



HEALTH TIPS

Relieve post-gym aches by submerging your lower body in a cold bath (50 to 55 degrees Fahrenheit). Top athletes use this method



The bridge pose; lie on your back with your feet and hips wide apart, and raise your back, engages your butts and core muscles

ASK THE SEXPERT

DR MAHINDER WATSA



1 I am 30 years old and I got married last year. Every third day we have sex and I have no issues with erection. The problem is that I do not enjoy the act of intercourse. I feel excited during the process but I don't enjoy penetration. I do it only to satisfy my partner. Since we have a plan, I use a condom during the act but I have never ejaculated inside her even while wearing a condom. I enjoy foreplay as much as my partner. I'm able to satisfy my partner but somewhere I do not feel the same joy. I enjoy masturbating however. What should I do?

You need to see a sexpert who may refer you to a psychiatrist, if necessary.

2 I am 54 years old and suffer from ED (Erectile Dysfunction). After consultation, I was prescribed IGNITOR 1-0-1 for 45 days. After reading your column, I took Vigomex Forte (before food) for 45 days. It was very effective, but after I completed the course, the ED problem was back. A month ago, you advised Fortege (Alarsin) to a 60-year-old. Can I go for another course of Ignitor and Vigomex Forte? Are there any side effects?

No problem, you can go for a second round.

3 I am 25 years old and in a long-distance relationship with my partner who is 20 years old. We have sex every six months when we meet. Lately, I've learnt that she isn't interested in sex and that she never experienced any pleasure or excitement from the act. She loves me but her sudden hatred for sex is puzzling. How can I figure out what could be wrong and solve our problem?

The answer requires talking to her to identify the cause. Can you not probe the matter at a quiet moment?

SEND YOUR QUERIES TO:

Ask the Sexpert, Mumbai Mirror, Times Of India Building, Dr DN Road, Mumbai 400001 or email at drwatsa@timesgroup.com. Contact Dr Watsa, send an email to mcwatsa@hotmail.com

DON'T BE SUCH A PILL

Do you see antibiotics as a cure-all? A handy cut-and-keep guide to which conditions merit it and don't

It's the start of the cold and flu season and this means local GPs will soon face patients lining up outside their clinics. In more than 80 percent of viral cases in the country, patients are prescribed strong medicines that inhibit the growth of micro-organisms when they can be successfully treated with simple oral rehydration salts, said Dr Abhay K Shah in a talk at the Antimicro Biocon conference in Ahmadabad last month.

The two-day conference also pointed to a study by United States Centres for Disease Control and Prevention that found that over-medication makes

patients vulnerable to other infections since bacteria gets resistant to antibiotics.

Yet, antibiotics only treat bacterial infections. There are two problems with this trend; the increasing global problem of antibiotic-resistant bacteria making it harder to treat some infections and the risk of side-effects.

Doctors blame public perception. For instance, research shows that 98 percent of people expect a cough to last, on average, for only eight days when it can last up to three weeks. And 80 percent expect flu symptoms to last only 10 days, when two weeks is the normal duration.

To cut through the confusion about the need for antibiotics for common conditions, here's a list of dos and don'ts;

CHEST COUGH

WHEN YOU DO:

If a patient's cough is accompanied by a persistent fever, difficulty breathing, pain in the chest or blood-stained phlegm, they should see their GP. A chest infection, which affects the lungs, is different from a normal cough, which is usually due to inflammation in the upper airways and congestion — and is common in young children and the elderly, as well as those who smoke or have a pre-existing respiratory condition.

WHEN YOU DON'T:

It's normal for a cough to last up to three weeks. Although it was thought that a cough producing green phlegm indicated a bacterial infection, antibiotics are no longer prescribed according to the colour of sputum. Again, doctors recommend rest and fluids. The jury is still out on the benefits of over-the-counter cough medicines, he adds. There's no science to back claims that they help and coughing is the body's way of clearing the lungs of any infection. But, if a cough medicine provides short-term relief, there's no harm in taking it.

SKIN CONDITIONS



WHEN YOU DO:

Antibiotics are prescribed for infected eczema (a flare-up resulting in skin that's red and weepy) and cellulitis (an infection of the deeper layers of the skin). Antibiotics are prescribed as a longer term treatment for acne because of their anti-inflammatory effect rather than for the treatment of bacterial infection.

WHEN YOU DON'T:

Most skin complaints — dermatitis, eczema, psoriasis, ringworm etc — will see no improvement with antibiotics. Acne and rosacea can be dealt with by using Vitamin A derivatives or hormonal pills.

Patients feel better mentally and physically when antibiotics are prescribed since they act faster



DR APRATIM GOEL, DERMATOLOGIST

EAR ACHE

WHEN YOU DO:

If the pain gets worse despite taking age-appropriate paracetamol or ibuprofen, or there is a discharge from the ear, then contact your GP.

WHEN YOU DON'T:

Children are prone to ear infections because the narrow air passages in the inner ear can become blocked by mucus. Antibiotics are rarely needed as the cause is usually viral and, even if the infection is due to bacteria, we now know they get better on their own.

SINUSITIS

WHEN YOU DO:

If there is no improvement after a week then antibiotics might be considered because stagnation of fluid in the sinuses may have allowed bacterial infection to develop.

WHEN YOU DON'T:

Sinusitis is usually due to a viral infection, so antibiotics won't help. It can last for up to two-and-a-half weeks. The doctor is likely to advise rest, fluids, and steam inhalations. The steam loosens secretions, making them easier to clear through the nose.

