

# Is there a link between caffeine and glaucoma?

**DR. GOTT**



PETER GOTT, M.D.

**DEAR DR. GOTT:** Please discuss the relation of caffeine to glaucoma. My ophthalmologist suggests I discontinue my wake-up cup of coffee. I'm 80 and in excellent health.

**DEAR READER:** Glaucoma refers to an abnormal increase in the fluid pressure within the eye. The condition is often due to blockage of the tiny drains (iridocorneal angles) that normally allow fluid to circulate between various parts of the eye.

Some forms of glaucoma appear to be made worse by fatigue, tobacco, caffeine and emotional upset. Therefore, ophthalmologists often prohibit cigarettes and coffee.

Because glaucoma is readily treatable using modern drugs, your doctor may rescind his order about your one cup of coffee if your wake-up drink is important to you. Ask your doctor.

**DEAR DR. GOTT:** My doctor put me on amoxicillin for pneumonia. After five days I developed joint pain. The physician says it's due to spurs and tennis elbow, but I'm wondering if it might be a reaction to the medicine. What do you think?

**DEAR READER:** Arthralgia (joint pain) is sometimes caused by the fever that results from infections such as pneumonia. It can also be the consequence of certain types of pneumonia, in which the bacteria may temporarily infect joints. Joint spurs of calcium and tendon inflammation (tendinitis) will cause joint pains.

Finally, as you pointed out, adverse reactions to medications are often associated with arthralgias.

From your question, I cannot sort out the various factors causing your problem. The arthralgias from bacterial infection frequently appear as red, hot, swollen joints that improve with antibiotics.

Calcium deposits and tendinitis ordinarily produce no objective changes in the joints; also, X-ray examination may disclose the offending spur. In addition to causing joint pain, an allergy to an antibiotic usually is associated with a rash. Therefore, I cannot be more helpful except to say that from the information you've supplied, your doctor is probably correct.

Nonetheless, a reaction to amoxicillin is certainly a possibility. I suggest that you discuss this situation with your doctor.

For more information, I'm sending you a copy of my Health Report "Consumer Tips on Medicines." Other readers who would like a copy should send \$1.25 and their name and address to P.O. Box 91369, Cleveland, OH 44101-3369. Be sure to mention the title.

**DEAR DR. GOTT:** Is there anything that will relieve chilblains?

**DEAR READER:** Chilblains is an antiquated medical term that refers to the consequences of excess exposure to cold: redness and swelling of the skin, followed by itching, blistering and ulceration. The preferred term is "frost injury." (Frostbite is a more severe form, characterized by extensive cold-induced tissue damage: pale skin, loss of sensation and gangrene.)

Frost injury is treated with gentle warming, cleansing of affected skin and avoidance of further exposure to cold.

**DEAR DR. GOTT:** I have arthritis of the spine and other joints. I take Motrin but this does not help the painful muscle spasms in my back. Nothing my doctors have tried works.

**DEAR READER:** Spinal arthritis is often characterized by back pain, especially because of muscle spasms, as tired muscles attempt to compensate for the arthritic changes. Thus, treatment is sometimes more successful if it is directed toward relieving spasm rather than simply controlling pain.

For example, you might be helped by massage or chiropractic manipulation. Or, if you wish, ask your doctor for a referral to a physiatrist, an M.D. trained in rehabilitation medicine.

In addition, physical therapy — including special stretching exercises, ultrasound treatments and application of heat — may relieve your spasms.

Finally, muscle-relaxing prescription drugs, such as Robaxin or Flexeril, can help.

For more information, I am sending you a copy of my Health Report "Understanding Osteoarthritis." Other readers who would like a copy should send \$1.25 with their name and address to P.O. Box 91369, Cleveland, OH 44101-3369. Be sure to mention the title.

## ASK KATHY

Dear Kathy

How do I know if I am receiving enough fiber in my diet?

Reply:

Fiber is an important part of any diet and is found in fresh fruits and vegetables and whole grains. Fiber absorbs water in the large intestine, promoting faster transit times through the digestive tract. It has actually been shown in some cases to lower blood cholesterol levels.

The Diet Center Program provides plenty of fiber from the above-mentioned foods. Diet Center has always believed that eating a fiber-rich diet starts by selecting foods that come in "Nature's Wrapper" and by

**DEAR DR. GOTT:** My adrenal glands were removed because they were producing three times the amount of cortisone needed. Now I must take steroids for the rest of my life. What's my life expectancy?

