

Outlook on Lifestyle

DR. GOTT



Peter Gott, M.D.

DEAR DR. GOTT — I'm 70. My gynecologist says that I have vulvo-vaginitis and that many older women have this problem. Sitz baths of baking soda and cornstarch help a lot, but I have to be consistent. On occasion, I take Negrin 500 for cystitis. Would this cause the regular flareups?

DEAR READER — Irritation of the lower reproductive tract can be a result of menopause. Vulvo-vaginitis

results when these sensitive tissues respond to the decrease in the levels of female hormone. Of course, older women also can develop infections — but many postmenopausal women can develop vulvo-vaginitis simply from lack of hormone.

In addition, the hormone deficiency can cause an irritation of the urethra (bladder opening) that resembles urinary infection (causing frequency and burning).

Ask your doctor to prescribe hormone cream that you can apply to the affected area. This often solves the problem and makes the use of antibiotics, such as Negrin, unnecessary.

DEAR DR. GOTT — A woman I know is four months pregnant and is confined completely to bed because she has an open cervix. She said she developed this because her mother took drugs to prevent a miscarriage.

Is this possible? Also: Can't her cervix be sutured?

DEAR READER — The drugs that her mother took did not cause this condition. An open (incompetent) cervix is dangerous in early pregnancy because it can result in premature labor and harm to the unborn baby. Bed rest is the traditional method of treatment; sometimes drugs (to prevent labor) are used.

Because all drugs have side-effects, obstetricians may prefer to close the cervix with sutures until the woman is at the end of her pregnancy. Your friend probably should see a specialist who is trained in managing high-risk pregnancy.

DEAR DR. GOTT — I am 71 and have been taking medicine for 10 to

12 years for tic douloureux. One doctor called it the world's worst pain, and I agree. If it lasted long, I'd probably lose my mind. Drugs don't help after a while. I'm now taking Darvocet-N (100 milligrams) four times a day. Is there anything else that would help?

DEAR READER — Tic douloureux, or trigeminal neuralgia, is caused by breakdown of, or pressure on, a nerve in the face. The condition produces sharp, stabbing attacks of pain that last for hours or days. Sometimes surgery is needed to release the pressure on the nerve. The neuralgia is difficult to treat and may become chronic. Pain medicine may help.

There are several experimental techniques being tested for tic douloureux, including injection of materials — such as anesthetics — into the nerve to deaden it. Ask your doctor if one of the newer treatments would be appropriate in your case.

Dr. Gott's new Health Report, ABOUT GOUT, explains the cause and treatment of this disease. For your copy, send \$1 and your name and address to P.O. Box 91428, Cleveland, OH 44101-3428. Be sure to mention the title.

DEAR MEG



Meg Whitcomb

Her Navy man's in dangerous waters

By Meg Whitcomb

DEAR MEG — I'm 19, and my husband is 22. We have a year-old child and another on the way. Jack's a Navy man and away for weeks at a time. I just found out that he's been seeing a very young friend of my sister.

I wrote Jack and told him everyone is accusing him of fooling around. He

wrote back that it's all lies, but I know it's true. My source is a reliable one. I

still love Jack, but this situation is tearing me apart. My mother advised me to wait until he gets home and discuss things in person, but I'm not sure I want to give him another chance to hurt me. — GIGI, VA.

DEAR GIGI — Doubts and suspicions can't be resolved long-distance. So-called "reliable sources" are often unreliable, or carriers of half-truths. And as the wise man said, "Watch out for half-truths; you may get hold of the wrong half!"

Your best bet is to wait and deal with Jack face to face. It can't hurt you any more than you're already hurting. Till then, stay busy and keep the faith.

DEAR MEG — I'm a 16-year-old American boy whose family is from Jordan, and I'm dating an American girl. My mother disapproves. She wants me to date (and marry) a girl from her country.

This summer, I'm spending two months in Jordan. Should I drop my girlfriend and look for a young lady there to make my mother happy or keep my girlfriend and make me happy? — ASSAD, N.Y.

P.S. I've lived in the United States for 12 years and feel American.

DEAR ASSAD — Mom is jumping the gun. You've got plenty of time before tackling the aisle run. But you have grounds for worry later. Exogamous marriages — that's a five-dollar word for marrying outside your group — are more problematic than ones where couples share similar backgrounds. And for all intents and purposes, you are American.

Keep your options open. At 16 you should be broadening your horizons, not narrowing them.

Meg's booklet "Teenage Sex — Should I or Shouldn't I?" is available by sending \$1 to DEAR MEG, in care of this newspaper, P.O. Box 91428, Cleveland, OH 44101-3428.

POLLY'S POINTERS



Polly Fisher

Use sourdough in coffee cake

By Polly Fisher

DEAR POLLY — Would you repeat the recipe for "herman" sourdough that is used to make coffee cake? — ALISON

DEAR ALISON — This popular recipe makes a sweet yeast dough starter that can be used to make a variety of coffee cakes.

Mix 2 cups flour, 3 tablespoons sugar, 1 teaspoon salt and 1 package active dry yeast. Gradually stir in 2 cups warm water.

Cover bowl loosely with plastic

wrap and let stand at room temperature for three days, stirring at least once a day. At the end of three days, the starter should be bubbly with a clean, sour, somewhat alcoholic aroma. Use immediately or store in the refrigerator for up to 14 days.

To make a basic coffee cake, mix 1 cup of the starter, 1 cup flour, ½ cup sugar, 1 teaspoon baking powder, ¼ teaspoon baking soda, ¼ teaspoon salt, ½ cup vegetable oil, 1 egg, ½ cup raisins, and ¼ cup chopped walnuts until thoroughly combined. Don't beat the mixture.

Spread the batter in a greased and floured 8-inch square pan. Mix together ½ cup brown sugar and 2 tablespoons butter and dot over the top of the batter. Bake at 350 degrees for 30

minutes or until nicely browned. Delicious!

Tasty Recipes

RICE PULLAO

- 3 cups basmati rice
- ¼ cup vegetable oil
- ½ tsp. turmeric
- 1 tsp. whole cloves
- 1 cinnamon stick, broken into 1" pieces
- 1 tsp. cardamom seeds
- 2 bay leaves
- 3 cups chicken stock or water
- salt to taste

Garnish: nuts and raisins.

Soak rice ½ hour. Drain; rinse with cold water.

Heat oil over high heat in saucepan. Add all spices and rice. Fry rice until coated in oil. Add stock; bring to boil and cover. Turn heat to low; cook 25 minutes. Season with salt if needed. Serve garnished with nuts and raisins.



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- Bridle — Saturday, May 16 - 5:00 p.m.
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