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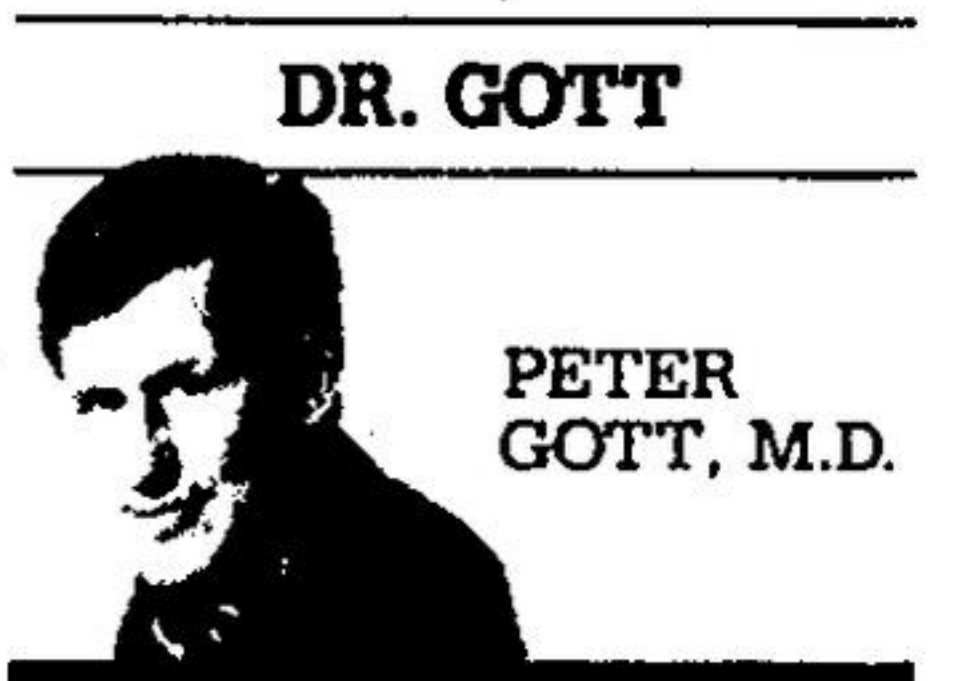
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Pneumonia shot guards adults at risk



DEAR DR. GOTT: As the result of an automobile accident in 1984, I lost a kidney and my spleen. I was given a Pneumovax injection and was told it should be repeated every five years. This is contrary to the practice of a once-in-a-lifetime pneumonia shot. What's your opinion on this?

DEAR READER: Pneumovax, the pneumonia shot, should be given to any adult who is at risk of pneumonia; such people include those with lung disorders, chronic diseases, a history of recurrent pneumonia, immune deficiency and — as in your case — loss of a spleen.

The spleen acts as a bacterial filter; patients without spleens are more susceptible to serious infection. Pneumovax is administered in a single shot which, according to the manufacturers, should not be repeated.

DEAR DR. GOTT: Can you provide information on halitosis? Could it be caused by bromide poisoning, and is there a cure?

DEAR READER: Halitosis is bad breath. It is one of the foremost health concerns of modern adults, outranked only by constipation, dental plaque, menstruation, intestinal gas and ring-around-the-collar. Actually, judging from the thrust of toothpaste and chewing-gum ads, halitosis may be the No. 1 concern.

It has many causes. The most common is the breakdown of material within the mouth. For example, tiny bits of food that are wedged between teeth can become malodorous as bacteria digest and destroy them. Similarly, the residue of saliva on teeth (as well as dentures), can undergo bacterial decomposition yielding foul breath. Frequent brushing and flossing can prevent halitosis in these circumstances.

Dental infection, such as abscesses and gingivitis, also leads to bad breath. Eating certain foods, notably onions and garlic, also causes breath odor. People with halitosis due to mouth problems can often be helped by their dentist.

Halitosis can also be caused by medical conditions and diseases. These include lung abscesses, liver failure, kidney disease, diabetes, cancer, tonsillitis and sinus infection. People who smoke and drink too much frequently have unpleasant breath odor.

Intestinal conditions, such as poor digestion or constipation, do not cause halitosis. These disorders are sometimes associated with foul eructation (belching), but they do not affect the breath.

Bromides are compounds derived from bromine, a chemical resembling chlorine. They were once widely used in sleeping pills and are still added to some over-the-counter preparations. However, they should not be taken internally because, over time, they cause serious side effects, such as acne, headache, drowsiness, weakness and liver damage. To my knowledge, bromides do not produce halitosis.

DEAR DR. GOTT: I've recently developed a panic and anxiety condition that seems to have taken over my life. I'm 25 and getting ready to start group therapy. Will this condition ever go away, and why did it happen all of a sudden?

DEAR READER: Panic attacks are periodic episodes of intense fear. They occur more frequently in women and can progress to chronic anxiety, which can be more psychologically crippling than panic attacks themselves. Treatment with prescription anti-depressant medicine is very successful in preventing panic attacks.

I'm glad you are starting group therapy; with this assistance, you may be able to overcome your panic attacks and reduce or give up any medicine you may be prescribed. Although the cause of panic disorder is unknown, the condition is treatable and not permanent.