**DEAR READER:** The adrenal glands produce substances that are necessary for life. If the adrenal glands are removed, the patient will not survive unless these substances are administered to make up the deficit.

Fortunately, adrenal steroids are readily available by prescription. Under proper medical supervision, your longevity will not be affected, as long as you take the required amounts of synthetic steroids.

Of course, you will have to be checked regularly to make sure that your body has the proper amount and that the doses of medicine are agreeing with you. With appropriate replacement of steroids, your life expectancy should remain materially the same as it was before your surgery.

**DEAR DR. GOTT:** Two months ago I had a very bad case of strep throat. Since then I've noticed eruptions of tiny blisters on my palms and legs. They scale-over, then reappear. Are they somehow related to the strep?

**DEAR READER:** Strep throat is associated with an array of diseases, including rheumatic fever, nephritis (kidney inflammation) and skin disorders.

The blisters you describe should be cultured. This means that the fluid from them should be tested in the lab for the presence of strep bacteria. If bacteria are present, you should be given an appropriate course of antibiotics to eradicate the infection. If the

blisters/scabs are sterile, your doctor probably not related to the streptococcus.

## FINANCIAL GUIDE



On The **TAX SCENE**

74 A Main St. N. **H&R BLOCK**  
Georgetown 877-6733  
8 Mill Street E. Acton 853-1771  
THE INCOME TAX SPECIALISTS

**CAPITAL GAINS**  
**QUESTION:** My wife and I own a house in the city and a cottage in a resort area. The cottage is in my wife's name and the house is in my name. We are planning to sell the cottage this summer. Do we have to report this sale on our tax return?



**ANSWER:** When you dispose of the cottage, it will be necessary for you and your wife to decide which property is not your principal residence. It would be a good idea to have both properties valued or to collect information as to the market value of the properties on January 1, 1982, and also as to the current market value. The capital gain — two-thirds of which is taxable — will be calculated from January 1, 1982. In order to correctly calculate the capital gain (and the related deduction), you should seek competent assistance when preparing your tax return.

## Godatas

Computer Data Services

- Financial Statements
- General Ledger
- Accounts Receivable and Payable
- Payroll
- Financial Forecasts and Cash Flow
- Mortgage Schedules

877-6565  
877-5656

37 MAIN S. GEORGETOWN

## BRIAN GOODLET

RRSP'S  
GIC'S  
MUTUAL FUNDS

877-5129

ANNUITIES  
RRIF'S  
RESP'S

Mutual Group  
of Companies

THIS SPOT IS  
RESERVED FOR YOU!

Call our display advertising today and we will get your message to 35,000 readers

