

'If you think strippers are bad, try groupies. I used to get so out of my mind with guilt I'd be down the doctor's ever day thinking I had some new disease. I'd finally break down, tell Sharon — and I'd get a house plant over the back of my head'

Ask Dr Ozzy

+ Dear Dr Ozzy I think my arm is broken, but I don't have health insurance (I live in the US) and I don't want to end up getting a bill for thousands of dollars from a hospital emergency room. Is there a painless, DIY way to make your own plaster cast?

Stephen, Florida

Okay Stephen, this is what you have to do. Go out and get yourself three paper cups, some sticky-backed plastic, a pen, four knitting needles, and a ball of string. You'll also need a lemon, some ice, and a tube of the strongest glue you can find. Oh, and a button. Lay it all out on the kitchen table. Take a deep breath. *Then go to a doctor.* Honestly, don't be an idiot. Even if you don't have any dough, the hospital will still have to treat you — and you can deal with the debt collectors later.

+ I've just returned from a brilliant stag do in Las Vegas. But being married with kids, I'm concerned that the stripper with whom I, er, 'relaxed' in a private booth might have given me oral herpes. We didn't do anything that improper, though she did feed me strawberries and cream, mouth to mouth.

Brian, Warrington

Forget oral herpes, Brian, it sounds to me like you've come down with a classic case of married-man's guilt. That's the problem with strippers: they don't just take your dough, they also make you feel like the worst husband in the world the next morning. And if you think strippers are bad, try groupies. I used to get so out of my mind with guilt, I'd be down the doctor's office every day of the week, thinking I had some new disease. Then I'd finally break down, tell Sharon everything — and I'd get a house plant over the back of my head. So I'd be down the doctor's office again. As for the



herpes: your GP will give you a test to see if you've got it, but the virus can lie dormant for years, so there would be no telling if it was from the stripper or, say, an unwashed glass you picked up in a pub. I used to get outbreaks when I was stressed out or tired, but I haven't had any for years. One thing I wouldn't recommend is confessing to your missus. Believe me, it'll only make your life worse.

+ I have about 200 blackheads on my nose. If I pinch the skin, this horrible gunk comes out. It's not as if I'm a teenager (I'm 26). What should I do?

Antonia, Surrey

For a start: stop squeezing — or your face will start to look like raw burger meat. Try getting a facial. It's a lot of dough, yes, but they'll

get rid of the blackheads for you. If that's not an option, try pressing a hot towel on your face, then very gently massage the pores. Steam rooms and saunas might also work.

+ I love the taste of a cigarette in the morning, but the first few drags make me want to run to the bathroom. Is this normal?

David, Cardiff

If you're a smoker, David, why are you worrying about your bowels? What about your lungs? Having said that: yes, nicotine is a stimulant, so that "world-falling-out-of-your-bottom" feeling is normal. Why not stop smoking and have a glass of orange juice instead? Over the years I've taken almost every drug known to man, and to me nicotine is one of the worst. Take it from the Prince of Darkness: cigarettes are evil.

+ Are energy drinks mixed with booze a safer, legal, alternative to cocaine?

Lizzy, London

I don't really know, because when I drank energy drinks and booze, I was on cocaine. As an addict, it's all the same to me. Y'know, if people like messing themselves up, fine — but it didn't end well for me. One thing that I will say is when addicts give up the booze and drugs, caffeine is often the only thing left for them to take. I've heard of people mixing Diet Coke and Red Bull, and topping up their glass all day. You see the same guys at AA meetings, huddled round the coffee machine, twitching. It's sad, man. But the most unnatural thing for any addict is to not be getting high. Anything will do. I suppose I'm lucky I've got music to take my mind off things. That, and my amazing family, and my 17 dogs... and my bowls of English tea.

+ My three-year-old son keeps being hit/kicked/bitten by the son of one of my friends — who never does anything about it!

Catherine, Tyne & Wear

As a parent, you've gotta accept some kids play rougher than others, which is fine to say until some brat whacks your little pumpkin over the head with a wooden hammer. That happened to one of my kids, and I went crazy with the other kid's dad. I wish I'd said something when the hitting started, but I let it continue, until I blew my top. So my advice is: talk to your friend now — before she ain't your friend any more. *Ozzy was talking to Chris Ayres*

Do you have a question for Dr Ozzy? Email him at askdrozzy@sunday-times.co.uk

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