

Rolling Stone



ASK DR. OZZY

Q I'm a heavy boozer, and I get pains in my side when I drink. I still have my appendix, my kidneys and my liver. Which organ is the problem, do you think?

—Kyle, Salmon Arm, British Columbia

A I had the exact same thing, and it turned out to be a damaged nerve from my kidneys to my liver. It was a big relief, to be honest with you, 'cause I was shitting myself that I had cirrhosis – and it ain't a pretty way to go, believe me. If you're gonna persist in drinking, my advice is to get regular tests, to see if your liver and kidneys are still holding up. Even better: Quit altogether. I'll never forget what happened to this guy Mickey I used to know. He was told by his doctor to stop boozing, so he went straight to the pub for his last pint, took one sip, and dropped stone dead at the bar. Don't end up like him.

Q My brother is 30 going on 13. He has never lived on his own, and my parents won't kick him out. What can I do to get him to grow up?

—Sara, San Antonio

A When I was growing up in England, this problem was always the other way round: Parents wanted their kids to look after them. It was the only reason most people had bloody kids in the first place. These days, I know grown men in their 50s who are still living with their folks. I mean, what happens when you want to

bring a chick home to give her a good old seeing-to, and your mum comes in halfway through to bring you a cup of tea? It doesn't look very smooth, does it? At the end of the day, though, people do what they want to do, and there ain't much you can say to stop 'em. Although you might want to buy your brother a DVD of *The 40-Year-Old Virgin*, to give him a glimpse of his future.

Q My doctor has prescribed Vicodin for a degenerative disc problem in my back, but I'm worried about getting hooked. What do you think?

—Bob, Harlem, Georgia

A All I can say is that I was hooked on that shit for a long time. Vicodin and me were made for each other – I love it. I was popping 25 a day at one point, and that's very dangerous, because Vicodin is cut with acetaminophen, which is extremely bad for your liver. But if you take Vicodin as prescribed, you should be OK. If it says "Take one every six hours" on the bottle, that's what you've got to do. With me, I'd end up taking six every hour, then – if Sharon caught me – I'd blame it on my dyslexia. If you think you need the meds and you don't trust yourself, give the bottle to a relative or friend, so it's not within easy reach.

If you want Dr. Ozzy's advice about health, sex and family matters, go to rollingstone.com/drozy.