

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** Each time I leave the house, I have to go back two or three times to re-check the door isn't unlocked or that the oven isn't on or that the windows aren't open. It's driving me mad. What's wrong with me?

**Karen, Surrey**

A lot of people would probably say you're "a bit OCD", in other words, that you've got obsessive compulsive disorder. To be honest, I think that might be overegging it. Everyone seems to have OCD these days. Worrying about leaving the door open is normal, especially if you have bad short-term memory, like I do. I mean, nobody wants to come home and find a homeless bloke with his trousers down. But the reality is, even if you did leave the door open, nothing bad would probably happen. You're over-thinking things. It happened to me the other night: I was home alone and I spent the entire time freaking out over every little rustle and creak. When Sharon came back early without any warning, I just about dived under the bed for my sniper rifle. It's a good job I was too groggy to go any faster — shooting the missus would have earned me a right old bollocking.

**+ What's the most effective cure for hiccups?**

**Lauren, Carlisle**

Extreme pain. Ideally combined with the element of surprise. I wouldn't recommend it, though.

**+ My ears stick out at right angles. I wouldn't mind if they did something more useful — like picking up Bluetooth — but all they do is make me look like an idiot. What should I do?**

**Neil, Glasgow**

Nobody wants to walk around the place looking like the Ryder Cup. But I think you're being a bit hard on your poor old lugs; the job of hearing is pretty useful (take it from someone who's half-deaf). And Prince Charles does alright with his ears, which are big enough to beam The 10 O'Clock News to the sun. But



**'When Sharon came back early without any warning the other night, I dived under the bed for a sniper rifle'**

my advice is always the same with things like this: if it bothers you that much, get 'em fixed. Honestly, people think that if they get plastic surgery they're gonna wake up the next morning looking like Michael Jackson, or that they need a million quid in the bank to afford it. You don't. Yes, you might have to save up some dough, but you also have to save up to get a new computer or a new telly, and nobody ever seems to have any problem doing that.

**+ During important meetings, my stomach growls loud enough for everyone in the room to hear. It happens even after I've eaten a good breakfast.**

**Terry, Belfast**

Nerves. I guarantee it. It might even be a symptom of IBS, or

irritable bowel syndrome. At least you're not breaking wind, though: trust me, that's really embarrassing. The thing is, when the human brain's stressed out, it'll find all kinds of ways to mess with you, from making you feel like you need the bathroom all the time to bringing you out in a rash. Which is terrible, really, because those are the kind of things that just make the original problem worse. The good news is, there are all kinds of potions you can take to help calm you down, including a special kind of beta-blocker, which they use for stage fright. Ask your GP about it.

**+ I can't stop scratching my crown jewels at night. It's getting so bad, my wife is threatening to sleep in another**

**room. Now I've noticed a red rash, which seems to be spreading to my wider nether regions. Is this what American men call 'jock itch'?**

**Ted, Northumberland**

Sounds like it to me. The first thing to do is change your underwear. Personally, I find that nylon Y-fronts give me a raging case of ball itch: it feels like they're on fire. It's all to do with trapped sweat. (I hope you're not tucking into your cornflakes when you're reading this.) The next thing to do is get yourself some antifungal cream from the chemists — the same stuff you'd use for athlete's foot — and it should be gone in a few days.

**+ Suddenly, at 43, I've found myself beginning to stutter. I'm mortified. Do you think this is age-related or something more serious? Is it going to get worse?**

**Ellen, Birmingham**

It might be serious, or it might not be, but you should go and see a neurologist, just in case. I also started to jumble my words as I got older, although stutters run in my family. It happens when I'm excited or frustrated. I used to treat it with a nip of booze, which helped, until I became a raging alcoholic. By the time people saw me on The Osbournes, they couldn't understand a word I was saying. Then I watched the show myself and I couldn't understand a word I was saying either.

You've got to slow down. When I stopped speaking so fast, I stopped stuttering as much. I try to think of the end of a sentence now before I start it. And though I never went to a speech therapist for stuttering, I'm told that can help a lot. Why not try it?  
*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**