

Drug shrinks benign prostate gland

DR. GOTT



PETER GOTT, M.D.

DEAR DR. GOTT: What is finasteride?

DEAR READER: Finasteride is a drug made by Merck and Co., Inc. for treatment of benign prostatic hyperplasia, or BPH, in men. BPH is non-cancerous overgrowth of the prostate gland, leading to blockage of urine. The customary treatment for BPH is surgery, to remove part of the gland and allow proper drainage from the bladder.

Because BPH affects most men as they age, the development of a drug to shrink the prostate would have far-reaching consequences. As yet, finasteride has only investigational status, meaning that until it has been fully tested, it will not be released for general use. However, preliminary reports are encouraging.

To give you more information, I am sending you a free copy of my Health Report "The Prostate Gland." 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: My 15-year-old daughter has not begun menstruating yet. While our family doctor does not seem too concerned, he thinks it might be a good idea to start her on hormone treatments. I don't like exposing her to this, unless it's really necessary. Please give me your opinion.

DEAR READER: I don't believe hormone treatments are necessary for your daughter.

The age at which menarche (first menstruation) appears varies greatly from culture to culture and race to race. For example, young black African girls customarily experience menarche several years earlier than their white American counterparts. Even among healthy white youngsters, first menstruation follows a variable pattern; some girls menstruate at 11 or 12, others don't mature until their midteens.

I think your family doctor is correct in adopting a "laid back" attitude, but I disagree with the recommendation to start hormone treatments. In my opinion, the use of hormone pills to stimulate menstruation is inappropriate for a 15-year-old. I suggest you wait a year or two.

If your daughter has not menstruated and shown signs of adult sexual development by the age of 17, you might choose to have her examined by an endocrinologist, a specialist in the body's glands.

DEAR DR. GOTT: Will you please comment on therapeutic mineral ice? I have some shoulder problems that appear to be helped by this.

DEAR READER: Mineral ice is a compound that becomes cold due to a chemical reaction. It is easier to use and is less messy than ordinary ice. The application of mineral ice (and regular ice) helps certain conditions, such as sprains, bruises and chronic inflammation. If mineral ice helps your shoulder pain, you can safely use it on a regular basis.

DEAR DR. GOTT: With the recent measles epidemic in our area, my husband received an MMR booster. I realize that women who receive this shot must wait at least three months before trying to conceive, but what about men? Do we need to wait before trying to start our family?

DEAR READER: With the recent outbreaks of measles among college students, health authorities reluctantly concluded that many children who received immunization before 1980 were inadequately protected. Therefore, the current recommendation is that such young people be re-immunized with MMR (measles/mumps/rubella).

In areas where measles epidemics have appeared, many adults have also chosen to upgrade their immunization status.

DEAR DR. GOTT: Two months ago, prior to gallbladder surgery, I had a CT scan and ultrasound. It was discovered I had a 37 millimeter abdominal aneurysm just above my navel. My surgeon felt it was more important to remove the badly infected gallbladder and repair the aneurysm in about six months. Can anything be done to treat the aneurysm short of surgery? Will a synthetic replacement of the damaged portion of the aorta last indefinitely?

DEAR READER: Aneurysms, bulging weakened portions of an artery, are potentially hazardous because, as the ballooning-out continues, the wall of the blood vessel can rupture or leak blood. The only cure for this condition is surgical replacement of the diseased portion of the artery. The bulging segment is removed, and a prosthesis — usually a Dacron tube — is substituted. The operation prevents the lethal complications of aneurysm — bursting of the artery — from occurring.

NEW YEAR'S EVE
Dec. 31st
11:00 p.m.-12:30 a.m.

Acton residents can receive free Tyler Transport at 853 1550 for transportation.
10:45 p.m. pickup at Elizabeth St. and Main St. Town Hall Church St. and Maria St. Becker's Plaza

His Worship Mayor Russell Miller
And Members of Halton Hills Council
invite the citizens of Halton Hills
to the

NEW YEAR'S EVE BELL RINGING AND SING-SONG
AND
NEW YEAR'S DAY LEVEE
at the
CIVIC CENTRE
One Halton Hills Drive

NEW YEAR'S DAY LEVEE
Mon., Jan 1st
1990
2:00-4:00 p.m.

DID YOU KNOW?

The Halton Hills Herald is distributed to over

14,000

homes in Georgetown, Acton and surrounding areas. When it comes to Halton Hills, we've got it covered! Our weekly service checks ensure that your newspaper is delivered properly and on time.

