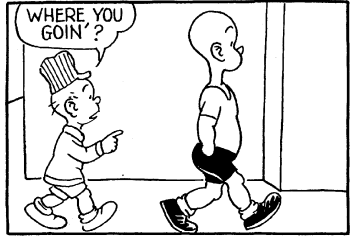
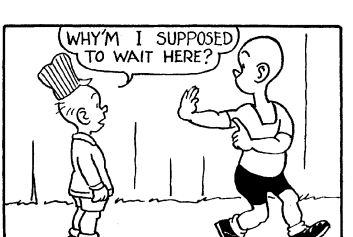
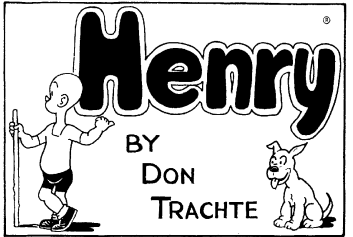
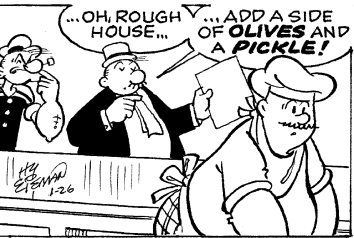
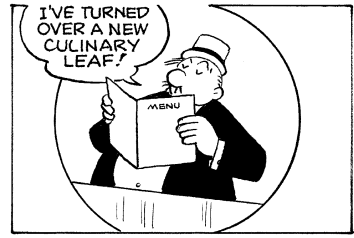
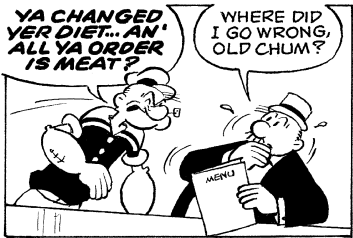
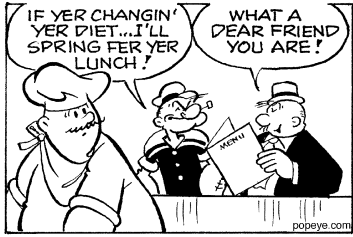
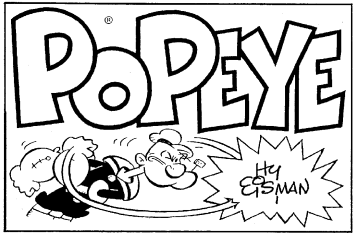
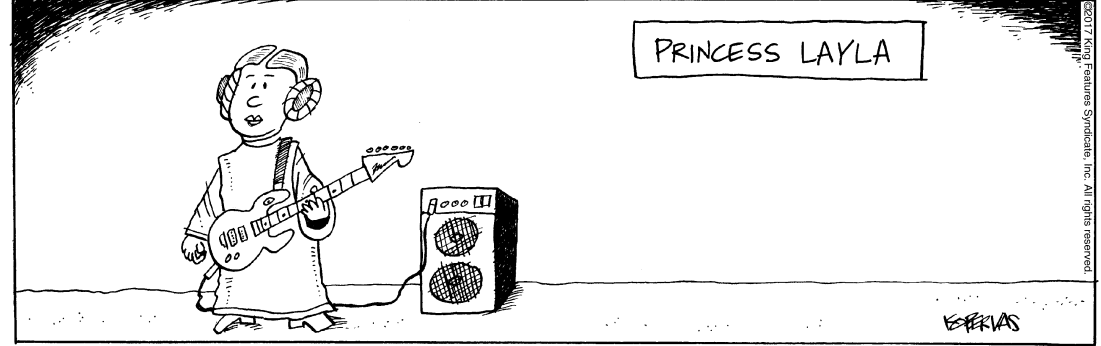


SIDE SHOW



Out on a Limb by Gary Kopervas



Amber Waves by Dave T. Phipps



TO YOUR GOOD HEALTH

Lupus Is More Than a Single Disease

DEAR DR. ROACH: After having a body rash for five months, I finally was diagnosed as having subacute lupus. After searching on the Internet, I got very little understandable information. I am an 83-year-old very healthy woman. -- J.B.

