

Outlook on Lifestyle

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Fiberglass poses hazards

By Peter H. Gott, M.D.

DEAR DR. GOTT: A friend sent me a copy of your column in which you said you were not familiar with studies linking the ingestion of fiberglass particles to disease. As the chairman of Victims of Fiberglass (11143 Lake-

shore North, Lake of the Pines, Auburn, CA 95603), I wish to dispute your conclusion. We have numerous studies from the World Health Organization, Occupational Safety and Health Administration, U.S. Department of Labor and other reputable sources which indicate that respirable fiberglass particles are indeed more dangerous than asbestos.

DR. GOTT



Peter H. Gott, M.D.

DEAR READER: Thank you for writing. The ingestion of fiberglass has yet to receive the attention given to the inhalation of asbestos. Inhaled fiberglass can, indeed, lead to health problems, including chronic lung disease. However, I am not aware that the ingestion (i.e., eating and swallowing) of fiberglass produces ailments of the magnitude experienced by workers who inhale the particles.

DEAR DR. GOTT: Do antidepressants have any side effects? I've been taking them and have not been able to think clearly, have mood swings and can't concentrate. Is this normal?

DEAR READER: Antidepressants are powerful medicines and, as such, have many side effects and complications. In large part, the side effects depend on the particular drug. The most common side effects of most antidepressants include anxiety, restlessness, confusion, difficulty thinking, sedation, dry mouth, constipation, low blood pressure, electrical irregularities of the heart, numbness of the extremities, seizures and abdominal pains. The list goes on and is quite long. This is why antidepressants should be administered only by physicians who are familiar with their use and are willing to monitor their patients for toxicity.

Your symptoms could be due to antidepressants — or the depression

itself. Share your concerns with your doctor. To give you more information, I am sending you a free copy of my Health Report on "Mental and Emotional Illness." Other readers who would like a copy should send \$1 and their name and address to P.O. Box 91369, Cleveland, OH 44101-3369. Be sure to mention the title.

DEAR DR. GOTT: I'm 28 and nursing my second child. My obstetrician said I had atrophic vaginitis and gave me Estrace cream to use. However, I'm concerned that the hormones in the cream will be absorbed into my bloodstream and passed on to my baby through my milk. Am I right to be cautious?

DEAR READER: Nursing mothers are always right in being cautious about substances that can enter breast milk and be passed to the infant. However, the estrogen from hormone creams is not likely to be absorbed in sufficient quantity to cause problems. I believe that your doctor is correct. Nonetheless, be sure to double-check with your obstetrician before using any medication — including alcohol and cigarettes — that could potentially affect your baby through your breast milk.

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Home Post Scripts

PS

By Glenda Hughes, Sales Rep. 873-0300

The joys and frustrations of working in this profession are many. One of the joys is selling very special properties for the price they deserve, and having really happy vendors and purchasers. The frustrations are many, but one of the worst is having a home sit on the market for longer than usual, for no apparent reason - knowing that the price is correct, the home shows beautifully, and the location is excellent. It is a real estate agent's nightmare. The vendors are agitated and we, as agents, have a hard time trying to find the reason this house is not selling. Most agents have experienced this dilemma, and perhaps some of you who have been reading this column, have experienced it from the seller's point of view.

Fortunately, I can report, that, if everyone hangs in there, the home will sell if you can just weather the storm of anxiety. The ironic part of all this frustration is that sometimes, after advertising a home for weeks, or even months, we get not one offer, but two or more at the same time! It is a wonder that we are all sane by the time that "sold" sign is up. I guess, speaking from an agent's point of view, the best thing that can happen to us, is for our vendors to be loyal to us, know that we are doing our job as best as possible, and try to remain calm. If you can do that, it makes things so much easier.

I am happy to report that the lovely home that I wrote about in last week's column has sold to a purchaser that appreciates everything about that beautiful home, including the gardens and the decor. What a great thing to relate to you this week, for that home deserved to sell well - and it did - because everyone hung in. DYN-O-MITE!!

I have also had a property of much the same problem, and I think I can report that as I write this, the property will at very least, be conditionally sold by week's end. Whew!

All it takes is dedication from agent to vendor and most important, from vendor to agent. We try to make it all happen for you!

Homes Sold Creatively THIS WEEK'S MORTGAGE RATES

AS OF MAY 12th, 1988

	1 YEAR	2 MONTH	3 MONTH	1 YEAR	1 YEAR	2	3	4	5	7	10
Bank of Nova Scotia	10%		10	10%	10%	10%	10%	11	11%		
Bank of Montreal	10%	10		10%	10%	10%	10%	11	11%	11%	
Canada Trust		10		10%	10%	10%	10%	11	11%		11%
C.I.B.C.	10%			10%	10%	10%	10%	11	11%		
T.D. Bank	10%		10	10%	10%	10%	10%	11	11%		
Royal Bank	10%	10		10%	10%	10%	10%	11	11%		