

# Medicine delay sinus operation

**DR. GOTT**



**PETER GOTT, M.D.**

**DEAR DR. GOTT:** My mother told me before she passed away that I was born with a veil over my face. Please tell me what this means.

**DEAR READER:** The amnion is a thin but tough membrane that covers the fetus and contains the amniotic fluid, which bathes the unborn child. During birth, portions of the amnion may cling to the baby's head. At times, amniotic remnants appear to form a cap; the newborn is said to be born with a caul. When the amnion covers the face, the baby is said to be born with a veil.

Centuries ago, being born with a caul or a veil was associated with magical properties. Of course, such properties were merely fantasy. Children born with pieces of attached amnion are the same as any other children. Thus, your mother's observation confirms a recognized medical phenomenon of no particular consequence.

**DEAR DR. GOTT:** A friend told me about the use of Pau d'Arco tea for fingernail and toenail fungus. She stated that after one week's treatment of the ESSENCE of Pau d'Arco, not a brew of the tea, the fungus disappeared from the root of the nail, and the nail continues to grow in a healthy fashion. Is this treatment verified by any medical source or simply an herbal remedy that really works?

**DEAR READER:** To my knowledge, this is simply an herbal remedy that really works. I was first alerted to it several years ago by a reader who cured her fungus infection by soaking her feet in a brew of Pau d'Arco. Since I published the Pau d'Arco tea treatment for chronic fungus infection of the nails, I have received scores of letters from readers verifying that this method is effective.

I am not aware that the tea therapy has been confirmed by any scientific studies; however, it is safe, inexpensive and certainly worth a try.

**DEAR DR. GOTT:** I have what's called "dumping syndrome." I had partial removal of my stomach and a vagotomy performed after a bout

with a bleeding ulcer. What can you tell me about this distressing disease?

**DEAR READER:** After surgery for peptic ulcer, during which part of the stomach is removed and many of the nerves to the intestine are purposely severed (vagotomy), food may pass through the upper bowel without being adequately digested. Dry food acts like a sponge in the intestine, attracting fluid from the bloodstream, leading to a temporary shock-like state consisting of weakness, dizziness, palpitations, sweating, nausea and vomiting. The syndrome was so named because food "dumps" into the intestine, instead of passing slowly and methodically through the bowel. "Dumping syndrome" is a common complication of certain types of ulcer surgery.

Treatment consists of a high fluid intake, coupled with a high-protein diet consumed in several small meals.

Because your symptoms are so bothersome, you should describe them to your surgeon who will be able to advise you how to compensate for this surgical complication.

To give you additional information about a condition similar to "dumping syndrome," I am sending you a free copy of my Health Report "Irritable Bowel Syndrome."

**DEAR DR. GOTT:** I've suffered from headaches for more than 35 years. A CT scan revealed tissue thickening in the ethmoid sinuses, which my doctor believes may contribute to the chronic head pain. He suggests sinus surgery. Is there another option?

**DEAR READER:** Chronic sinus infection often causes headache. Thickening of the lining of the ethmoid sinuses, behind the eyes next to the nose, indicates a source of chronic irritation that could be due to infection or allergies. I don't know whether an operation to clean out your ethmoid sinuses would alleviate your headaches.

I believe you should seek a second opinion from another ear-nose-and-throat specialist. If the surgeon agrees with your doctor, he or she can present you with a detailed analysis of the problem, the risks of surgery and the chances for success.

At this point, you need the expert advice of specialists. Perhaps medicine, such as antibiotics and decongestants, might enable you to avoid an operation. Possibly, an allergist could devise ways to cure the ethmoid irritation without surgery. And, of course, your headaches may not be related to your ethmoid problem at all. This further complicates a condition for which you need advice from competent specialists.

To give you additional information, I am sending you a free copy of my Health Report "Headaches."

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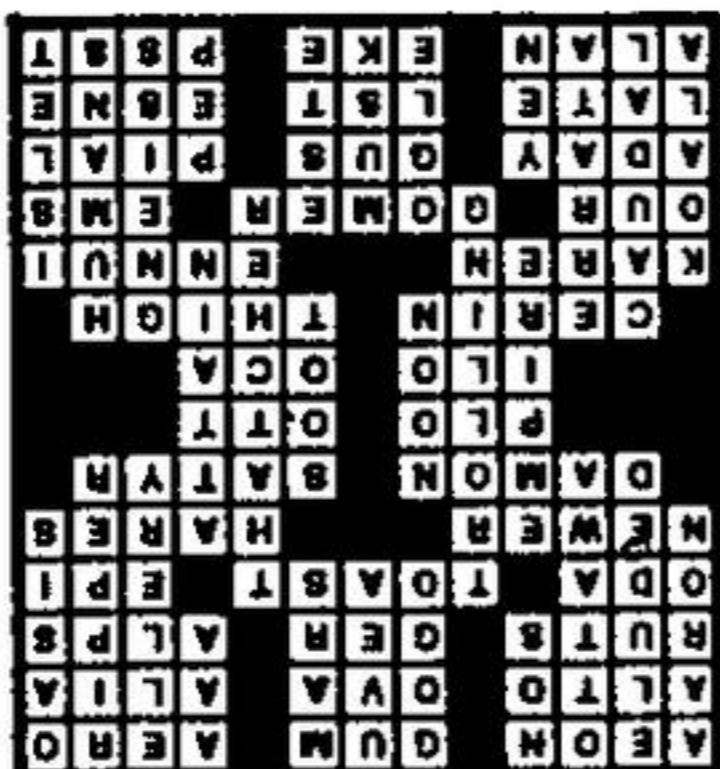
**The World Almanac® Crossword Puzzle**

**ACROSS**

- 1 Vast period of time
- 5 Mouth part
- 6 Of aircraft
- 12 Choir voice
- 13 Eggs
- 14 Inter — among others
- 15 Furrows
- 16 Neighbor of Fr.
- 17 Mountain system in Europe
- 18 Asian women's quarters
- 19 Drink to health of
- 21 Spire ornament
- 22 More up-to-date
- 24 Long-eared animals
- 26 — Runyon
- 28 Woodland dilly
- 29 Middle East org.
- 30 Baseball player Mel
- 31 Workers' assn.
- 32 Wood sorrel
- 33 Waxy substance in cork
- 35 Leg part
- 38 Actress — Black
- 39 Boredom
- 41 Your and my
- 42 — Pyle
- 46 Printer's measures
- 47 Call it —
- 49 Short for Augustus
- 50 Of a brain membrane
- 51 Behind
- 52 Landing boat
- 53 Anglo-Saxon slave
- 54 Actor Aida
- 55 Use thriftily
- 56 Attention-getting sound

**DOWN**

- 1 Biblical priest
- 2 Evaded
- 3 Capital of Canada
- 4 Numbers



- (abbr.)
- 5 Dancer type
- 6 Layer of eye
- 7 War god
- 8 Drivers' gp.
- 9 Detective Queen
- 10 Jack the —
- 11 Green spot
- 19 Fishing
- 20 Britain's Margaret —
- 23 Ruler's realm
- 25 Reach
- 27 Part of the day
- 28 Dirt
- 33 Of the tail
- 34 Mistakes
- 36 Kind of rock
- 37 Persons
- 38 Cuddly animal
- 40 Atoll
- 43 Amorous look
- 44 Perfume ingredient
- 45 Ancient Italian family
- 48 Craving
- 50 Energy

