

# LIFE

## It can take months to recover from mono

**Q** When we dropped off our daughter at camp this summer, our main worry was that she might get exposed to COVID-19. Instead, she came home with mono. I would like to know more about this disease and what it means for her in the future.

**A** Mono, short for mononucleosis, is a contagious disease that is common in teens and young adults. The primary cause is infection with the Epstein-Barr virus, or EBV.

Someone is at risk of getting mononucleosis when they come into direct contact with an infected individual's bodily fluids. Most often this is saliva, which is how mono has come to be known as "the kissing disease." It can spread via the droplets of a sneeze or a cough; through shared objects, such as eating utensils, a glass or a toothbrush; and, yes, with a kiss.

When the Epstein-Barr virus reaches the back of someone's throat, it begins to replicate. It then spreads throughout the body via the lymph system. Healthy people who are infected often show no symptoms. That makes identifying or controlling an outbreak difficult. So does the fact that symptoms arise four to six weeks after the initial infection. The disease usually makes itself known with a persistent sore throat that is accompanied by low-grade fever and swollen

### ASK THE DOCTORS



**EVE GLAZIER**



**ELIZABETH KO**

glands or tender lymph nodes. Fatigue or exhaustion are also often present. Additional symptoms include headache, body aches, rash or an enlarged spleen. Some individuals with mono may experience liver inflammation, which can cause jaundice.

The unique combination of disease symptoms is usually adequate to guide a diagnosis. It can be confirmed with blood tests to assess liver function, white blood cell count and the presence of antibodies to the virus. Treatment focuses on managing those symptoms to keep the person comfortable. This begins with plenty of rest, hydration and a healthful diet. Fever, aches and pains can be addressed with acetaminophen or ibuprofen. It's important not to give aspirin to children and teens who have flu-like

illness, as it has been linked to Reye's syndrome. This is a rare but serious disease that can lead to liver failure, and which can be fatal. Secondary infections sometimes arise in people with mono and must be addressed by a physician. Depending on the severity of the illness, it's possible that the person's spleen may become enlarged. Vigorous activity or contact sports must be avoided for the course of the illness, as there's a risk that the spleen could rupture.

Recovery from mono takes up to a month, and often longer. Even when someone begins to feel better, it's important to take it easy in order to facilitate a full recovery. Someone infected with EBV carries the virus for life, but in a dormant state. Very rarely, the virus can reactivate, which may cause additional symptoms in someone with a weakened immune system. In the vast majority of cases, though, the virus doesn't cause additional problems. The symptoms of mono are similar to other conditions, such as hepatitis and toxoplasmosis, so whenever the disease is suspected, it's important to seek medical care.

*Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health.*

## HOROSCOPE

**BY EUGENIA LAST**  
United Feature Syndicate

Explore the possibilities, be innovative and challenge yourself to think outside the box. Be open to suggestions and ready to make a move when an opportunity comes your way. Don't sit back, follow someone's lead or leave anything to chance. Trust in your instincts, and you will overcome doubt. Face situations head-on, and potential will rise to the surface.

**LIBRA** (Sept. 23-Oct. 23) — Deal with domestic issues carefully. Control your temper and set guidelines that are easy to follow. Showing discipline will encourage others to do the same. Look for balance and offer positive suggestions.

**SCORPIO** (Oct. 24-Nov. 22) — Live and learn. Let experience be your teacher and put mistakes to rest. Focus on getting ahead and what you can accomplish instead of dwelling on someone or something you cannot change.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Proceed by doing your job. Letting what others do influence you will slow you down and make you look bad. Focus on getting ahead to ensure you don't fall behind. Hard work will pay off.

**CAPRICORN** (Dec. 22-Jan. 19) — Categorize your thoughts and prioritize how you want to proceed. Once you have a to-do list, you'll find it easier to get down to business and finish what you start. Clear the path.

**AQUARIUS** (Jan. 20-Feb. 19) — Address issues that involve government agencies, institutions and legal or financial matters before you take on something new. Add to your qualifications and work to improve your health.

**PISCES** (Feb. 20-March 20) — Participate in events or activities that have a purpose. How you contribute to something meaningful will influence how others respond to you. Maintaining a good reputation will lead to an unexpected opportunity.