ANSWER: Lupus (literally "wolf," as the classic rash of systemic lupus erythematosus was thought to resemble a wolf bite) is a complicated group of related diseases, including SLE (the "full-blown" syndrome, which can affect many organ systems, although itself highly variable), discoid lupus erythematosus (a skin condition that can exist by itself or as part of SLE) and subacute cutaneous lupus erythematosus, which I think you are referring to.

SCLE is a skin condition that starts as small, red, scaly raised bumps, which coalesce or form ring-like patterns on the trunk, shoulders, forearms and neck, but usually not the face. About a third of the time,

SCLE is related to a medication. Many medications are associated with development of SCLE, including blood pressure medications, some statins, omeprazole and other anti-ulcer and GERD medications. About half the time, SCLE occurs in combination with systemic lupus.

Treatment of SCLE involves careful avoidance of direct sunlight, including the use of sunscreen and sun-protective clothing. Any drug commonly associated with SCLE should be stopped, if possible. Stopping smoking may improve the disease. Low vitamin D level often is associated with SCLE (possibly because people are avoiding sunlight), so supplementation may be necessary.

If medications are needed, topical steroids are probably the most effective treatment. Topical calcineurin inhibitors such as tacrolimus (Protopic) are (very) expensive alternatives.

So many people ask me to comment on dietary treatment that I will mention that although there is no data to prove it, I have anecdotally found that the "anti-inflammatory diet" of high fruits and vegetables, low saturated fat, low processed and high whole-grain products, and high omega-3 fatty acids such as fatty fish and walnuts, may improve

symptoms of lupus, and is a generally healthy diet for most people.

I found two especially good websites for more information: www.lupus.org and www.mollysfund.org.

READERS: Since lupus affects many organs and joints, the signs and symptoms are equally many, and most who suffer are women. To learn more, order the Arthritis & Lupus booklet by writing: Dr. Roach -- No. 301W, 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 53, I was diagnosed with prostate cancer, and since this runs in my family, I had the cancer removed. For three years now, I have gotten the PSA test done and my numbers have been steady at 0.01. Some friends say I should go for additional radiation treatments, but my doctor says I'm fine. I believe in my doctor, but maybe you can put the argument to rest. -- M.P.

ANSWER: Believe in your doctor. A persistently low PSA is very good evidence that the cancer is cured or at least staying quiet. If the PSA starts increasing (which I hope it doesn't), your doctor will go over your options with you.

SALOME'S STARS

ARIES (March 21 to April 19) You might feel compelled to get involved on the "right side" of a seemingly unfair fight. But appearances can be deceptive. Get the facts before going forth into the fray.

TAURUS (April 20 to May 20) Bullying others into agreeing with your position could cause resentment. Instead, persuade them to join you by making your case on a logical point-by-point basis.

GEMINI (May 21 to June 20) Resist pushing for a workplace decision you might feel is long overdue. Your impatience could backfire. Meanwhile, focus on that still-unsettled personal situation.

CANCER (June 21 to July 22) Your aspects favor doing something differ-

ent. You might decide to redecorate your home, or take a trip somewhere you've never been, or even change your hairstyle.

LEO (July 23 to August 22) You might want to take a break from your busy schedule to restore your energy levels. Use this less-hectic time to also reassess your plans and make needed changes.

VIRGO (August 23 to September 22) What you like to think of as determination might be seen by others as nothing more than stubbornness. Try to be more flexible if you hope to get things resolved.

LIBRA (September 23 to October 22) Watch that you don't unwittingly reveal work-related information to the wrong person. Best to say nothing until you get official clearance to open up.

SCORPIO (October 23 to November 21) With things settling down at work or at home, you can now take on a new challenge without fear of dis-

traction. Be open to helpful suggestions from colleagues.

