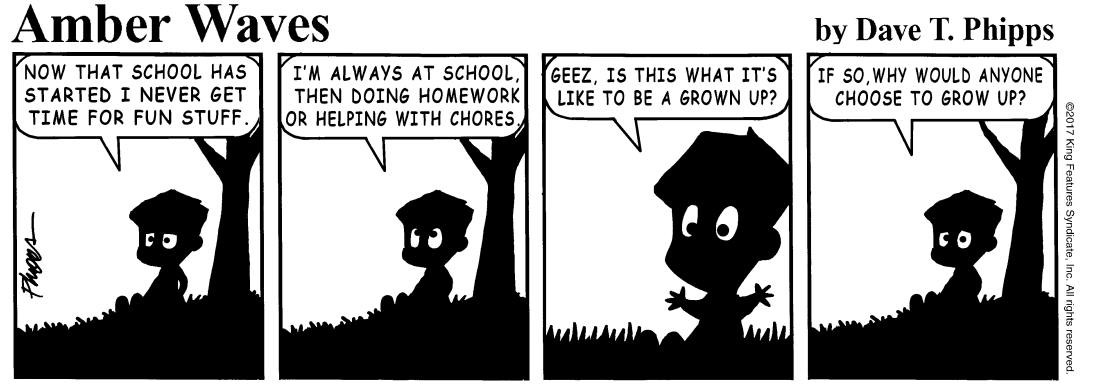
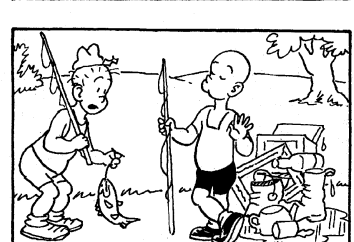
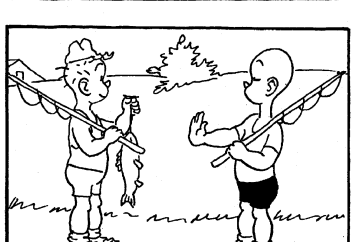
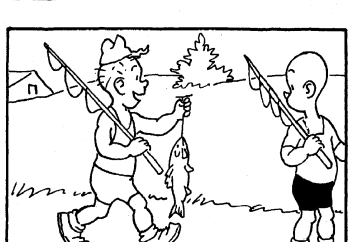
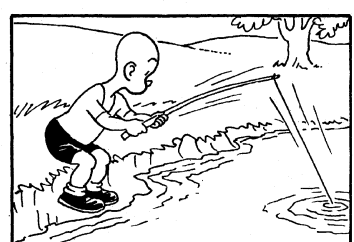
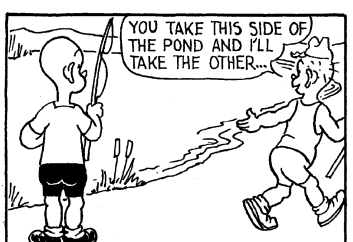
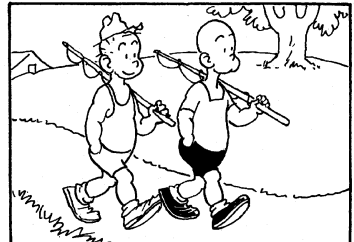
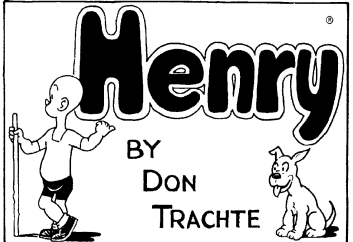
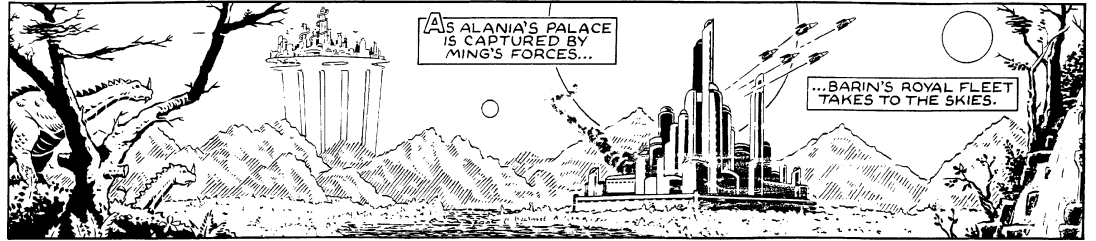
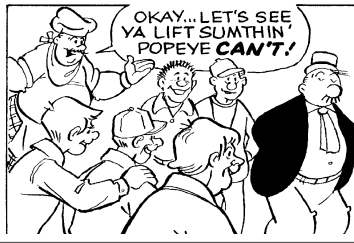
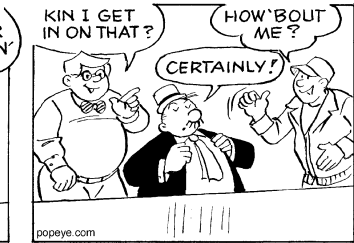
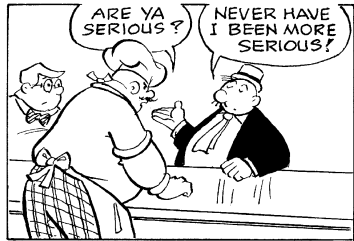
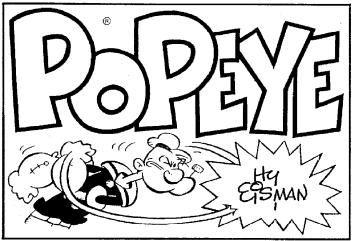


