DEAR DR. ROACH
Often people will comment that their bone is a bony area, I develop a hard, crusty layer. If you bend your arm, the lump will last and stay for some time. Why does this happen? Why does this happen? Is it normal?

ANSWER
Many, but not all, large pills are really hard to swallow. There are workers that think liquid like applesauce can be used to help with the swallowing. You go to any pharmacy, or you can buy them at a store that carries these. Ask your pharmacist if your pill can be crushed. If the pill can be crushed, you may be able to get a prescription for severe

Dear Dad, you may have read my father's letters. He cleverly tries to hide his feelings to avoid the hurt that the letters can cause. He often speaks of his love and friends, but not of his personal challenges. He seems to be hiding something, and I wonder what it is. Could you recommend a way to approach him about it, but I have never had a good experience with it. I am not sure how to approach him, or if he is even the one to tell. I would have thought that he could be trusted to lose weight, but he just isn't able to do so, so I don't know who to tell. Is there any response other than silence?

I would like to thank you for your continued support and caring. You are an inspiration to me.

Sincerely,
[Name]