**ARIES** (March 21-April 19) — You aren't alone. You have more going for you than you realize. Step out of your comfort zone, and you'll recognize you have what it takes. A partnership will be helpful.

**TAURUS** (April 20-May 20) — Keep your focus where it will help you most. Refuse to let emotions lead to poor decision-making or prolonged situations that will stand between you and what you desire. Uncertainty is the enemy.

**GEMINI** (May 21-June 20) — Head in the direction that excites you the most. Follow your heart and enjoy the ride. Relay what you have to offer to people who can help you achieve your goal. Expand your mind!

**CANCER** (June 21-July 22) — You'll be insightful but fearful. Inconsistency will be your downfall. Look for the path of least resistance, and you'll find it easier to plot your course of action. Don't limit what you can do.

**LEO** (July 23-Aug. 22) — Pay attention to detail, rules and regulations. Stay focused on what you can contribute and get in return. Approach whatever you do with an open mind and reasonable expectations.

**VIRGO** (Aug. 23-Sept. 22) — Take better care of your home, family and health. Don't trust others to tell you the truth. Research diligently and take matters into your own hands. Protect what you cherish and work to improve your future.

## Kilt-wearing Scot endures assaults

**Dear Abby:** I married a proud Scotsman a year ago who often wears kilts. When we go out, women think nothing of coming over and lifting his kilt, which exposes him to anyone who has a visual advantage. These women scream with glee and then become physically aggressive with their hands. Frankly, I am shocked and horrified anyone would do this.

The last time it happened a woman ripped his kilt off and the police became involved. Originally, the police were going to charge my husband with indecent exposure. After several hours, it became clear that it was the woman who assaulted my husband. The police then kinda laughed it off. They didn't plan on doing anything further. We were furious.

Why is there a double standard that women feel they can lift a man's kilt to expose him and call it fun, yet the same women would scream sexual assault if a man lifted their skirt? Women need to understand that lifting a man's kilt is sexual assault and should be treated as the crime it is. Now, every time a woman does it, we immediately call the police and report the



**ABIGAIL VAN BUREN**

crime. The perpetrators are then shocked and angry that they are being arrested for a sex crime for something they thought was innocent fun and games. Your column reaches many readers. With your help, we can help women understand that doing this is unacceptable. — **Double Standard**

**Dear Double:** It is no more acceptable to lift a man's kilt "in the name of fun" than it would be to pull his trousers down. I hope any person reading this, who didn't have the common sense to know better, will take note and respect the personal space of Scotsmen and ALL individuals. (It beats finding one's name on a sex offender registry.)

*Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at [www.DearAbby.com](http://www.DearAbby.com) or P.O. Box 69440, Los Angeles, CA 90069.*

## BASIL

Continued from A4

produce section. A container with just over half an ounce of conventional dried basil costs about \$3 and is found in the spice aisle.

Beyond flavor and nutrients, basil contains essential oils with components like flavonoids that can have anti-inflammatory effects. Flavonoids are a phytochemical, or the chemical compounds found in plants. Research in animals suggests extracts of basil can decrease inflammation by reducing the expression of inflammatory cytokine mRNA. Cytokines are proteins that can stimulate the inflammatory response in the body. Some experts think it might be beneficial in the same way to humans.

Aromatic herbs like basil, cloves, nutmeg, cinnamon, and bay leaf contain antioxidants. People of some cultures use these oils to treat toothaches and upset stomachs. In our culture, we think about antioxidants as compounds that help prevent cell damage caused by free radicals. Having a good balance between free radicals and antioxidants in the body promotes overall health.

Including herbs like basil may provide some nutrition and other health benefits but

since we don't really know how much you must eat, nor how often you must eat herbs and spices that have compounds with healing properties, they cannot replace medicines your physician prescribed to reduce inflammation or treat other chronic conditions.

We must add a caution to not change or stop using prescribed medications or dietary supplements without first consulting your health professional.

