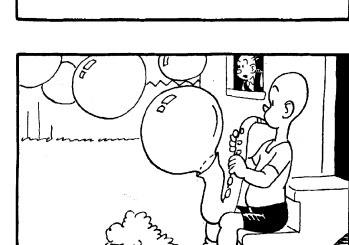
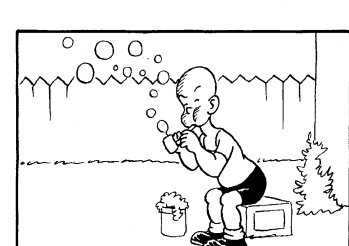
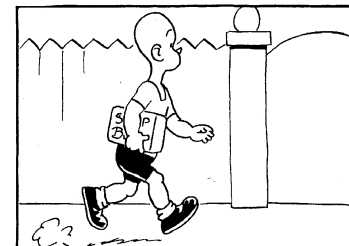
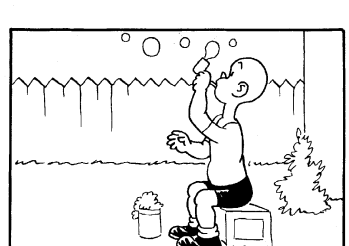
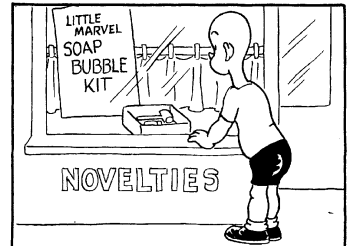
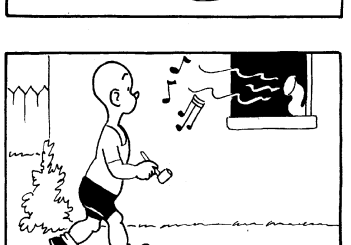
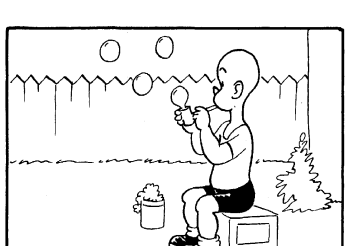
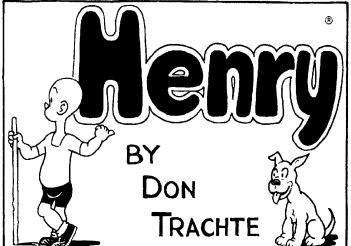
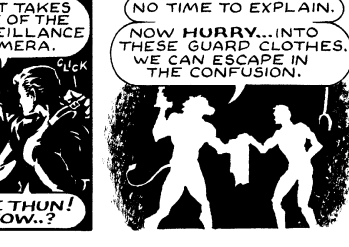
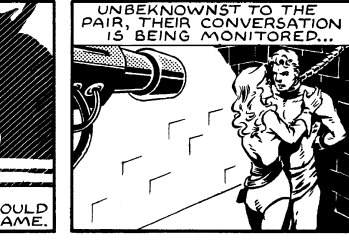
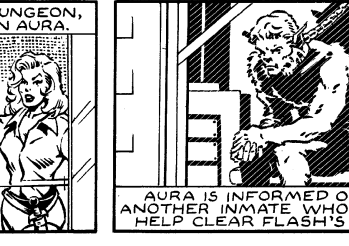
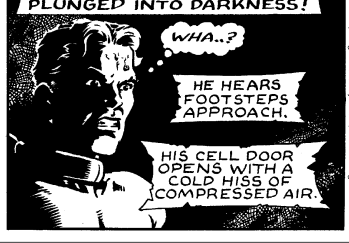
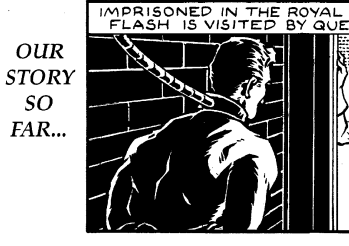
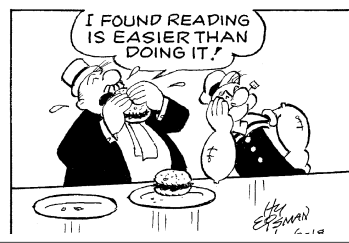
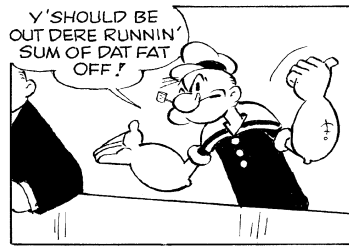
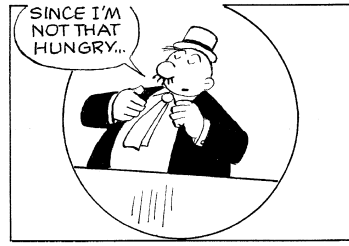
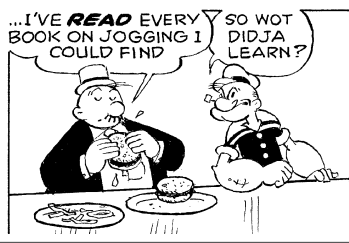
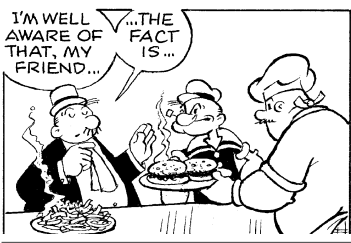
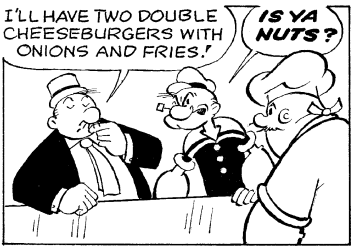
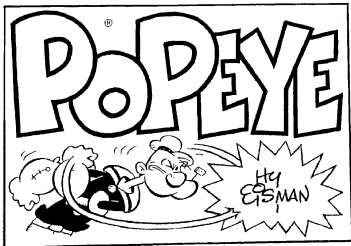


