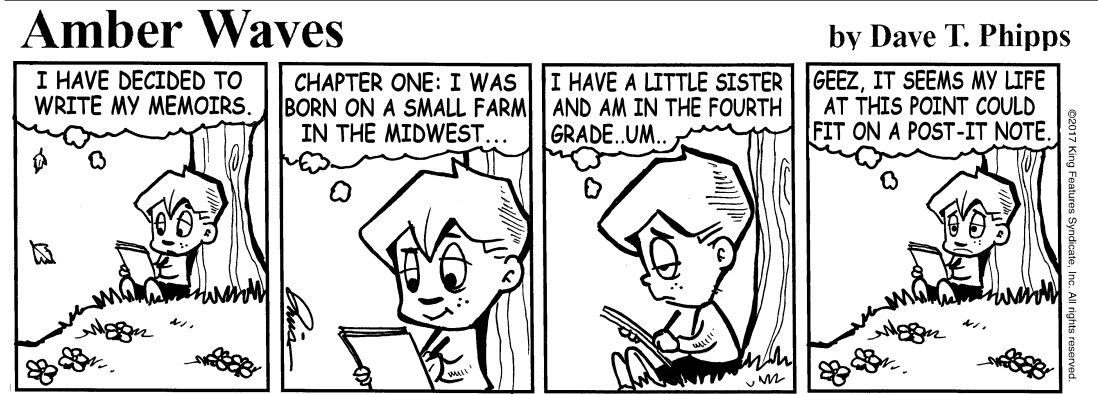
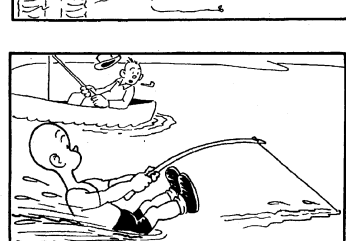
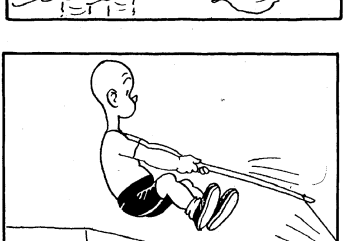
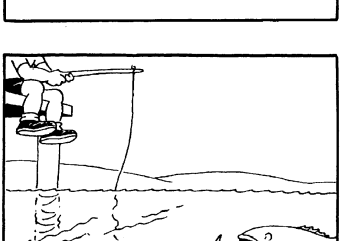
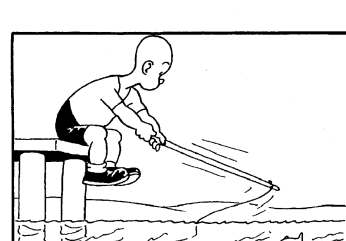
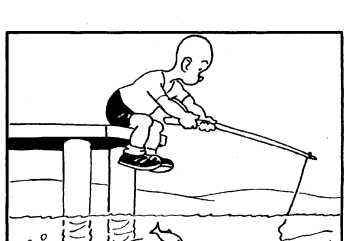
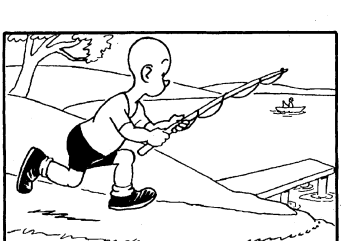
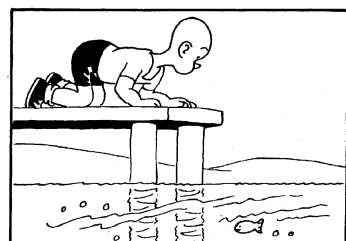
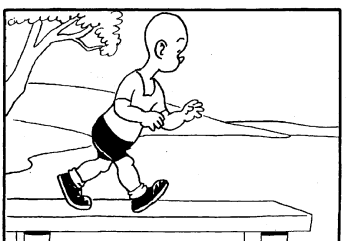
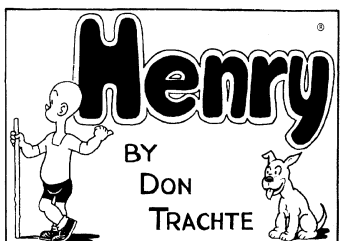
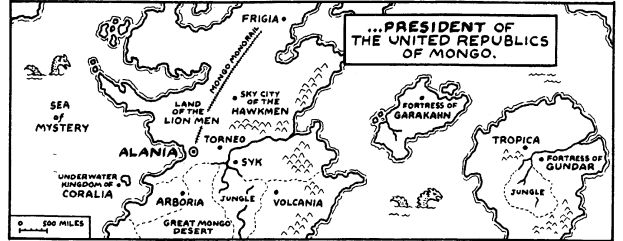
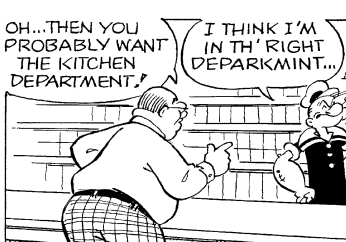
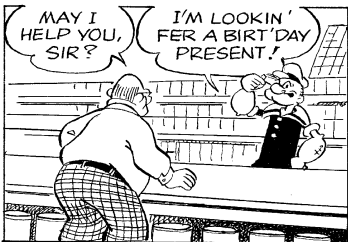
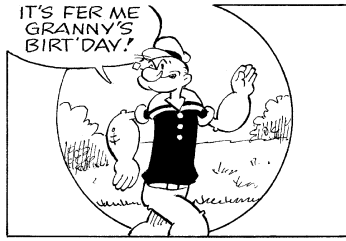
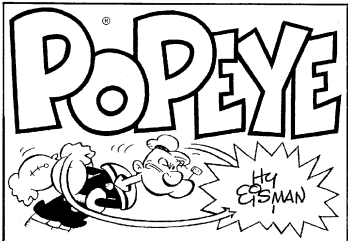


