

Outlook on Lifestyle

DR. GOTT



Peter Gott, M.D.

Finding cause of head pain

By Peter H. Gott, M.D.

DEAR DR. GOTT — I have a terrible pain in my head, and the doctors say it's neuralgia. Before the pain began, I had an ear infection. Could this have caused the neuralgia? Is there a cure?

DEAR READER — Neuralgia is a troublesome and puzzling type of nerve pain that can be difficult to control. I am not aware of a direct relationship between ear infections and neuralgia. However, pain from chronic ear trouble can be misdiagnosed as neuralgia. I suggest that you see an ear, nose and throat specialist. If you have a continuing infection, it

could be contributing to the pain and will require treatment.

DEAR DR. GOTT — I'm male, in my 70s and being treated for high blood pressure. Four times each year, I have to go to the hospital and have a unit of blood removed because the hemoglobin is too high. What level is considered high and why does this happen?

DEAR READER — Polycythemia — the presence of too many red blood cells — will make the blood too thick and viscous. The removal of blood (phlebotomy) produces a temporary thinning of the blood. It's a useful remedy that works quickly; however, there are more effective ways to treat polycythemia, depending on the cause.

For example, polycythemia can often be the result of lung diseases that lower the amount of oxygen in the blood. Treatment of the pulmonary disorder will allow the blood to return to its proper consistency.

However, polycythemia can be caused purely by an overproduction of red blood cells. Under these circumstances, doctors usually choose to give drugs that slow down blood-cell production.

The quantity of red-blood cells is expressed as the "hematocrit" — the

percentage of cells per total fluid volume. For adults, the normal hematocrit is 40 to 50 percent. Figures above 55 percent indicate polycythemia. Values below about 36 percent are seen with anemia, the opposite of polycythemia.

DEAR DR. GOTT — I have a rectal prolapse, but the protrusion is through the vagina. The condition is not painful, just distressing. When the diagnosis was made, no solution was given. Do you know of any?

DEAR READER — The rectum and vagina are separated by a relatively thin shelf of tissue. As women age, this tissue may weaken, allowing part of the rectum to protrude into the vagina. Although this is not harmful, it can be upsetting and uncomfortable. Surgeons can often repair the weakened shelf and correct the abnormality. Ask your doctor about this.

Learn the facts about osteoarthritis: Send for Dr. Gott's new Health Report on the subject. For your copy, send \$1 and your name and address to P.O. Box 91428, Cleveland, OH 44101-3428. Be sure to ask for the Health Report titled, UNDERSTANDING OSTEOARTHRITIS.

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Husband tries to blackmail his wife

DEAR MEG



Meg Whitcomb

DEAR MEG — Last week I was served with papers by the sheriff's office. My ex-husband is suing a friend and me for \$60,000. He claims she's my lover and is "taking me away" from him. This is not true at all. After being married to him I don't have much use for men. But believe me, I'm no lesbian.

He can destroy my life with these accusations, and I am too old to start over. I'm 39 and have a child of 13. I have an attorney, but I don't want to go to court. I've worked too hard to establish myself professionally and to make a good home for my child. My ex said he would leave me alone for \$24,000, but I don't have that, either.

I was married to him only a few months. He was a patient in the hospital where I work, even though, at the time, he was serving a sentence at a federal prison. When I realized he had married me for money — and to get an early release — I divorced him. Now he seems to have more free-

dom in prison that I have out here. He calls me at my job and calls my friends, which makes me feel trapped. How do I get this man out of my life and save my reputation? — VICTIM OF LIES, TEXAS

DEAR V.O.L. — If your present attorney can't help you get this blackmailer and his phony alienation-of-affections act out of your life, get one who can.

You may have to tough it out, though. Have the courage of your convictions. In the end, you'll realize he's not worth all the agony.

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PS HOME POST SCRIPTS
 By Glenda Hughes

Planning on putting in a pool this year? Can't say I blame you, for it is one of the nicest things your home can have, for entertaining. Family, friends, co-workers, friends of your kids all seem to show up during the hot season. It is always one of my joys, to see my favourite people having a good time in our pool. Keeping a cool body and keeping a cool budget are two different things though, so I have some little tips for you. If you are planning on the big expenditure this year, firstly, the age-old rule, "you get what you pay for", will almost always apply. Bargain pools may turn out to be no bargain at all. All must be properly designed and installed with special expertise. Be realistic about what you can afford. Take into consideration how much money you can invest in the total project - pool, deck, fences, landscaping and pool buildings. Landscaping is a large expense, but a lovely pool in an unattractive backyard, won't give you much joy to look at, or use. To hold down the costs, you could discuss your financial picture with your contractor and agree to take on some of the less-complicated work like: obtaining building permits, working directly with the utilities companies to locate and arrange for the relocation of utility lines, help prepare the site by having easy access for work or begin by removing fences or other obstacles that block construction equipment. The faster the contractor can get on with the work, the faster he can get out, and save you money. You could opt in for putting in your pool during the off-season, but then who wants to wait until next year to enjoy, when you have finally made up your mind. Now, a pool is a big investment, but one that you will enjoy endlessly during the summer months. It is always hard however, to tell clients that real estate agents can't price their homes much differently when they sell, just because they have invested in a pool. You see, on a resale, you do limit the buyers that want to take on the maintenance of a pool, or have families that would enjoy it. So, the person that initially installs it, is the one that will pay for it, and the one that has to justify the expense. Now, I am really good at justifying expenses - just ask my hubby! The cost of a pool, would be like a couple of family vacations down south. Those only total a couple of weeks, and a pool is for endless summers. If it sounds good to you - go for it - we love ours', it keeps our teenagers around and our friends and families happy - so what could be nicer? The only thing it fails to provide is a never ending tap to the drink cupboard, but I'm working on that for this year! Enjoy!

THIS WEEK'S MORTGAGE RATES

AS OF JUNE 18/87

BANK	VARIABLE	1 YR.		2 YR.		3 YR.		5 YR.		10 YR.	
		OPEN	CLOSED	OPEN	CLOSED	OPEN	CLOSED	OPEN	CLOSED	OPEN	CLOSED
Bank of Nova Scotia	9%	—	9%	10%	9%	10%	10%	11	11%	—	—
Bank of Montreal	9%	9 1/2%	—	10%	9%	10%	10%	11	11%	11 1/2%	—
Canada Trust	—	9	—	9 1/2	10	10%	10%	11%	—	—	—
C.I.B.C.	9%	9%	—	10%	9%	10%	10%	11	11%	—	—
Halton Comm. Cr. Union	—	—	—	—	—	N/A	—	—	—	—	—
T.D. Bank	—	—	9%	10%	9%	10%	10%	11	11%	—	11%
Royal Bank	—	9%	—	10%	9%	10%	10%	11	11%	—	—

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