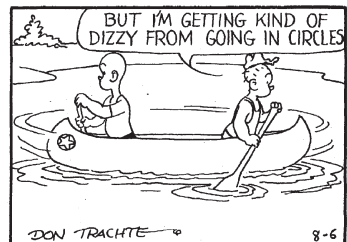
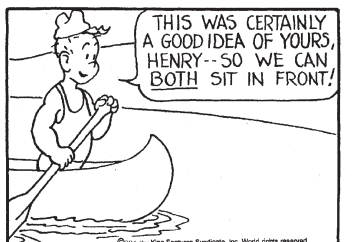
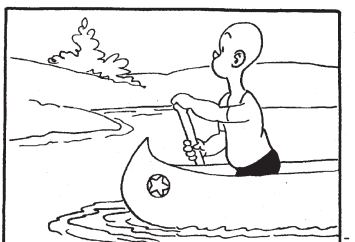
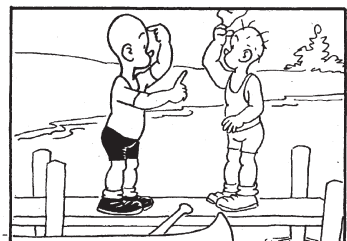
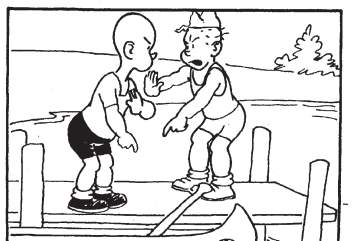
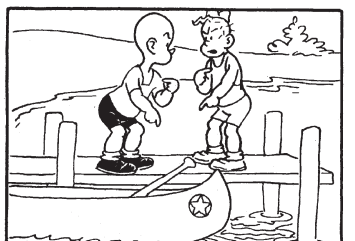
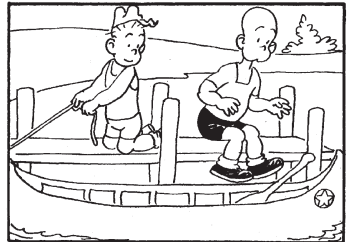
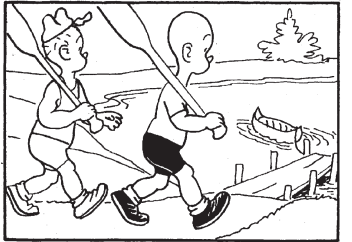
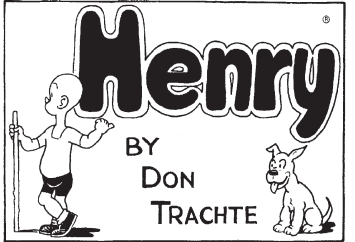
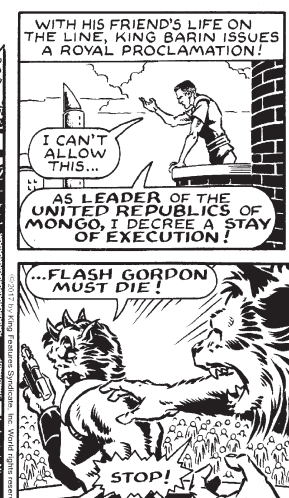
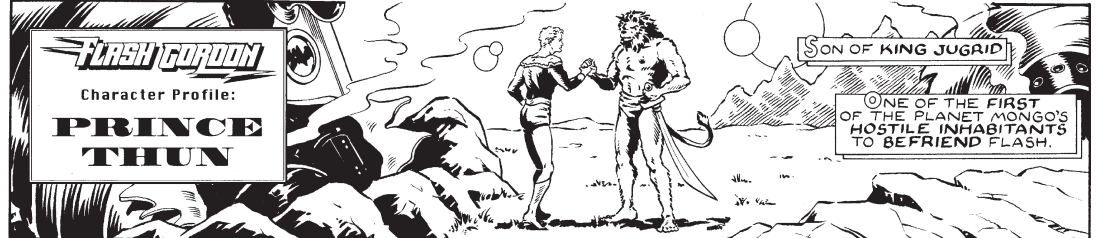
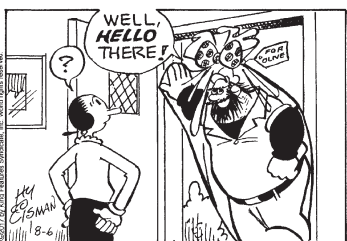
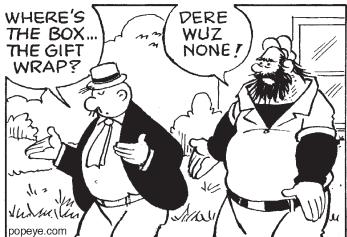
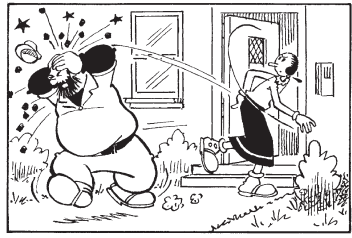
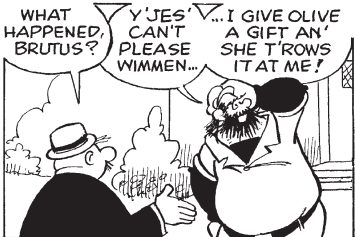
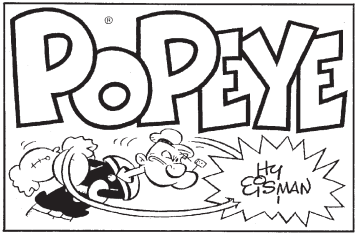
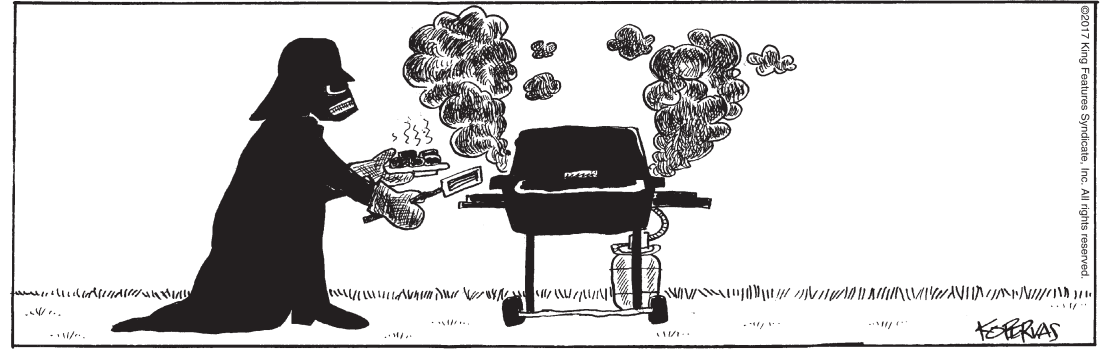


