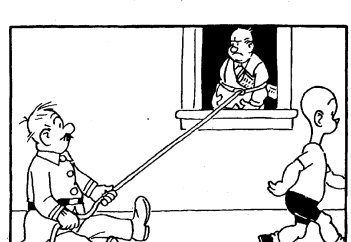
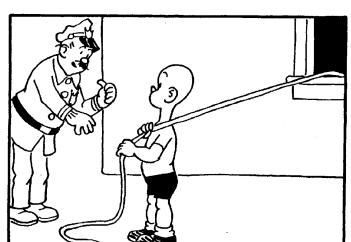
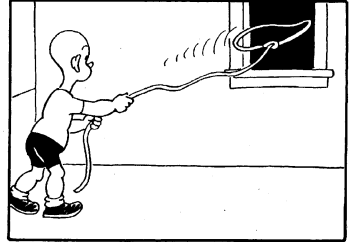
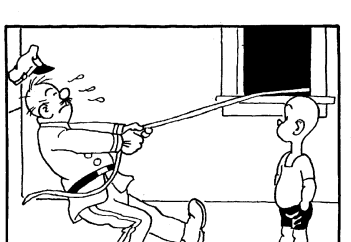
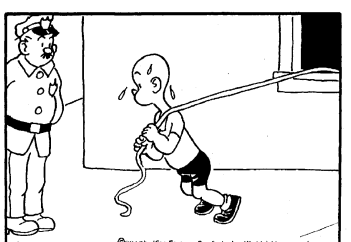
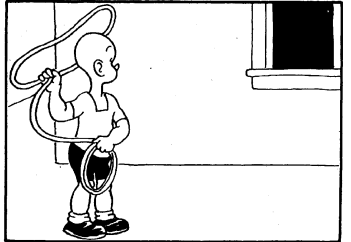
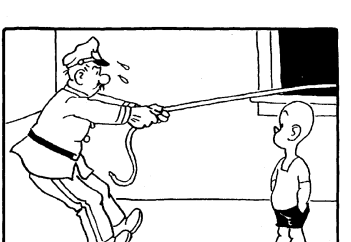
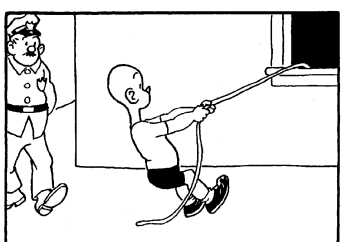
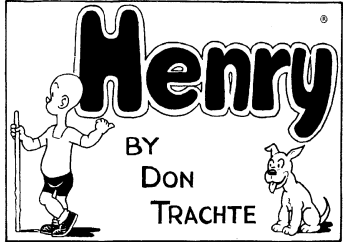
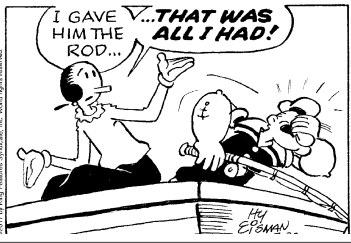
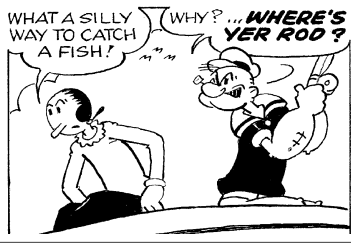
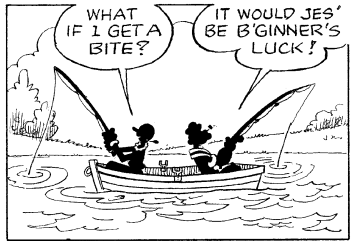
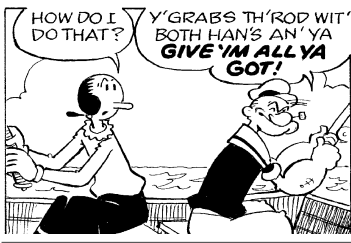
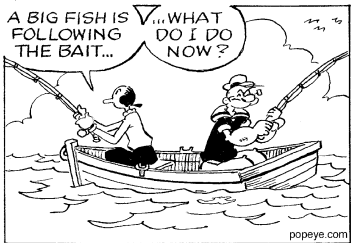
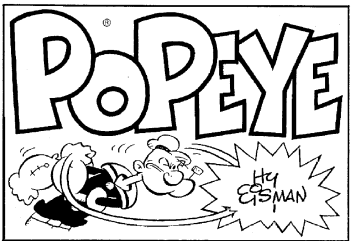


SIDE SHOW



TO YOUR GOOD HEALTH

Strange Dreams? Check Medications

DEAR DR. ROACH: I am 90 years old and take many medications. I am having many different dreams at night. Can medications cause this? -- A.C.

