

Too embarrassed to ask your doctor? Dr Ozzy is your answer. After using and abusing his body for decades, he wants you to learn from his mistakes

## Ask Dr Ozzy

**+ Dear Dr Ozzy I suspect my 15-year-old son is partaking in a bit of the 'sweet leaf' (cannabis). Without alienating our good relationship, how can I deal with the dripping irony of it all?**

**Lou, Jersey, Channel Islands**

We were all kids once, and when we were worried about being caught doing anything bad, we'd lie. When my dad gave me the, "Son, if I ever catch you smoking cigarettes..." talk, I still did it, but under wraps so he wouldn't find out. So I don't think you should be militant about the drugs — just come clean with your kid. Say: "Look, I know about the pot, and I'm worried." Not just because any drug that messes with your head can be dangerous but also 'cos it might lead to something worse, like coke or heroin.

Another thing I've always said to my kids is: "I'm not just your father, I'm the best friend you'll ever have, because I love you unconditionally and I'll always be on your side. The same can't be said for the dickhead who's selling you weed."

**+ You talk about vibes and energy a lot, which suggests that you feel things other people don't. Do you think people can develop intuition, or are they just born that way?**

**Sharon, Massachusetts**

There a simple way of explaining intuition, Sharon: common sense. I remember when Princess Diana was still alive, I woke up one morning and said to my assistant: "You know what? Something very bad's gonna happen to her." And sure enough, days or weeks later, the tragedy in Paris happened. But the fact is, if someone's living their life at 300mph, you don't have to be a clairvoyant to see what's coming. Yes, some people have more common sense than others, but there ain't nothing magic about it.

**+ I sometimes get acute pain in the testicles, particularly when stooping or digging. My doctor has run tests but doesn't know the answer. A friend has**



**'I've been to the dark side and therapy has helped me a lot. But I refused to go for a long time 'cos I thought it was for nutters'**

**suggested it's 'overuse syndrome'. What's your expert medical opinion?**

**John, Scottish Highlands**

John — a man's testicles are very, very delicate, and bollock pain is nothing to be laughed at. I don't know if you ever suffered a "kick in the marbles" at school, but it's just about the worst thing you can ever imagine. I've never heard of "overuse syndrome" but I've certainly done myself some damage in that area by over-exerting during a show. All it takes is one mid-air set of the splits too many. If your doc has already checked for groin strain, I suggest you also get your prostate checked, especially if you're over 40. A lot of blokes don't realise that their prostate is an important part of their plumbing, and too many of

them don't get the rubber-glove test until it's too late.

**+ I suffer from bipolar disorder, which makes me impulsive and liable to harm people when I don't mean to. It started when my dad began drinking a case of beer a night. He'd get rowdy and cruel and risk driving me to school drunk. Is he the cause of my problem?**

**Christina, Texas**

I strongly suggest you find a good therapist — someone who has in-depth knowledge of bipolar, not just your GP, who might tell you to take an aspirin and sleep it off. I'm not bipolar, but I've been to the dark side on more than a few occasions, and therapy has helped me a great deal, even though I refused to go for

a long time 'cos I thought it was for nutters. When you're suffering from a mental illness, you often end up telling yourself that the way you see the world is the way it is, when in reality your problems could have been caused by a number of things. I believe in your case, talking things through will be the best medication. Or at least it's a good first step.

**+ I've got a problem with chronic flatulence. My doctor is an insensitive quack who says that if I drink two gallons of beer a night, I deserve it. My partner says I'm causing interference with the TV. Any advice?**

**David, Ireland**

It depends if these are harmless air bubbles or poisonous fumes, David. If there's no odour, don't worry about it — "better out than in", as I always say to Sharon. Although you might want to cut down a bit on the Guinness, which is the worst, if you ask me. If there is a nasty smell, the way to deal with it is to buy some stink bombs, and when you feel the urge coming on, chuck them on the floor. I used to do that all the time.

**+ I'm 57 and having problems with stiff, aching knees. You still seem to be fit and active, so do you have any tips or cures?**

**Austin, Leicester**

In your head, you think you're 27, but your body is now telling you the truth. As you get older, you have to change your habits. In the old days, I could have put an Olympic high jumper to shame on stage, the way I used to bounce around. I don't do that any more — I just headbang. I ain't even an exerciseaholic any more: I do 30 minutes, not four hours. So my prescription for your knees is: be kind to yourself.

*Ozzy was talking to Chris Ayres*

**Do you have a question for Dr Ozzy? Email him at [askdrozzy@sunday-times.co.uk](mailto:askdrozzy@sunday-times.co.uk)**

**Warning: Ozzy Osbourne is not a qualified medical professional. Caution is advised**