

Male menopause follows orchietomy

DR. GOTT



PETER GOTT, M.D.

By Peter H. Gott, M.D.

DEAR DR. GOTT: A couple of years ago, I had prostate surgery by the transurethral method. A growth on the prostate turned out to be malignant. A half year later, my doctor suggested orchietomy. About three months later, I began having sweating spells, then chills. My doctor says nothing can be done about it. This is extremely irritating. What's your advice?

DEAR READER: Removal of the testicles (orchietomy) is a useful method of controlling the growth of malignant prostatic tissue. Most prostatic cancer is stimulated by the male hormone testosterone, which is manufactured in the testicles. Thus, orchietomy removes a primary growth stimulator and often causes a remission of the cancer.

Unfortunately, however, men usually experience male menopause after such surgery. Without testosterone, they have symptoms of hot flashes, chilliness, moodiness, sweating and emotional ups and downs. Because testosterone could accelerate the growth of your tumor, you should not take this hormone.

I'm afraid you'll have to wait out your symptoms of menopause. With time, your body will adjust to the lack of hormone, and you will feel better. Until then, be patient. The symptoms may be uncomfortable but won't harm you.

DEAR DR. GOTT: Do you think there will be medicines available in the future to treat obesity?

DEAR READER: Future treatment for obesity will undoubtedly in-

volve drugs that correct the problem at a biochemical level — pills that actually accelerate fat metabolism, for example, without causing adverse effects on the rest of the body. However, we're a long way from such a simple and direct method of treating one of mankind's most common woes.

At present, the best way of treating obesity is exercise (to burn more calories) in conjunction with steady dieting (to reduce calorie intake).

To give you more information, I am sending you a free copy of my Health Report "Winning The Battle Of The Bulge." 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've recently been taking Desyrel for depression. What exactly does this medication do, and does it help control eating disorders? What are the side effects?

DEAR READER: Desyrel is a prescription anti-depressant. Its mechanism of action is not completely understood, but it appears to improve mood by altering certain chemicals, notably serotonin, in the brain. It is generally a safe medicine when used under close medical supervision.

However, it does have side effects, including: inappropriate and sustained erections, sedation, rash, dry mouth, low blood pressure, vomiting, lightheadedness, confusion, fatigue, incoordination and muscle aches. Desyrel is not a treatment for eating disorders, unless they are accompanied by depression.

DEAR DR. GOTT: Six months ago, I supposedly suffered congestive heart failure and was put on Lanoxin. Since then, I've suffered from diarrhea, headaches, excessive salivation, skin rash, vomiting and other symptoms. My former doctors were quick to point out I've had diabetes for 20 years, which probably caused the symptoms.

I researched Lanoxin and found it could produce all the effects I experienced. My doctor took me off it immediately, and things are returning to normal. Can a patient exhibit toxic ef-

fects of any medication that might not reach a dangerous level in the blood?

DEAR READER: Absolutely. Some people are highly sensitive to the effects of drugs and will experience many symptoms of toxicity — even though the drugs are properly administered in the appropriate quantity.

Lanoxin, purified digitalis, is a heart stimulant. It is a beneficial medicine that has a narrow therapeutic range, meaning there is little difference between the effective dose and the toxic dose.

For many patients with heart failure, newer drugs — such as enalapril — that reduce the work of the heart are more readily tolerated than older compounds, such as Lanoxin.

DEAR DR. GOTT: Is there any help for double vision? I'm an 80-year-old non-insulin diabetic with pernicious anemia. A brain scan revealed a mild stroke this past year, which left me with poor balance.

DEAR READER: The type of diplopia (double vision) you describe is probably due to an imbalance of the ocular muscles that control eye movement. You could be helped by using prism-lens glasses that correct for the inappropriate "wandering" of one eye, or you may need to use an eye patch — sometimes on one eye, sometimes on the other — to prevent the double image from disrupting your vision.

You should be examined by an ophthalmologist who will test you to find the precise cause of your problem and suggest a remedy.

Remember to pay attention to your medical afflictions, because diabetes, anemia and stroke can, if untreated, worsen your double vision, as well as cause other visual difficulties. You will need to follow a diabetic diet and the instructions given by your physician.

Also, vitamin B-12 injections are an antidote for your pernicious anemia and may help your diplopia. Finally, many stroke patients can avoid another attack if they take one aspirin a day; ask your doctor about this safe and inexpensive therapy.

Before discarding, think of charities

POLLY'S POINTERS



POLLY FISHER

sure the item you want to donate is needed. Don't make local charitable organizations serve as trash collection agencies!