ANSWER: Pretty much whenever I get the question, "Can medications cause this?" the answer is "yes." In your case, it's very clear that some medications cause unusual dreams in many people who take them. Antibiotics, antidepressants, blood pressure medications and even sleeping medications can cause remarkable dreams. Some people hate this side effect; others enjoy it. Knowing that medications could be causing them often is a source of relief.

I would caution you not to stop your medications suddenly or without talking to your doctor. You should go over your list of medicines and try to discover which are the most likely to be the source.

SALOME'S STARS

ARIES (March 21 to April 19) A strong social whirl brings a new round of good times to fun-loving Rams and Ewes. Cupid also is busy aiming arrows at single Lambs hoping for a heart-to-heart encounter.

TAURUS (April 20 to May 20) A romantic incident could take a more serious turn if the Divine Bovine considers meeting Cupid's challenge. Meanwhile, a professional opportunity also is about to turn up.

GEMINI (May 21 to June 20) A bit of hardheaded realism could be just what the Twins need at this emotionally challenged time. Face the facts as they are, not as you want them to be. Good luck.

CANCER (June 21 to July 22) Many opportunities open up. But you

Sometimes, a medicine can be stopped if the dreams are very bothersome.

DEAR DR. ROACH: I am a 62-year-old man who likes to ride his bicycle for exercise. I ride on paved trails and streets, approximately 10 miles at a time with an eye on extending the length of my rides. I own a road bike, but currently I ride a bike that provides a more upright seating position. In either case, the seat is narrow and firm. My body is in a forward-leaning position while riding.

Should I be concerned with my prostate gland or any other body parts in that general area? I wear padded bicycle shorts when riding. I have annual physicals, and I am not aware of any problems. I do have an older brother who is going through radiation treatment for prostate cancer, and he used to ride to and from his work. His rides were not extreme.

I have read cautionary reports from the bike community about such things, but they seem to focus on the more exposed body parts. Lance Armstrong comes to mind in this regard. -- Anon.

ANSWER: There is research looking at three areas of men's health with regard to cycling: pros-

tate, sexual dysfunction and testicular cancer. The results suggest no or very small increased risk in prostate cancer or sexual dysfunction. However, some bike saddles and riding positions do put pressure on the nerves and arteries that supply the penis. Finding a comfortable saddle that doesn't cause numbness, avoiding very long rides and standing up periodically on the pedals can prevent problems. Biking shorts help most people.

Although some early studies did link cycling with testicular cancer, most authorities now believe there is no such link. In fact, regular exercise reduces risk of both testicular and prostate cancer.

DEAR DR. ROACH: I am 73 years old, with osteoporosis and scoliosis. Can scoliosis be corrected? -- W.E.W.

ANSWER: Osteoporosis is loss of strength of the bones, and scoliosis is a curvature of the spine. They may or may not be related. The osteoporosis should be treated, but the scoliosis usually does not need to be treated. Muscle strengthening exercises are important, and braces and injections may be used. Surgery is reserved for very severe cases, particularly in adults.

need to be aware of their actual pros and cons. Check them all out and make your choice from those that offer more of what you seek.

LEO (July 23 to August 22) A more stable situation begins, allowing you to feel more secure about making important decisions. Meanwhile, be sure to meet your project deadline so you can move on to other things.

VIRGO (August 23 to September 22) Congratulations. A new personal relationship thrives as you learn how to make room in your busy life for this wonderfully warm and exciting emotional experience.

LIBRA (September 23 to October 22) A new contact opens some doors. That's the good news. But there's a caution involved: Be sure you protect your rights to your work before showing it to anyone.

SCORPIO (October 23 to November 21) A former colleague might seek to resume a working partnership. Ask yourself if you need it. If yes, get more

information. If no, respectfully decline the request.

SAGITTARIUS (November 22 to December 21) Good times dominate your aspect. So why not have a party to celebrate a loved one's success? And do invite that special person you want to know better.

CAPRICORN (December 22 to January 19) The shy side of the Sea Goat soon gives way to your more assertive self. This should help you when it comes time to speak up for yourself and your achievements.

AQUARIUS (January 20 to February 18) A new period of stability will help you deal with some recently re-worked plans. Once you get your current task done, you can devote more time to personal matters.

PISCES (February 19 to March 20) Things are finally much more stable these days, so you can restart the process of meeting your well-planned goals with fewer chances of interruption or delay.

King Crossword

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King Crossword Answers

Solution time: 27 mins.

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Just Like Cats & Dogs by Dave T. Phipps

I'M NOT QUITE READY TO GO TO LUNCH. WAIT IN RECEPTION AND LET EVERYONE KNOW YOU'RE WAITING... EAGERLY.

Siustlaw News
READ IT TODAY!