SIDE SHOW



TO YOUR GOOD HEALTH

Sense of Smell, Taste Likely Gone for Good

DEAR DR. ROACH: I am an 86-year-old male who unfortunately lost my sense of smell and, to a large degree, my sense of taste as a result of taking fluticasone propionate nasal spray (50 mcg, one spray in each nostril once a day). This drug was prescribed by my doctor. After finding out that I could not smell fresh coffee even when I put my face over the open container and sniffed, I knew I had a problem.

I mentioned this to another doctor (the prescribing doctor had transferred), and he casually mentioned that that happens and that it could take a year to come back. Well, the year has come and gone, and I haven't regained my sense of smell. The literature that accompanies this drug does mention that a possible

side effect is the loss of the senses of smell and taste. But this comes only after reading through more than five columns of small print.

It may not seem like a big deal to be unable to smell the coffee, but I am also unable to smell natural gas, and living in a house with a furnace, hot water heater, clothes dryer and cooktop stove all powered by natural gas, it becomes a serious problem. I am hoping that you can give me some advice as to how I can restore my senses of smell and taste.

ANSWER: I certainly found the warning that fluticasone, like other nasal steroids, can cause alterations in taste and smell. However, I couldn't find in the published literature a case of someone losing his or her sense of smell entirely from nasal steroids. Some blood pressure medicines have been known to do it, as can nutritional deficiencies, tumors and Sjogren's syndrome. Exposure to some chemicals can cause temporary loss of smell. Alzheimer's and Parkinson's diseases sometimes cause loss of sense of smell.

Anytime the sense of smell is lost, most people notice a dramatic loss of taste as well. This may be

because the aromas of food are the most important contributor to flavor.

Unfortunately, after a year it is likely the loss will be permanent, and I don't know of any way to bring it back. When researching your question, I found many references to studies that looked at fluticasone as a treatment for loss of sense of smell, which gives further evidence to the unfortunate and unusual apparent cause in your case. It worries me that your new doctor was so casual about this loss: It IS a big issue, and it sounds like he may not have evaluated you for other possible causes.

DR. ROACH WRITES: I got some good advice about my column on improving patient-physician communication. One tip I received, and one which I often recommend for my patients, is to make a list of the important questions you want to ask your doctor. Another is to bring someone with you. Finally, doctors can help by providing not only verbal advice, but written advice as well. This isn't always necessary or even possible, but often it can really improve the patient's understanding.

SALOME'S STARS

ARIES (March 21 to April 19) You're wise to let your Arian skepticism question a former adversary's request to let bygones be bygones. Time will tell if they are trying to pull the wool over the Lamb's eyes.