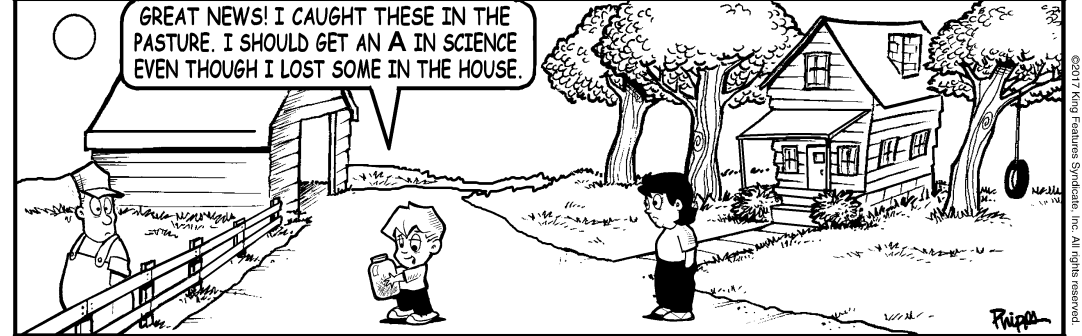
SIDE SHOW



Out on a Limb



Amber Waves



TO YOUR GOOD HEALTH

Time to Replace Heart Valve Again?

DEAR DR. ROACH: I had mitral valve prolapse for many years. In 2005, I got an infection, and it ended up as endocarditis. My mitral valve was not able to be repaired. I got a porcine valve. I am starting to have a little problem with my heart. Have you heard of a doctor doing a second replacement? My cardiologist says it is a really big deal. -- J.L.F.

ANSWER: Endocarditis is an exceedingly serious infection of the heart valves. It is much more likely in people who have damaged heart valves, such as from rheumatic fever, but it also can happen in people with normal heart valves. Endocarditis is treated with antibiotics, almost always intravenously to begin with, but complications such as an abscess or heart failure may require surgery, either repair or a valve replacement. I have seen many cases of replace-

ment of a damaged prosthetic valve. As your cardiologist suggests, the risk of the operation is high. However, if the valve is very damaged, you don't really have any other options. It is clear that the decision to replace a prosthetic valve is difficult and should be undertaken only if other treatments have failed. An experienced cardiac surgeon, hospital and entire team is critical.

You didn't say what the new problem with your heart is. A recurrence of infection is fairly common, since artificial valves, both bioprosthetic (like your porcine valve) and mechanical, are at higher risk of becoming infected. Consultation with an infectious disease expert certainly would be appropriate, if that were the case.

Readers wishing for more information on heart valve disorders can order the booklet on that subject by writing: Dr. Roach -- No. 105W, 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: At age 45, I was diagnosed with bipolar II disorder. I am now 60 and have diligently taken medication, and I have never experienced the manic/depression

swings associated with bipolar disease. I rarely hear anything about bipolar II. Can you tell me something about it? -- D.T.

