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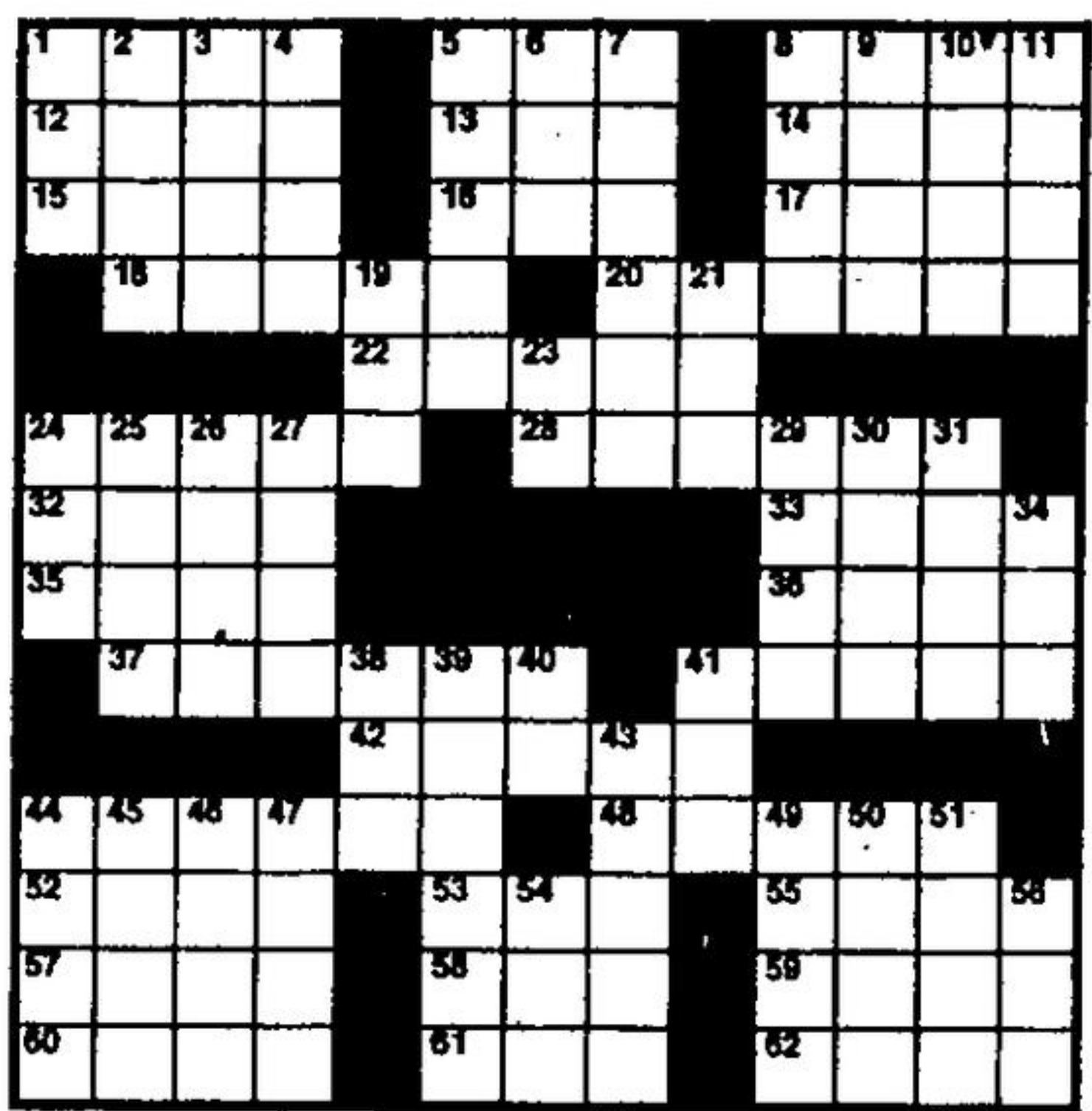
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Urologist should diagnose impotence

By Peter H. Gott, M.D.

DEAR DR. GOTT: Our 39-year-old son is impotent. I had the mumps while I was five months pregnant with him. Is this the cause of his impotence?

DEAR READER: No. In order for your mumps to have affected your son, the virus would have had to infect his testicles before birth, a highly unlikely possibility. Also, immature testicles seem to be relatively resistant to the mumps virus. Further, prenatal mumps would have caused your son to have problems starting from puberty. Mumps can cause infertility and impotence when the disease affects mature testicles, leading to acute inflammation and scar tissue.