877-2201

## FINANCIAL DIRECTION

Chartered Accountants  
Goebelle MacAdam  
Alexander

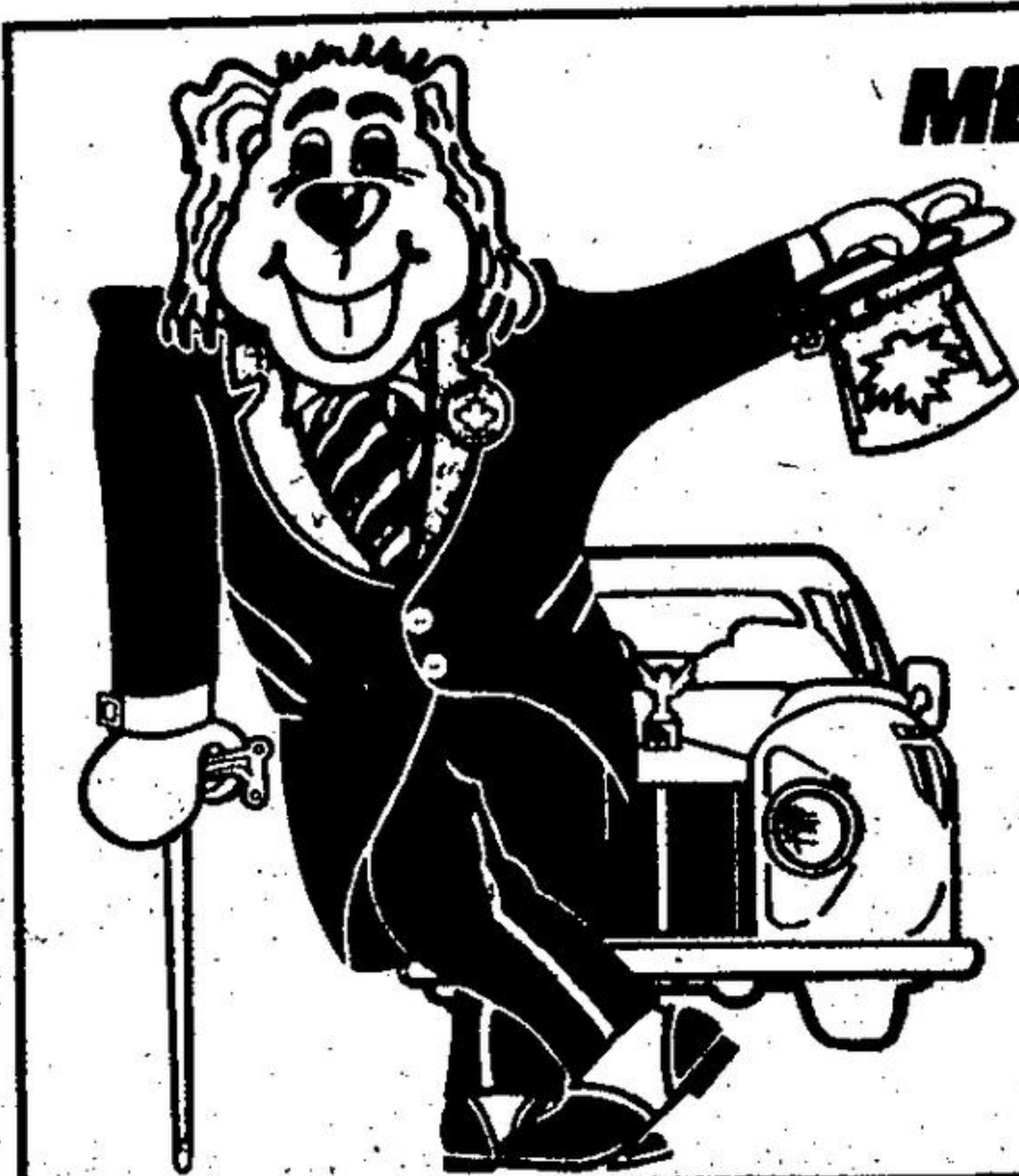
Offering Services in  
• Auditing • Accounting • Bookkeeping  
• Insurance • Estate Planning • Tax

37 Main St. S. Georgetown, Ontario 877-5155-453-5532  
6549B Mississauga Rd. Mississauga, Ontario 826-6352

**DIET CENTER**

Business Number 877-2900  
Home Number 853-0780  
98 Mill St., Georgetown

Personal Consultation By Appointment



## MEET «THE TOP DOGS» AT #1 PET CENTRES

AND  
CATS

<b>SIBERIAN HUSKY</b> MALE AKC REGISTERED \$449.99	<b>Pekingese</b> Male C.K.C. REGISTERED \$199.99	<b>LHASA APISO</b> MALE C.K.C. REGISTERED \$349.99	<b>Yorkshire Terriers</b> AKC REGISTERED \$549.00
<b>HAGEN</b> 5 GAL. AQUARIUM KIT REG. \$79.99 NOW \$49.99	<b>Kitten Domestic</b> Short Hair \$59.99	<b>2 FOR 1 TUESDAYS</b> BUY ONE FISH AT REGULAR PRICE GET ANOTHER FISH OF EQUAL VALUE OR LESS FREE	<b>AMERICAN ESKIMOS</b> C.K.C. REGISTERED \$499.99
<b>SCIENCE DIET</b> CANINE GROWTH CANS 51.99 4 LBS. BAG 58.99	<b>IAMS</b> MINI CHUNKS 10 LBS. BAG \$15.99	<b>IAMS</b> EUKARINA 2 LBS. BAG	<b>AQUARIUM KIT</b> REG. \$79.99 NOW \$49.99

No. 1 PET CENTRES • Moore Park Plaza, Georgetown • 873-2666 • 96 Broadway Ave., Orangeville • 942-1655 • Stone Rd. Man. Guelph • 836-8020