# SIDE SHOW



## TO YOUR GOOD HEALTH

### A Fib Increases Risk of Blood Clots, Stroke

**DEAR DR. ROACH:** I have been taking warfarin (Coumadin) for two years now. I started taking it after a knee-replacement surgery, when they discovered I had atrial fibrillation. I have high blood pressure and high cholesterol that are controlled with medication, and diabetes controlled with diet. Do you think I need to be on warfarin if my blood pressure and cholesterol are well-controlled? Before the surgery I was on two 81-mg tablets of aspirin. Could I safely go back? -- J.K.

**ANSWER:** Doctors recommend warfarin or other anticoagulant medication for people with atrial fibrillation -- a chaotic condition of the electrical system of the heart -- if they have more than minimal risk for blood clots and stroke. Older age, female sex, high blood pressure and diabetes (even if controlled), congestive heart failure and history

of stroke or vascular disease all increase risk for stroke in people with atrial fibrillation, also known as A fib.

Although I don't know how old you are, just being female and having high blood pressure and diabetes puts you in a risk category where you would normally be recommended to stay on anticoagulation. Never stop warfarin (or similar medication) without first discussing it with your physician.

**READERS:** Atrial fibrillation affects some 2 million Americans and becomes more common as we age. To learn more about A fib, order the booklet on Heartbeat Irregularities by writing: Dr. Roach -- No. 107W, 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:** I am a post-menopausal woman (12 years since my last cycle). Last month, I had a light period that lasted over a week. I have seen my OB/GYN, who sent me for a pelvic ultrasound and a transvaginal ultrasound. The only thing it showed was a thickening of the lining. I then had a

biopsy, and the results came back showing normal cells. He seems stumped, and said that if it happens again, he'd suggest a D and C. But, as he acknowledged, a 66-year-old woman isn't supposed to be having periods. Obviously, he and I both know something isn't right but just don't know what it might be. Any thoughts? -- D.H.

**ANSWER:** Any bleeding after menopause needs to be evaluated, since it can represent uterine cancer about 10 percent of the time. Fortunately, that is very unlikely with a normal biopsy. Since you did have a thickened endometrium, it is possible that you have endometrial hyperplasia, though this should have shown up on the biopsy. An ultrasound should have picked up a polyp.

If it does happen again, you should certainly have further evaluation. Even though a negative biopsy is very good evidence that there isn't a cancer, no test is perfect. About 20 percent of women with persistent bleeding after a normal biopsy had cancer or a precancerous lesion. This occasionally happens when the uterine cancer is in one focal place, rather than present throughout the lining of the uterus.

## SALOME'S STARS

**ARIES** (March 21 to April 19) You're eager to Ram headfirst into that new project. But before you do, find out why some of your colleagues might not appear to be as gung-ho about it as you are.