Your son's impotence is more likely the consequence of something affecting him in adulthood, such as diabetes, medication effect, psychological factors or alcohol/drug abuse. He should see a physician, preferably a urologist, for an examination and testing. To give you more information, I am sending you a free copy of my Health Report "Impotence." 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.

DEAR DR. GOTT: I'm an amputee with extreme phantom pain. I've been taking Elavil. Can you tell me what

this drug does, and how it might affect my body?

DEAR READER: Elavil (amitriptyline) is an anti-depressant with sedative effects. It potentiates alcohol and should be used with caution in patients with glaucoma, epilepsy and enlargement of the prostate gland. Although the precise mechanism of action is unknown, the drug appears to block the absorption of serotonin, a chemical messenger in the brain.

Major side effects include heart attack, heart block, rapid pulse, low blood pressure, seizures, disordered thinking, headache, rash and hair loss. Despite its potential side effects, the drug is widely used and, for most patients, poses no problems under appropriate monitoring.

If your phantom pain is chronic and intractable, I suggest you seek a referral to a pain clinic, where specialists may be able to address your problem with more effective therapy.

DEAR DR. GOTT: I have a great deal of trouble with canker sores and fever blisters in my mouth. Could you give me a clue as to what causes these and how to heal them? Could an acid condition or too much grapefruit cause them? My mom used to feed me sulfur and molasses in the spring to clear my blood. Perhaps I should resort to this old-time treatment.

DEAR READER: Canker sores (aphthous stomatitis) are shallow,

painful, grayish ulcers that occur cyclically in crops (or singly) on the lining of the mouth. The inner lips are commonly affected. The lesions usually heal within 10 days, only to recur. Contributing factors include: nutritional deficiencies, stress, injury and hormonal changes. The cause of aphthous stomatitis is unknown but may be related to a temporary decrease in cellular immunity.

Canker sores can be treated by cauterization (burning with a chemical), local-anesthetic creams (such as lidocaine) or topical cortisone. The recurrence rate is not diminished by therapy.

Too much grapefruit or other acid foods could trigger your canker sores. Because modern treatment is not completely satisfactory, you might try the old sulfur-and-molasses routine. Maybe Mom was right after all.
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DR. GOTT



PETER GOTT, M.D.

Better safe than sorry with poultry

By Polly Fisher

DEAR POLLY: With all this publicity about salmonella poisoning in chicken, I'm wondering about my favorite trick in getting dinner on the table on time. I work all day and sometimes put a pan of chicken in my oven in the morning, setting the automatic timer to go on in the afternoon so the chicken is cooked when I walk in the door. Is this safe? — HELEN

DEAR HELEN: No, it's not safe. This is one timesaver that is a really bad idea, because letting raw poultry sit at room temperature for several hours is an excellent way to encourage bacteria growth. Cooking may destroy some but not necessarily all the bacteria.

Poultry should always be refrigerated until you start cooking it. In fact, if frozen, it shouldn't even be thawed at room temperature, but rather thawed in the refrigerator. (For quick-thawing, thaw in cold water.)

On workdays, prepare fast-cooking chicken dishes with thin slices of boneless breast or small pieces that cook quickly. Save the long-roasted birds and bake large pieces for week-ends when you have more time. — POLLY

RECIPE OF THE WEEK: With the

holidays quickly approaching, you'll appreciate the ease of preparation and spectacular results of the following recipe for white-chocolate truffles. They make fabulous homemade gifts and are an elegant sweet to cap off holiday meals.

Gently melt 8 ounces of white chocolate in a double-boiler or in the microwave oven (remove from the heat or the microwave when partially melted but some lumps remain, then stir until fully melted). Pour ¼ cup heavy-cream into a food processor and begin processing.

While the machine is running, slowly pour the melted chocolate through the feed tube. When the chocolate and cream are thoroughly combined, stop the machine, add 2 tablespoons unsalted butter and continue processing for 1 minute, stop the machine and scrape the sides, then process 1 additional minute.

Pour chocolate mixture into a bowl and refrigerate approximately 12 hours or until the mixture is very firm. Working quickly to minimize melting, roll the mixture into 1-inch balls, or scoop out balls with a melon baller. Place balls on a platter or baking sheet covered with waxed paper and chill 30 minutes.
Roll the finished truffles in Dutch-

process cocoa powder or dip in tempered white or dark chocolate. Store in the refrigerator in a covered container. You'll enjoy the dark-chocolate and milk-chocolate versions of these truffles, too, as well as peanut truffles, chocolate-covered caramels and marshmallows.

All these recipes, plus complete directions for tempering chocolate, are in my newsletter "Handmade Chocolates." Send \$1.25 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

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