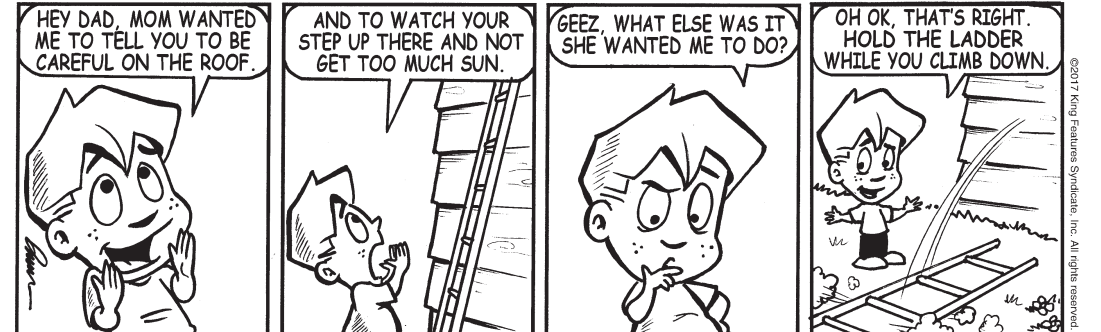
SIDE SHOW



Out on a Limb by Gary Kopervas



Amber Waves by Dave T. Phipps



TO YOUR GOOD HEALTH

Tracking Osteoporosis Through Testing

DEAR DR. ROACH: I have mild osteoporosis in one area. I was on Fosamax for seven years. I have been off for two years. My doctor is suggesting I go back on Fosamax. Your thoughts on treatment in my case? -- A.B.

DEAR DR. ROACH: I have been advised that Medicare will cover the bone density test only every two years. If that's true, why? -- A.L.

ANSWER: Osteoporosis is loss of bone minerals and strength. There are at least two ways to measure changes in bones, whether as an age-related drop in bone density and strength or as an increase in response to treatment. One way is to measure the bone density via an X-ray (DEXA). The other is a urine test, N-telopeptide of collagen (abbreviated NTX), which looks at net bone loss.

DEXA correlates well to fracture risk, but it changes very slowly. In

fact, it changes so slowly that a repeat test within two years usually reflects variability in the test itself rather than an actual change in the bone, which is why most insurance companies -- and, yes, Medicare -- will cover the test only every two years.

Some experts believe that measuring NTX is a useful way of measuring the effectiveness of treatment, such as with a medication like Fosamax. Further, although the optimum duration of treatment for osteoporosis isn't clear, five years is commonly used (as it sounds like is the case for A.B.).

NTX can guide whether restarting treatment is necessary. There just isn't enough information to make this a general recommendation, although the theory makes sense to me. If I were treating someone in A.B.'s situation, I would restart treatment if the NTX level showed high bone resorption.

READERS: Nearly every woman, if she lives long enough, must come to grips with osteoporosis. To order the booklet about this debilitating disease, write to 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 and address. Please allow up to four weeks for delivery.

DEAR DR. ROACH: What are your thoughts about the MiraDRY procedure to get rid of underarm sweat? Is it safe not to have sweat under the arms? -- S.J.