TAURUS (April 20 to May 20) Congratulations. Your hard work soon pays off with some well-deserved recognition. Meanwhile, that important personal relationship needs more attention from you.

GEMINI (May 21 to June 20) That new person in your life seems trustworthy, but don't turn him or her into a confidant just yet. Remember: The secret you don't reveal is the one you won't lose sleep over.

CANCER (June 21 to July 22) Your kindness makes a difference in some-

one's life. But by week's end, a touch of Cancerian envy could create a problem with a colleague. Take care to keep it under control.

LEO (July 23 to August 22) A new spurt of energy sends you roaring back into that challenging work situation. But be careful not to overdo it, or your sizzle could fizzle before your task is completed.

VIRGO (August 23 to September 22) Your practical sense helps you see the logic of being a bit more flexible with a workplace colleague. But you still have a ways to go before there's a true meeting of the minds.

LIBRA (September 23 to October 22) A surprise situation could cause you to spend more money than you feel you can afford. But careful budget adjustments will help. Your fiscal picture soon brightens.

SCORPIO (October 23 to November 21) That decision you made might still have its detractors, but your supporters are growing. Meanwhile, your

personal life takes on some welcome new developments.

SAGITTARIUS (November 22 to December 21) Matters of the mind intrigue the sage Sagittarian through week's end. By then, you should feel more than ready to make room for pursuits of the heart.

CAPRICORN (December 22 to January 19) The canny Capricorn can offer good counsel to others. But how about taking some advice yourself from a close friend or family member who is able and ready to help?

AQUARIUS (January 20 to February 18) A new workplace opportunity offers a variety of challenges that you might find intriguing. Best advice: Take things one step at a time so that you don't feel overwhelmed.

PISCES (February 19 to March 20) A bid to revive a relationship that ended on a bitter note needs to be carefully thought out before you can even begin to consider plunging into a new emotional commitment.

King Crossword

1	2	3	4	5	6	7	8	9	10	11		
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50	51	52					53	54			55	
56							57				58	
59							60				61	

ACROSS

- 1 James Bond, e.g.
- 4 "Nip/—"
- 8 Pizzazz
- 12 Afternoon affair
- 13 Curved molding
- 14 San —, Italy
- 15 Grecian vessel
- 16 Diploma
- 18 Prejudiced person
- 20 Meadow
- 21 On the right track
- 24 Book of maps
- 28 "Beauty is only —"
- 32 Region
- 33 Wrestling win
- 34 Llamas' range
- 36 Set of parts
- 37 Choir voice
- 39 Chicago-style, as pizza
- 41 Rage
- 43 Unsigned (abbr.)
- 44 Favorite
- 46 Shul VIP
- 50 Exemplar of dullness
- 55 Say it's OK
- 56 On the briny
- 57 Prolonged sleep
- 58 List-ending abbr.
- 59 Feds
- 60 Animated character
- 61 "Doo" follower

DOWN

- 1 Half a ticket
- 2 Actress Gilpin
- 3 Masculine side
- 4 Fat-fried tortilla
- 5 "That's awful!"
- 6 Third letter
- 7 Ship's backbone
- 8 Lesser substitute
- 9 Albanian money
- 10 Parisian pal
- 11 — sequitur
- 17 Shell game need
- 19 Possess
- 22 Tear
- 23 Jason's wife, in myth
- 25 Norse trickster god
- 26 Blackbirds
- 27 Rogen or Meyers
- 28 Hot tubs
- 29 Scot's garment
- 30 Really enjoying
- 31 Hammerhead part
- 35 Accessory for 29-Down
- 38 Parentless
- 40 "CSI" evidence
- 42 Kitten's comment
- 45 Diplomacy
- 47 Suffered from a cut
- 48 Alpha follower
- 49 Pruritus
- 50 Hammarskjold of UN fame
- 51 Doctrine
- 52 Get a glimpse of
- 53 As well
- 54 Comedian Philips

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King Crossword

Answers

Solution time: 25 mins.

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

ARE YOU KIDDING? EVERYONE KNOWS THE BEST SANDWICHES ARE ONES THAT ARE PHYSICALLY IMPOSSIBLE TO EAT!

Siuslaw News
READ IT TODAY!