*Professor emeritus Kathy Kolasa, a registered dietitian nutritionist and Ph.D., is an affiliate professor in the Brody School of Medicine at ECU. Contact her at [kolaska@ecu.edu](mailto:kolaska@ecu.edu).*

## Recycle this newspaper.

### STATE OF NORTH CAROLINA UTILITIES COMMISSION RALEIGH

DOCKET NO. E-22, SUB 603

BEFORE THE NORTH CAROLINA UTILITIES COMMISSION

In the Matter of  
Application by Virginia Electric and Power Company, d/b/a Dominion Energy North Carolina, for Approval of Renewable Energy and Energy Efficiency Portfolio Standard and Cost Recovery Rider Pursuant to N.C. Gen. Stat. § 62-133.8 and Commission Rule R8-67

PUBLIC NOTICE

NOTICE IS HEREBY GIVEN that the North Carolina Utilities Commission has scheduled a public hearing in the annual Renewable Energy and Energy Efficiency Portfolio Standard (REPS) cost recovery proceeding for Virginia Electric and Power Company, d/b/a Dominion Energy North Carolina (DENC). The public hearing has been scheduled to begin on Tuesday, November 16, 2021, at 10:00 a.m., in Commission Hearing Room 2115, Dobbs Building, 430 North Salisbury Street, Raleigh, North Carolina. This proceeding is being held pursuant to the provisions of N.C. Gen. Stat. § 62-133.8 and Commission Rule R8-67 for the purpose of determining whether an increment or decrement rider is required to allow DENC to recover all reasonable and prudent costs incurred related to DENC's REPS compliance. Public witness testimony will be received in accordance with Commission Rule R1-21(g).

On August 10, 2021, DENC filed its application for approval of Renewable Energy and Energy Efficiency Portfolio Standard (REPS) cost recovery pursuant to N.C.G.S. § 62-133.8 and Commission Rule R8-67. By its application, DENC requests revisions to its REPS cost recovery rider effective for service rendered on and after February 1, 2022. DENC's request, including the regulatory fee, would result in the following monthly charges: \$0.25 per residential customer account; \$1.37 per commercial customer account; and \$9.12 per industrial customer account.

Compared to the current REPS rates, the result of DENC's request would be an increase of \$0.12 per month per residential customer account, an increase of \$0.66 per month per commercial customer account, and an increase of \$4.40 per month per industrial customer account.

Specific information may be obtained from the Office of the Chief Clerk, North Carolina Utilities Commission, Raleigh, North Carolina, where a copy of DENC's application is available for review by the public, and on the Commission's website at [www.ncuc.net](http://www.ncuc.net).

The Public Staff is authorized by statute to represent consumers in proceedings before the Commission. Written statements to the Public Staff should include any information that the writers wish to be considered by the Public Staff in its investigation of the matter. Such statements should be addressed to Christopher J. Ayers, Executive Director, Public Staff, 4326 Mail Service Center, Raleigh, North Carolina 27699-4300.

The Attorney General is also authorized by statute to represent consumers in proceedings before the Commission. Statements to the Attorney General should be addressed to The Honorable Josh Stein, Attorney General, c/o Consumer Protection Utilities, 9001 Mail Service Center, Raleigh, North Carolina, 27699-9001. Written statements may be emailed to [utilityAGO@ncdoj.gov](mailto:utilityAGO@ncdoj.gov).

Written statements are not evidence unless the persons appear at a public hearing and testify concerning the information contained in their written statements.

Any person desiring to intervene in the proceeding as a formal party of record should file a petition under North Carolina Utilities Commission Rules R1-5 and R1-19 on or before Tuesday, October 26, 2021. Such petitions should be filed with the Chief Clerk of the North Carolina Utilities Commission, 4325 Mail Service Center, Raleigh, North Carolina 27699-4300. The direct testimony and exhibits of expert witnesses to be presented by intervenors should also be filed with the Commission on or before Tuesday, October 26, 2021.

ISSUED BY ORDER OF THE COMMISSION.

This the 23rd day of August, 2021.

NORTH CAROLINA UTILITIES COMMISSION

A. Shonta Dunston, Chief Clerk

**EDP**  
**COSMETICS**

invites you to  
join us for our  
**FALL OPEN HOUSE**

**Friday, October 15, 2021**

**8am-Noon**

Our staff will be available to address your skin & aging needs

Discounts on select products & services

This event will adhere to the CDC guidelines and practice social distancing

It will be held indoor & outdoor with limited number of people admitted inside at a time

Masks will be required inside

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