DEAR POLLY — If you don't tell people before they eat this jelly, they won't guess that they aren't eating jelly made from grapes.

Mix 2 cups strained juice from boiled beets, 1 box powdered pectin (Sure-Jell) and 5 tablespoons lemon juice. Bring to a rolling boil. Add 4 cups sugar and boil for six minutes. Pour into sterilized jars and seal. — M.S.

DEAR POLLY — You missed another two possible reasons for the differences in time required to boil water in the microwave oven. You should have asked: (1) Are you always using the same amount of water? and (2) Are you always setting the container in the same part of the oven? My oven has a "hot spot," so I use a turntable for anything more important than a cup of coffee. — ILLINOIS READER

DEAR POLLY — Here's my method for cleaning narrow-necked vases. I keep a small bottle of BB shot under my sink and empty it into the vase to be cleaned along with warm, sudsy water. It works great! I then rinse the BBs in a sieve to dry. They get a little rusty, but so what? — HOPE

DEAR POLLY — One reader recently wrote to you asking for suggestions about how to use old sheets and bedding she no longer had use for. My suggestion is to check with organizations such as churches. The ladies of the churches in our area welcome such items, which they use to make quilts for world relief organizations. I'm sure there is such an organization in her area too. — C.H.

DEAR C.H. — Thank you for reminding us to check with charitable organizations before discarding potentially useful items. Another letter writer belonged to a service organization that used old sheets to make dressings for cancer patients. I'm sure every community has some group that can put many similar things to good use. Just remember to always call and inquire first to be

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JUNIOR/SENIOR KINDERGARTEN REGISTRATION FOR SEPTEMBER 1990 THE HALTON ROMAN CATHOLIC SCHOOL BOARD



ADVANCED registration for those children of separate school ratepayers who will be attending school for the first time at either the Junior or Senior Kindergarten level in the Catholic Schools in Burlington, Oakville, Milton, Georgetown and Acton will be held at all schools on

TUESDAY, WEDNESDAY and THURSDAY
February 13, 14 and 15, 1990

9:00 a.m. to Noon
1:30 p.m. to 5:00 p.m.

AGE OF ADMISSION AND REQUIREMENTS

Junior Kindergarten

Children are required to be 4 years of age on or before December 31, 1990.

- Birth or Baptismal Certificate required for age verification.
- Before registration is finalized, a child will have completed the prescribed program for immunization for diphtheria, tetanus, poliomyelitis, measles, mumps and rubella.
- Families registering for the first time at a school are requested to provide their family O.H.I.P. number at the time of registration.
- For further information or alternate registration date, please contact the principal of your nearest Catholic School.

Donald W. Schrenk
Chairman of the Board

Senior Kindergarten

Children are required to be 5 years of age on or before December 31, 1990.

C.G. Byrnes
Director of Education

LE CONSEIL DES ÉCOLES CATHOLIQUES DE HALTON AVIS D'INSCRIPTION SCOLAIRE PROGRAMMES DE MATERNELLE ET DE JARDIN D'ENFANTS (pour la rentrée des classes en septembre 1990)

L'inscription par anticipation, pour les enfants de contribuables francophones du système séparé admissibles pour la première fois à un programme de maternelle ou de jardin d'enfants en septembre 1990, aura lieu à l'École Sacré-Coeur (Georgetown), à l'École Sainte-Marie (Oakville) et à l'École Saint-Philippe (Burlington) aux dates suivantes:

MARDI, MERCREDI et JEUDI
les 13, 14 et 15 février, 1990

entre
9h et 12h
13h30 et 17h

ÂGE D'ADMISSIBILITÉ ET DOCUMENTATION REQUISE

Maternelle

Tout enfant ayant atteint l'âge de quatre ans au plus tard le 31 décembre 1990.

Jardin d'enfants

Tout enfant ayant atteint l'âge de cinq ans au plus tard le 31 décembre 1990.

- Certificat de baptême et/ou de naissance.
- On demande à tout parent qui inscrit son/ses enfant(s) pour la première fois, de bien vouloir fournir lors de l'inscription, le numéro d'assurance-santé de l'Ontario (OHIP).
- Tout enfant doit avoir complété le programme prescrit par la Loi sur l'immunisation contre la diphtérie, le tétanos, la poliomyélite, la rougeole, les oreillons et la rubéole avant que son inscription soit finalisée.
- Veuillez communiquer avec la direction de l'école catholique française de votre communauté scolaire pour obtenir des renseignements supplémentaires ou pour fixer une autre date d'inscription.

Donald W. Schrenk
Président du Conseil

Gilbert McGraw
Président, Section
de langue française

C.G. Byrnes
Directeur de l'éducation