

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 suffer from 'Jimmy legs', also known as restless legs syndrome. My legs shake and move about in the night, and it's driving my wife mad. Any ideas?**

**Mick, West Midlands**

I have the same problem — and so does my wife, Sharon. We're like a pair of pneumatic drills, jiggling and wobbling away under the sheets, making the floorboards rattle. My leg has a mind of its own. It goes all over the place. Even when I'm sitting on the sofa, it's bouncing around like I'm in the back of a rickshaw on a bumpy road. In terms of treatment, you can get medication, but it's a form of benzodiazepine — the same thing as Valium. I spent decades trying to get off that stuff, and I don't want to go back to it. Personally, I've decided to live with the condition. I mean, it's not like it's painful, just irritating — and it wears out the bed springs pretty quick.

**+ I recently went to Cuba and picked up a nasty bug — to the point where I was hospitalised with dehydration. The doctors shoved a steel lozenge thing down my throat to take a biopsy from my stomach, but it didn't find the cause. Three months later, I'm still passing liquid.**

**Simon, Doncaster**

I'd be straight down to the gastroenterologist's after three days, never mind three months. It was probably some dodgy lettuce that did it. Let me tell you something: lettuce is deadly if you eat it in the wrong country. I mean, yeah, you think it's all nice and posh and healthy, but if you order a salad in parts of Mexico or South America, you might as well order a plate of raw human waste, because that's what's in the water that it's been washed in. I've suffered the same fate on more than a few occasions: you cross the border into Mexico, and within hours you're in hospital on a drip. But three months is no joke: it could be something more serious. Get it checked out again.



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**+ I can't stop drinking Coca-Cola. Do you think I've become addicted to the caffeine?**

**David, Staffordshire**

I know plenty of people who are addicted to cola, not just the brand-name stuff, but the big, cheap, gallon bottles you get in a supermarket. It's not the caffeine you get hooked on, though: it's the sugar. Try switching to a diet brand. Or better yet, have a cup of tea instead.

**+ I recently had to speak in public, and I became so nervous my vision became blurred. Is this 'hysterical blindness'?**

**Nicola, Cheshire**

Panic attacks can do all kinds of weird things to you. I know, cos I've suffered from stage fright all my

life. I went to my GP about it once and he told me, "Try blowing into a paper bag." I said to him: "Why? My chips aren't too hot." I see a therapist now. It's been doing me a lot of good, although anything to do with your sight is so important, it might also be worth seeing an eye doctor. The problem is that your symptoms probably only appear when you're nervous. So try giving a speech while he checks you out.

**+ My husband is bald. Any advice?**

**Rachael, Surrey**

If he's bald, he should be proud of it. Having said that, I know a lot of men who are obsessed with losing their hair. They think it's like someone taking their virility away, and spend half the day trying to arrange their last three strands into

a comb-over. Personally, I'd just shave it all off... although it's easy for me to say, I suppose. He could also get those implant things, although they look very painful. Then there's the option of buying an Irish (Irish jig — wig). But that comes with all kinds of other risks. I remember being in a bar one time, next to this American bloke with a ginger wig, and for a laugh I reached up, pulled it off and used it to mop up my beer. Then I put it back again — the wrong way. He was furious. But he looked ridiculous in it. It was like he was keeping a dead cat up there. So if I put him off wearing that thing ever again, I probably did him a favour.

**+ My doctor tells me I have high cholesterol. Should I stop taking cocaine?**

**Andrew, Los Angeles**

Hang on a minute. You're putting the cart before the horse. I suppose you're thinking that because the cholesterol gives you a higher risk of a heart attack, the coke might send you over the edge. But you shouldn't be doing cocaine, full stop — never mind if you've got high cholesterol, low blood sugar, a gammy leg, or a runny nose. It's like a 40-a-day smoker asking if he should move out of the city to get some fresh air. Where's the logic? Here's the thing with coke: you can drop dead from it instantly. It's a stimulant, and you never know exactly how strong it's going to be. It also messes with your mind, makes you say stupid things, and can land you in jail. Here's my advice: if you keep taking coke, you shouldn't even bother worrying about your cholesterol — you'll kill yourself long before anything else can.

*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**