



## HEALTH TIPS

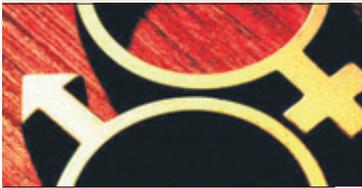
A hot shower can help clear out a blocked nose, as the steam thins out the mucus in the nasal cavity and reduces inflammation



Smelling a freshly-sliced lemon can cut through the murky feeling of nausea and calm your stomach

## ASK THE SEXPERT

DR MAHINDER WATSA



**1** I am a 23-year-old and masturbate once or twice a day. I masturbate lying on my bed by moving my stomach up and down. Is there a problem with this method? Also, my penis is a bit bent towards the left. Can this affect my future sex life?

Your slight bent will not take away from your ability to insert your penis in the vagina. Masturbate only when sexually excited and it's best to use your hand.

**2** I am 48 years old and my wife is 45. I experience good erections while having sex, but it lasts for only 30 seconds. Can you suggest medicines to increase my erection time?

I cannot recommend medicines without understanding your medical history. Consult a sexpert.

**3** I am 26 years old and I suffer from premature ejaculation. Each time I hug a girl, my penis gets erect. This has become very embarrassing. How can I correct my condition?

Practise controlling yourself before a seductive photograph, daily. In time, you will do better with the real person.

**4** I am 41 years old and have no kids as my husband has low sperm count. Two years ago, I got pregnant with the help of medication but aborted, as I had vaginal warts at the time. I got rid of them. But recently, I've got them on my inner thighs. My gynaecologist said that I can't conceive if I have warts and my dermatologist warned me that they can erupt and cause harm to the baby. Is this true? Also how do I get rid of them?

Only a dermatologist can help you. Does your husband have them too? If so, both should be treated with the same persistence.

**SEND YOUR QUERIES TO:** Ask the Sexpert, Mumbai Mirror, Times Of India Building, Dr D N Road, Mumbai 400001 or email at drwatsa@timesgroup.com. Contact Dr Watsa, send an email to mcwatsa@hotmail.com



# Too hot to handle

As temperatures soar, we bust some mercury myths to fortify you against heat hassles

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**S**ummer is here. For Mumbai, this means gearing up for war against the unforgiving heat. While city folk have a reverse, yet equally obsessive, stance as the countrymen in a *Game of Thrones* episode when it comes to their concern over changing weather conditions, are we well-informed?

Keep your cool, we're here to help. Heat-related illnesses like heat stroke, rashes and dehydration occur when the body can't keep itself cool. The body is equipped to keep itself at an optimum temperature against changing conditions. Sweating, though it might put you in a social hot seat, is the body's natural mechanism to cool itself. As sweat evaporates from the skin, it lowers body temperature. But on hot, humid days moisture in the air keeps sweat from evaporating fast enough. When this happens, body temperature can rise and you may start to feel sick.

Muscle cramps, nausea, rapid breathing, rashes and hot skin are

all symptoms that your body is having a tough time maintaining the equilibrium. Before you look to old wives' tales to fix your internal thermostat, wait. We played true or false with doctors so you aren't chasing wild myths.

### MYTH: EATING RIPE MANGOES WILL CAUSE HEAT BOILS

According to Dr Bina Chheda, medical nutrition therapist at Cumballa Hill Hospital and Heart Institute, "No fruit or food, not even mangoes, can cause extra heat in the body. There is no scientific evidence to back it. The boils depend on an individual's constitution and environment."

So don't go making accusatory statements against the king of fruits lest you be banished for treason.

When well-wishers advise you to eat more cucumber and watermelon, fruits that are high in water content, know that it is an adjunct solution. It is a good idea to increase your intake of water. Sip on water or nibble on iceberg lettuce, celery and radish that are high in water content.

False



### MYTH: BAKING SODA IN BATHWATER HELPS RELIEVE HEAT RASH

Cosmetic dermatologist Dr Apratim Goel, says baking soda can remedy prickly heat by helping relieve itching. It works as an exfoliating agent by removing dead skin, dirt and other impurities. This relieves the itching and inflamma-

True

tion associated with prickly heat. Oatmeal is another popular treatment due to its anti-irritating, anti-inflammatory and soothing properties. It will offer a soothing effect on the skin and instant relief from inflammation and itching.

### MYTH: EATING SPICY FOOD WILL HELP COOL YOU DOWN

Spicy food doesn't lower your body temperature, but green chillies can help indirectly. Chillies are known to increase metabolic rate, which produces heat in the body. As a result, you are more likely to drink water after consuming a meal with chillies that leaves you sweating. But here, it's the water that is doing the work, not the chillies.

False

### MYTH: IF I'M STILL URINATING/ SWEATING, I DON'T HAVE A HEAT STROKE

It's a common misconception that heat exhaustion and heat stroke are only serious when the kidneys stop producing urine. Waiting for that to happen can be a mistake. Instead, be on the lookout for the early warning signs — dizziness,

False