

# Outlook on Lifestyle

## DR. GOTT



Peter Gott, M.D.

### Both ailments ease with time

DEAR DR. GOTT: I've had Bell's palsy since 1970. Now I've been told that I have Horner's syndrome on my face. Is there any connection? I also received a blow just above my right eyebrow the night before the symptoms appeared, but the neurologist doesn't think it caused the Horner's. Should I consider plastic surgery?

DEAR READER: Bell's palsy is paralysis of the facial nerve. It can result from injury or infection, and causes a weakness of the side of the face.

Horner's syndrome is a narrowed pupil and drooping eyelid, usually resulting from a nerve injury to the spinal cord.

The two conditions are usually separate. Plastic surgery probably won't help you, but the ailments tend to improve with time. However, your neurologist is the most qualified person to advise you about your options.

DEAR DR. GOTT: My mother is 78, and up until three months ago, she was very active — a real swinger. Now she can't walk or stand alone, has lost bowel and bladder control and is experiencing severe weight loss, tremors, dry mouth and watery eyes. However, her mind is as alert as ever, and she has great strength in her hands and feet. For example, she can

wring out a washcloth but can't bring it to her face. She's had nerve-conduction tests, MRIs, X-rays and ultrasounds, and has thorough, caring doctors. But no one can figure out what's wrong. Could this be dystonia?

DEAR READER: Your mother's progressive and disabling nerve disease does not sound like dystonia. Dystonia is a rare genetic disorder marked by uncontrollable muscle spasms that contort the body. It usually occurs in Ashkenazic Jews and appears before age 15. Your mother's condition is more likely to be an age-related neurological disorder, perhaps due to malfunction of the motor nerves in the brain or spinal cord. Ask her doctors to refer her to a teaching hospital that specializes in the diagnosis of neurological diseases.

DEAR DR. GOTT: My son and daughter-in-law moved into the parsonage in their new parish. The former pastor kept chickens in the house,

and they had to scrape it from top to bottom to get it clean. Soon after, she became ill: She has memory loss and drops things, and sometimes she can hardly walk. She's 47. The doctors tell her she has a chemical imbalance in the brain, but could the chickens dust have caused this?

DEAR READER: Chicken droppings can contain a variety of infectious microorganisms. When the droppings are dry, the dust can be inhaled and cause human infection. Although I cannot say with certainty that your daughter-in-law may have contracted a neurological disease from the droppings, this is a possibility. She should have a neurological examination, which may include blood tests and X-rays, to determine the cause of her problem.

If you have questions about **MENOPAUSE**, you can get answers in Dr. Gott's new Health Report on the subject. Send \$1 to P.O. Box 91369, Cleve-

land, OH 44101-3369. Be sure to ask for the Health Report on Menopause.

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## DEAR MEG



Meg Whitcomb

### Drug-addict sister robs them blind

DEAR MEG — My sister Cora has a coke problem. Because of it, she has become a liar and a thief.

Cora's 20 and still lives at home. She has taken some of my husband's things, his stereo and some tools that were stored in the basement. She also stole some of our older sister's gold jewelry. When we confronted her, she denied everything. But we are certain she's selling our things to buy drugs.

I can no longer stand to be in the same room with Cora. I don't like feeling this way, but that's how it is.

Mom and Dad let her get away with murder. They have a lot of other problems and can't seem to deal with this one. How can we get them to face it? — L.K., CINCINNATI, OHIO

DEAR L.K. — Your mom and dad, like many families of drug addicts, are unwilling or unable to face the problem until it is out of control. Stealing to support a habit is only a step away from the crime of dealing. Your parents need your backing along with professional advice in confronting Cora and getting her into treatment.

For information on how to proceed, call Narcotics Anonymous (it's in the book) or the coke hot line: (800) COCAINE. You could help Cora save her life.

DEAR MEG — After one year of marriage, I'm at my wits' end. My husband wets the bed every night. I love the guy, but I'm sick and tired of

changing sheets. Bud claims to have a serious kidney problem, but, despite my urging, he refuses to see a doctor.

What do you advise? (Bud's 27.) — WET BLANKET, NEENAH, WISC.

DEAR W.B. — Bud may be too embarrassed to get help for his bed-wetting, but he must. Bladder-control problems in adults are usually warning signs of a medical condition that needs treatment.

