relative  
22 Crowd?  
23 Full house, e.g.  
25 Stopper  
26 Spur on  
27 Hebrew month  
28 Loch —

30 Estate recipient  
33 Asthmatic, maybe  
34 Deserve  
36 Pretense  
37 Datum  
38 Reverberate  
39 Timely query  
40 Campus VIP  
42 Wrestling surface  
43 Actress Gardner  
44 AAA job  
45 Storm center

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### King Crossword Answers

Solution time: 27 mins.

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

### Just Like Cats & Dogs

CONTACTS COST TWICE AS MUCH SO I FIGURE: I'M MARRIED, WHO AM I TRYING TO IMPRESS ANYWAY?

**Siuslaw News**  
READ IT TODAY