**TAURUS** (April 20 to May 20) All that dedicated hard work you've been putting in pays off better than you expected. So go ahead, reward yourself with something befitting a beauty-loving Bovine.

**GEMINI** (May 21 to June 20) It's a good time to take on that new challenge. And if your self-confidence is sagging, instead of telling yourself why you can't do it, list all the reasons why you can.

**CANCER** (June 21 to July 22) This is one time when you might want to

put some distance between you and the job at hand. It will give you a better perspective on what you've done and still need to do.

**LEO** (July 23 to August 22) Resist that occasional lapse into Leonine laziness that sometimes overtakes the Big Cat. Don't cut corners. Do the job right at this time, or you might have to redo it later.

**VIRGO** (August 23 to September 22) You know how you like to do things. And that's fine. But watch that you don't impose your methods on others. A current financial crunch soon eases.

**LIBRA** (September 23 to October 22) Someone might try to take advantage of your generosity. But before your sensitivity toward others overwhelms your good sense, check his or her story out carefully.

**SCORPIO** (October 23 to November 21) Your strong Scorpion sense of fairness lets you see all sides of a dispute. Continue to remain impartial as

you help each person work through his or her particular grievance.

**SAGITTARIUS** (November 22 to December 21) Trust your keen Sagittarian insight to help you see through an offer that might not be all it claims. A closer look could reveal disturbing elements.

**CAPRICORN** (December 22 to January 19) With the Goat exhibiting a more dominant aspect these days, you could find it easier to make your case in front of even the most skeptical audience.

**AQUARIUS** (January 20 to February 18) Take things nice and easy as you continue to build up your energy reserves for a big change that's coming with the full Hunter's Moon on Oct. 29.

**PISCES** (February 19 to March 20) Recent news from someone you trust could help you make an important decision. Also, be prepared to confront an upcoming change in a personal situation.

### King Crossword

1	2	3	4	5	6	7	8	9	10	11	
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47				48	49	50					
51				52				53			
54				55				56			

**ACROSS**

- 1 Stroller
- 5 Goya subject
- 9 Playwright Levin
- 12 Emanation
- 13 Press agent?
- 14 Affirmative action?
- 15 Stormy, as weather
- 17 IRS employee
- 18 Dwell
- 19 Bygone anesthetic
- 21 "Monopoly" corner
- 22 "Car Talk" medium
- 24 Clone
- 27 Solidify
- 28 Coconut provider
- 31 Many millenia
- 32 Lubricate
- 33 Afternoon social
- 34 Ness or Lomond
- 36 Whatever number
- 37 Membership
- 38 Takes a break
- 40 Roker or Yankovic
- 41 Brother of Curly
- 43 Public celebration
- 47 Extinct kin of the kiwi
- 48 April payment
- 51 Boom times
- 52 Twice-monthly tide
- 53 String instrument
- 54 "Holy cow!"
- 55 Recedes
- 56 Gaelic

**DOWN**

- 1 Twosome
- 2 Mysterious character
- 3 Curved paths
- 4 Speak evil of
- 5 Marceau's specialty
- 6 Exist
- 7 Stewart of
- 8 Chipped in a chip
- 9 Not fully developed
- 10 Lasso
- 11 Hebrew month
- 16 Tokyo's old name
- 20 Gratuity
- 22 Jockey's handful
- 23 Partner
- 24 Aviv preceder
- 25 Court
- 26 Grow
- 27 Capricorn
- 29 Meadow
- 30 Wrestling surface
- 35 Height of fashion?
- 37 Record holder
- 39 Backbone
- 40 Intent
- 41 Self-satisfied
- 42 Crosby pal
- 43 Dandies
- 44 Use a teaspoon
- 45 New Mexico art colony
- 46 Wheelbase terminus
- 49 Kan. neighbor
- 50 Taxi

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### King Crossword

Answers

Solution time: 25 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

ALRIGHT, CHECK YOUR CELL. THERE'S GOTTA BE AN APP THAT ALERTS US THAT YOUR MOTHER IS STOPPING BY.

Siuslaw News

READ IT TODAY