ANSWER: Bipolar disorder is a complex spectrum of diseases that have in common drastic changes in mood and behavior. Depression is the most common initial mood disorder in bipolar disorder. Bipolar I disorder is diagnosed when there are manic episodes. A manic episode is defined medically as an abnormal, persistently elevated mood with increased activity or energy, lasting at least a week. Feelings of increased self-esteem, decreased need for sleep, being unusually talkative, having racing ideas and distractibility are common. Spending sprees, sexual indiscretions and foolish investments sometimes happen during these episodes.

In bipolar II, true manic episodes are not present. Depression always is, as is at least one episode of hypomania, which is similar to manic episodes but less severe or long-lasting. Bipolar II is probably underdiagnosed, partly because hypomania can be hard to recognize. It is important to make the diagnosis, since treatment is different, and it is worth reconsidering the diagnosis if treatment is ineffective.

SALOME'S STARS

ARIES (March 21 to April 19) Be prepared to face some challenges stirred up by an envious colleague. Your best defense is the Arian's innate honesty. Stick with the truth, and you'll come out ahead.

TAURUS (April 20 to May 20) Your sensitivity to the needs of others is admirable. But be careful to avoid those who would take unfair advantage of your good nature, especially where money is involved.

GEMINI (May 21 to June 20) Having an optimistic attitude is fine, as far as it goes. But don't be lulled into a false sense of confidence. There still are problems to deal with before you can totally relax.

CANCER (June 21 to July 22) You might feel somewhat "crabby," as you

fuss over plans that don't seem to work out. Maybe you're trying too hard. Ease up and let things happen without forcing them.

LEO (July 23 to August 23) Heed that keen Leonine instinct. It's trying to tell you to delay making a decision until you're sure there are no hidden problems that could cause trouble later on.

VIRGO (August 23 to September 22) This is a good time to reach out to those who might be nursing hurt feelings over recent events. Best advice: Ignore any pettiness that could delay the healing process.

LIBRA (September 23 to October 22) Your understanding helps a colleague get through a difficult period. Although you didn't do it for a reward, be assured that your actions will be repaid down the line.

SCORPIO (October 23 to November 21) You score some high marks in the workplace, which will count in your favor when you face

the possibility of changing direction on your current career path.

SAGITTARIUS (November 22 to December 21) Your goal lies straight ahead. Stay focused on it and avoid distractions that could throw off your aim and cause potentially detrimental delays.

CAPRICORN (December 22 to January 19) Keep that burst of exuberance in check and resist pushing through your new project before it's ready. In your personal life, a family member again needs help.

AQUARIUS (January 20 to February 18) Paying attention to your work is important this week. But so are your relationships with those special people in your life. Make time for them as well.

PISCES (February 19 to March 20) Good news. Someone is about to repay a long-standing debt. But be warned. That same someone could try to charm you into lending it back unless you say no and mean it.

King Crossword

ACROSS

- 1 Lingerie buys
- 5 Poet
- 9 Gas stat
- 12 "That hurts!"
- 13 Divisible by two
- 14 Ailing
- 15 Bullets
- 16 Crumbly cheese
- 17 Prompt
- 18 Jet forth
- 19 Raw rock
- 20 Contemptible
- 21 It holds the mayo
- 23 Masseur's workplace
- 25 Native range horse
- 28 Psychedelic
- 32 Second president
- 33 Green shade
- 34 Hat
- 36 Spurn
- 37 Schedule abbr.
- 38 Ostrich's cousin
- 39 Piglet's papa
- 42 Rx meas.
- 44 Silent
- 48 Abrade
- 49 Venus de —
- 50 Item on stage
- 51 Anger
- 52 Responsibility

DOWN

- 1 Featherly accessories
- 2 Type of roast
- 3 Top
- 4 Skilled equestrian
- 5 Preceding
- 6 State with certainty
- 7 Check again
- 8 "CSI" evidence
- 9 Layered mineral
- 10 Calculator key
- 11 Merriment
- 20 Court no-show
- 22 No liability
- 24 Preface
- 25 Grimalkin
- 26 Fuss and feathers
- 27 Shriek bark
- 29 Slapstick missile
- 30 Plastic piping
- 31 Still
- 35 PG-13, e.g.
- 36 Rest
- 39 Cheese choice
- 40 Yours and mine
- 41 Help hoods
- 43 Speak unclearly
- 45 Pakistani tongue
- 46 Apparel
- 47 Duel tool
- 49 Cattle call

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King Crossword

Answers
Solution time: 24 mins.

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