Does Bud drink? Alcohol can also be a culprit.

Tell him you will no longer change the sheets or do his laundry unless he goes to the doctor. Make him an appointment and go with him, if necessary. Kidney disease can be fatal if left untreated.

Write to Meg in care of this newspaper. Meg can only answer letters that contain a self-addressed, stamped envelope. Questions of general interest will be discussed in future columns.

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DEAR POLLY — This one is for the lady who spends hours doing windows, fighting the streaks and lint. Any spray window cleaner is good. It's the object we wipe with that's the culprit. Use newspaper to wipe the solution away and the "streak-and-lint blues" will be defeated. — BECKY

Substitutions for common ingredients, ways to salvage cooking disasters, and pointers for perking up your favorite dishes, as well as labor- and time-savers in the kitchen, are featured in Polly's newsletter "Kitchen

Tricks." Send \$1 for each copy to POLLY'S POINTERS, in care of this newspaper, P.O. Box 93863, Cleveland, OH 44101-5863. Be sure to include the title.

Polly will send you a Polly Dollar (\$1) if she uses your favorite Pointer, Peeve or Problem in her column. Write POLLY'S POINTERS in care of this newspaper.

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## POLLY'S POINTERS



Polly Fisher

### Cook is stumped by measurements

DEAR POLLY — I have a European cookbook with measurements in metrics. I have a scale to weigh the dry ingredients, but I need another to convert the liquid measurements from milliliters to cups and teaspoons. Can you help? — FRAN

DEAR FRAN — One cup is approximately equal to 250 milliliters. In fact, if you look on your present glass measuring cup, you'll probably find that one side has markings in milliliters and the other has the traditional cup, 1/4-cup, 1/2-cup, etc., markings. For small amounts, figure on 5 milliliters to a teaspoon. You should be able to gauge other amounts from there.

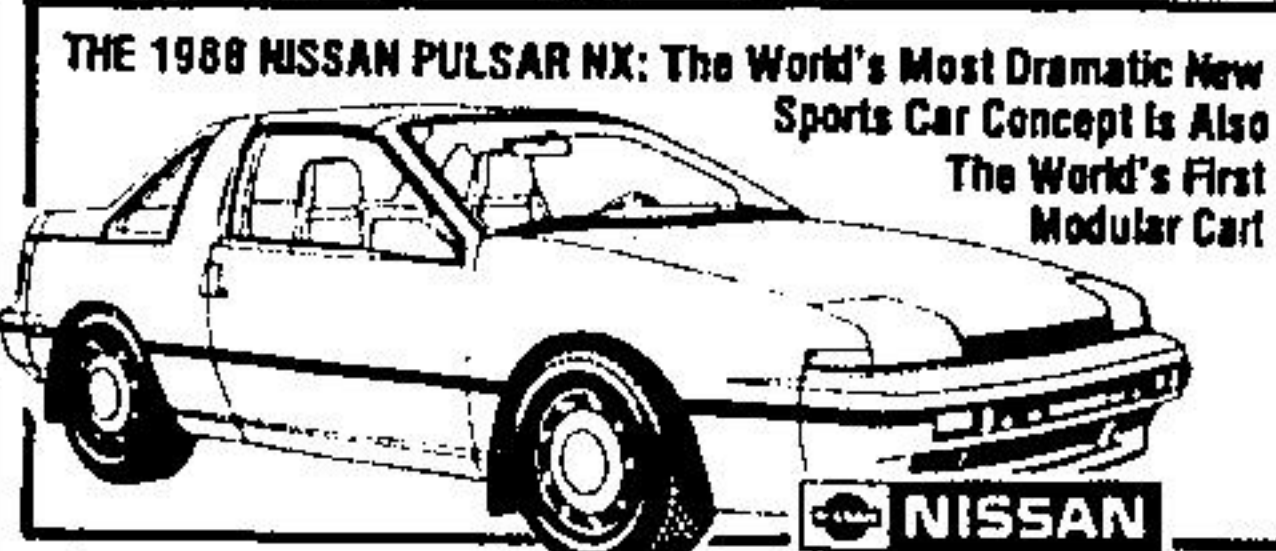
Don't forget that in most cooking, the difference of a milliliter here or there is not going to make a difference in the finished product — few measurements are so crucial. So relax, estimate as closely as you can, and enjoy cooking! — POLLY

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