

Outlook on Lifestyle

Swimmer's ear can be treated

DEAR DR. GOTT — I have a black fungus of a yeast family growing in my ear canal. VoSol HC and Vioform only keep the ear canal clear for two or three hours, then it fills up again

and I can't hear. Do you have any recommendations?

DEAR READER — Lomotil is an effective anti-diarrhea medicine that contains diphenoxylate (a narcotic) and atropine. Diphenoxylate is habit-forming and, with long-term use, can produce signs and symptoms of narcotic habituation. Atropine causes relaxation of certain muscles in the body, including those that control peristalsis, urination and the flow of fluid from the eye. Therefore, patients with certain forms of colitis, urinary retention or glaucoma must not use Lomotil unless it is administered under close medical supervision.

DEAR READER — You are describing a form of external otitis or swimmer's ear. This condition is not usually caused by a fungus; more commonly, the culprit is a bacterium called pseudomonas. In either case, the key to cure is careful cleansing of the ear canal. You can do this at home using a bulb syringe filled with a half-and-half solution of vinegar and rubbing alcohol. Gently flush out the canal every day for a few days. If improvement is not prompt, see an ear, nose and throat specialist, who will regularly clean the ear canal with a tiny vacuum device.

Once the skin of the canal has been cleared of debris and dried, the ear drops you have been using should be more effective in curing the infection. For obvious reasons, a resistant or continuing condition should be seen and treated by a specialist.

Many people with recurrent swimmer's ear find that prevention is superior to dealing with a painful, inflamed ear. After swimming or showering, dry the canal with a towel and then pour about a half a cupful of rubbing alcohol into the ear. Wait a few seconds and shake it out. As well as drying the canal, the alcohol will evaporate any residual moisture, thus making the area much less conducive to bacterial or yeast growth.

DEAR DR. GOTT — I have a spastic colon and have been taking Lomotil three times a week for 10 years. Am I in danger of getting glaucoma?

DR. GOTT



Peter Gott, M.D.

The atropine in Lomotil probably will not cause glaucoma in the low dose you are taking; however, it can make glaucoma worse. Check with your doctor about this.

To give you more information about colon problems in general, I'm sending you a free copy of my Health Report on IRRITABLE BOWEL SYNDROME. Others who want information on the subject should send \$1 and their name and address to P.O. Box 91369, Cleveland, OH 44101-3369. Be sure to mention the title.

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Thanksgiving weekend - my all-time favourite weekend, for beauty, family, and retrospect. We have much to be thankful for in this part of the world, not least of which, is housing for the vast majority of our population. Many countries are not so lucky, and generations of families share accommodation together. When I see the first time buyers of this area buying homes over the \$100,000 mark, it really stops me dead in my tracks, to think how lucky they are. Would our great-grandparents have ever thought we'd become so prosperous over the years? Will we ever be able to imagine our children buying their first homes, for more money than our last home, that we "struggled" to buy. It seems to go on and on though, through the generations of this prosperous society.

This weekend, if your home is currently on the market, you have an excellent opportunity to decorate your home up a little, with Fall and Thanksgiving attire. Try a door decoration to spruce up first impressions; perhaps tie some seasonal looking bows on your bannisters; have vases of leaves and wheat around, and the smell of spices coming from deep within your kitchen oven. Prospective purchasers will still be out and about, even though it is a holiday weekend, so don't miss this excellent time to make your home pretty.

May your Thanksgiving Day be filled with much to be thankful for; for those of you who are as lucky as I am, to have their families around them, I know that this is reason enough to be grateful, and for those of you who have good friends around you too, you are doubly blessed. Don't forget to save some turkey or ham for your faithful pets if you have them, and perhaps some bread crumbs for our feathered friends too, before it becomes stuffing. Have a wonderfully happy and sharing weekend - you can diet next week!

Homes Sold Creatively THIS WEEK'S MORTGAGE RATES

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Bank of Nova Scotia	10	—	10%	11%	10%	11%	11%	11%	12	—	—	—
Bank of Montreal	10	9%	—	11%	10%	11%	11%	11%	12	12%	—	—
Canada Trust	—	10	—	—	10%	11%	11%	11%	12	—	12%	—
C.I.B.C.	10	10%	—	11%	10%	11%	11%	11%	12	—	—	—
Halton Comm. Cr. Union	10%	—	—	10%	—	—	—	—	—	—	—	—
T.O. Bank	10	—	10%	11%	10%	11%	11%	11%	12	—	—	—
Royal Bank	10	10	—	11	10%	11	11%	11%	11%	—	—	—

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