SAGITTARIUS (November 22 to December 21) Your creativity can help resolve an emotional situation that might otherwise get out of hand. Continue to be your usual caring, sensitive self.

CAPRICORN (December 22 to January 19) You could impress a lot of influential people with the way you untangle a few knotty problems. Meanwhile, a colleague is set to share some welcome news.

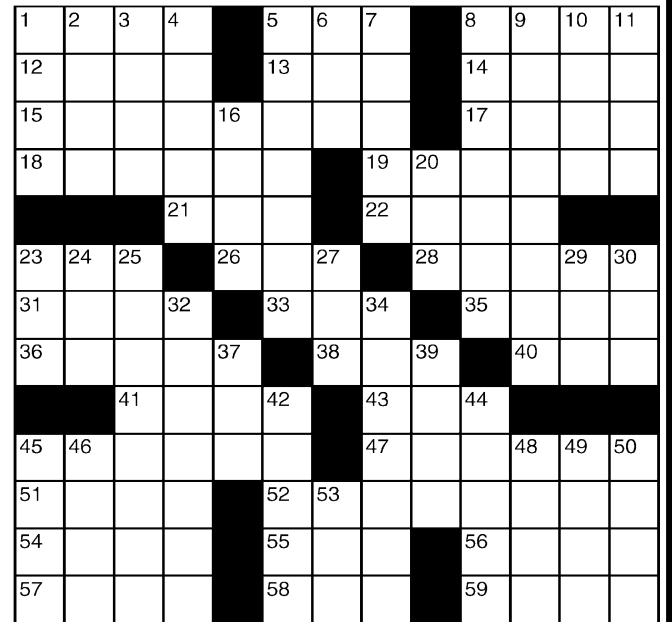
AQUARIUS (January 20 to February 18) Aspects favor recharging your social life and meeting new people. It's also a good time to renew friendships that might be stagnating due to neglect on both sides.

PISCES (February 19 to March 20) Congratulations. Your talent for working out a highly technical problem earns you well-deserved praise. The weekend could bring news about a friend or relative.

King Crossword

ACROSS

- 1 Recycling containers
- 5 Cauldron
- 8 Aladdin's —
- 12 And others (Abbr.)
- 13 "Go, team!"
- 14 Israeli airline
- 15 Hamlet's castle
- 17 Theater award
- 18 Aircraft
- 19 Tomorrow, in Tijuana
- 21 Space
- 22 Grand tale
- 23 Ref
- 26 Energy
- 28 Ancestor of Noah
- 31 Equitable
- 33 Knock
- 35 Great Lake
- 36 Possessed
- 38 24 hours
- 40 Corn spike
- 41 "Yeah, right!"
- 43 Pirouette
- 45 Just say no
- 47 Senator's minimum age
- 51 Fermi's particle
- 52 One of Alvin's cohorts
- 54 Certain
- 55 Mangy mutt



- 56 Hebrew month
- 57 The — Piper of Hamelin
- 58 Coop dweller
- 59 Rod partner

DOWN

- 1 Honk
- 2 "— have to do"
- 3 Houston acronym
- 4 David's weapon
- 5 Flourish
- 6 Scull tool
- 7 Central
- 8 Strong and regal
- 9 Tuna type
- 10 Primary
- 11 Entreaty
- 16 Tide type
- 20 Mimic
- 23 E.T.'s craft
- 24 Gullet
- 25 Ship in a Gilbert & Sullivan work
- 27 Cushion
- 29 Spy org.
- 30 Yon maiden
- 32 Picked up where you left
- 34 Seamstress' aid
- 37 Insult (Sl.)
- 39 Pirate's refrain
- 42 Command to Fido
- 44 Duck down
- 45 Grate
- 46 Needle case
- 48 Portrayal
- 49 Verifiable
- 50 Holler
- 53 Coloration

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King Crossword

Answers

Solution time: 25 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