ANSWER: MiraDRY is the brand name of a microwave device designed to treat hyperhidrosis (excessive sweating). This is a condition of abnormal, drenching sweat that greatly interferes with social activities, not normal underarm sweating. It is currently used only for underarms -- not hands, feet or face, the other most common places for localized hyperhidrosis. According to several published papers, the microwaves heat up the water in the sweat glands, destroying them, while the skin itself is cooled. The published success rates (at reducing sweating to "never noticeable" or "tolerable") are very high, as are patient satisfaction results. Side effects included swelling, redness and temporary numbness.

This is a new procedure, but it appears to have promise in the treatment of excess sweating. I also found a very helpful website at www.sweathelp.org.

SALOME'S STARS

ARIES (March 21 to April 19) As eager as you are to take on that new challenge, it would be best to temper that spurt of "Ram"-bunctious energy until you have more facts to back up your decision.

TAURUS (April 20 to May 20) This is a good time for hardworking Bovines to take a break from their hectic on-the-job schedules to bask in the unconditional love and support of friends and family.

GEMINI (May 21 to June 20) Pay attention to what you hear in the workplace. You could pick up some hints about possible changes. Meanwhile, a new infusion of creative energy sets in by week's end.

CANCER (June 21 to July 22) Try to be more flexible in dealing with a

suddenly difficult situation, whether it's on the job or in the home. Others might have some good points to offer. Listen to them.

LEO (July 23 to August 22) You might think you're not getting the royal treatment you deserve. But be careful not to become a royal pain by complaining about it. Be patient and allow things to work out.

VIRGO (August 23 to September 22) Watch that penchant for being super-judgmental at work. It might create a bad impression with someone whose decisions could determine the course of your career.

LIBRA (September 23 to October 22) You've been your usual busy-bee self, gathering nectar wherever you can find it. But now's a good time to kick back, relax and just enjoy smelling the roses.

SCORPIO (October 23 to November 21) That pesky personal situation seems to be improving. But change comes slowly, so be patient. Expect

someone to bring more positive news by week's end.

SAGITTARIUS (November 22 to December 21) Whoa! Ease up on that hectic pace you've been putting yourself through. Take time to recharge your energy levels before going full gallop again.

CAPRICORN (December 22 to January 19) Try to be intrigued, not intimidated, by the issues you're suddenly facing, and you'll be ahead of the game. Don't be afraid to demand answers to your questions.

AQUARIUS (January 20 to February 18) New associates freezing you out of their inner circle? Never mind. Put a warm smile on that friendly face of yours, and you'll soon thaw them all down to size.

PISCES (February 19 to March 20) Your wise guidance helps colleagues agree to compromise and move forward. Meanwhile, there are still vital issues you need to deal with in your personal life.

King Crossword

ACROSS

- 1 — out a living
- 4 Chops clumsily
- 9 Zodiac feline
- 12 "The Thin Man" actress
- 13 Foolish
- 14 Sixth sense, for short
- 15 Students' excursion
- 17 Chubby
- 18 Oklahoma city
- 19 Ranking
- 21 Laundry container
- 24 "I'll — and I'll puff ..."
- 25 A Gershwin brother
- 26 Just out
- 28 Corn
- 31 Outlet
- 33 Depressed
- 35 Oboe insert
- 36 Relaxed
- 38 Pouch
- 40 Trail behind
- 41 Bus rider's payment
- 43 Walk like a duck
- 45 Original
- 47 Modern-day evidence
- 48 Fib
- 49 Voles, e.g.
- 54 Every bit
- 55 Terrycloth

1	2	3	4	5	6	7	8	9	10	11
12			13						14	
15		16						17		
		18				19	20			
21	22	23				24				
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		41		42		43		44		
45	46					47				
48			49	50				51	52	53
54						55			56	
57						58			59	

- item
- snack
- 27 Existed
- 56 Illuminated
- 8 Anatomical
- 29 Ardor
- 57 Homer
- wall
- 30 Advantage
- Simpson's
- 9 Where the unexpected
- 32 Squad
- neighbor
- "comes out of"
- 34 Time waster
- 58 Cubic meter
- 10 Birthright
- 37 Conscripts
- 59 Fond du —, Wis.
- barterer
- 39 Something wicked?
- 11 Chooses, with "for"
- 42 His work inspired "Cats"
- 16 Sitter's creation
- 44 Beaver's structure
- 45 Blueprint
- 20 Somewhere out there
- 50 Female sheep
- 46 Anger
- 21 Bee's home
- 51 Ailing
- 22 Neighborhood
- 52 Spy org.
- 53 And so on (abbr.)
- 23 Actress Jayne

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King Crossword

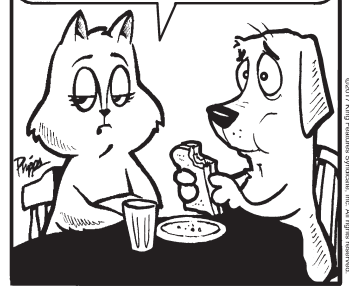
Answers

Solution time: 21 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

IF YOU DON'T LIKE IT I UNDERSTAND. I MADE IT WHEN WE WERE ARGUING AND I FORGOT WHAT I PUT IN IT.



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