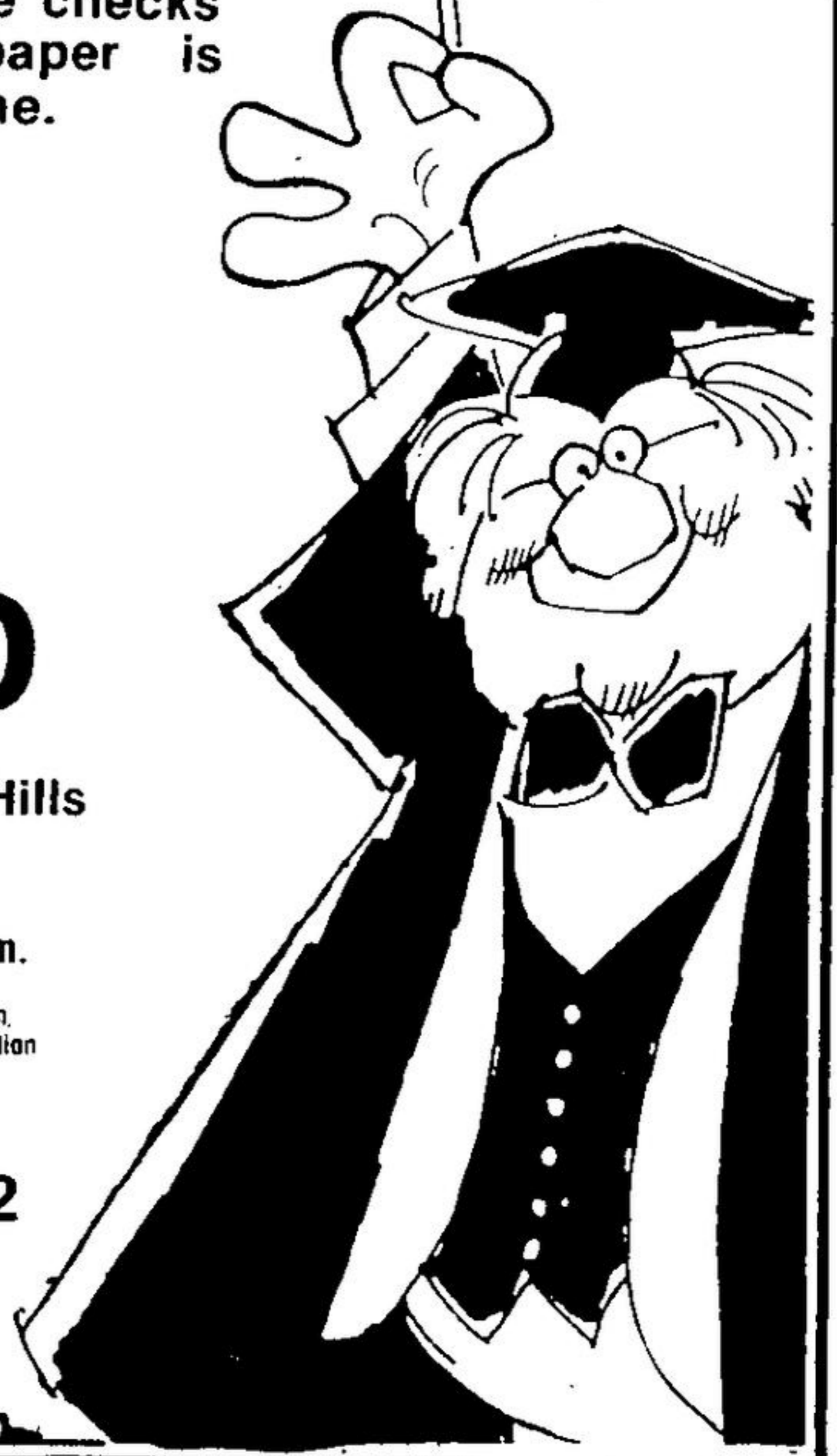
THE HERALD

Home Newspaper of Halton Hills
Established 1866

HOURS: Monday to Friday 8:30-5:00 p.m.

DEADLINES Monday at 3:00 p.m. for Wed. Publication, Wednesday at 3:00 p.m. for Sat. Publication

Retail 877-2201 Classified 877-8822



Open Sundays

DELREX SMOKE SHOP LTD.

St. Clair Ice Cream Cones
GEORGETOWN MARKET PLACE
Lottery Agent - 877-9284
Variety Post Office

target food stores

OPEN 24 HOURS
- 7 DAYS
V.H.S. MOVIE RENTALS
51 Guelph St. GEORGETOWN

REEZER RENZY

Buy A Lb. OF 853-0101 Buy A Box
5 MILL ST., ACTON, ONTARIO

These Stores Have The Convenient Hours To Serve You!

STEAK EXPRESS

BOXED MEATS
FROZEN FOOD
ASSORTED PARTY ITEMS
877-0721
GEORGETOWN
AT DELREX & GUELPH ST.
Tues-Wed 10 a.m.-6 p.m.
Thurs-Fri 11 a.m.-8 p.m.
Saturday 9 a.m.-8 p.m.
NOW OPEN SUNDAYS
12 Noon-4:00 p.m.
First Specialty Frozen Food Store in Georgetown

Miller's BAKERY

British Bakers
OPEN CHRISTMAS EVE
Sun. Dec. 24th
10 a.m. - 3 p.m.
877-0596
330 Guelph St. Georgetown
ACROSS FROM NEILSON'S