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## Ask Dr Ozzy

**+ Dear Dr Ozzy My dad is close to having a nervous breakdown over my 25-year-old sister's choice of boyfriend. He's an illegal immigrant and a heavy dope-smoker with a tattoo of a pork chop and two chicken drumsticks on his chest. How can he put her off him?**

**Chaz, Birmingham**

If you want your kids to do something, tell them *not* to do it. This idiot could be an axe murderer, but if your dad says to her, "Sorry, he doesn't fit the mould" (or if he calls immigration), she might just run off with him. Your old man shouldn't lie, though: if your sister asks for his approval, he should be honest, tell her what he thinks. I've had all sorts come into my house over the years to see my girls, though most of the time they don't approve of me, not the other way around. My guess is, eventually, she'll grow up and think: "What am I doing with this pork-chop idiot?" Meantime, tell your dad to hold on: this stage will pass.

**+ My dog, Clive (a labrador), seems very glum. Could he have doggie depression? If so, what can I do about it?**

**Amy, Lille, France**

Doggie Prozac. Ask your vet about it. The only doggie depression I've ever experienced is the feeling I get after one of my four-legged friends does his business behind the sofa.

**+ My girlfriend's dad — Russian, ex-military — likes to get me drunk on vodka, then take me to his banya (sauna), where we strip naked and he whips me with birch leaves. Is this healthy?**

**Adam, Brooklyn, USA**

If some bird's dad tried to get me sweaty and naked and started whipping me with anything, he'd get a punch in the conk. Getting boozed up in a sauna ain't a very clever idea, though I used to do it all the time at



my house in Stafford. Mind you, I'd take precautions because of the heat, and top up my lager with a splash of lemonade. One other thing: generally speaking, physical activity in hot, steamy conditions is best avoided unless you're using the sauna to have a quickie with the nanny, which I did, long ago. In that case, an exception can be made.

**+ When I drink alcohol, my face turns bright red. It's very embarrassing, but I love G&Ts. Is there anything I can do?**

**Hugh, Cambridge**

This could be genetic, and there's a test for it nowadays, so ask your doc. By the end of my drinking days I looked like Rudolph the Alcoholic Reindeer. They say blueberries can help. Though not being off your head 24 hours a day is a safer bet.

**+ A friend told me that burping too hard can rip a hole in your stomach. Is this true?**

**Anna, 12, New York**

I wouldn't have any stomach left if that was the case. In fact, I once saw a bloke on telly who could talk and burp at the same time. I tried to do it myself once, but ended up throwing up into Sharon's handbag.

**+ I've been told the best cure for athlete's foot is urine, because the chemical in antifungal cream (urea) can also be found in human waste. Is this true?**

**Pierre, Ipswich**

You might be right, Pierre, but I can't imagine a doctor writing you a prescription to take a leak on your feet three times a day. Funnily enough, in the 1980s I used to cure athlete's foot by pouring cocaine on

my toes. They cut the stuff with so much foot powder back then, it was the best treatment you could find if you had an outbreak on the road. The only problem was the price, which was around £3,000 a toe.

**+ I'm 72 and have been taking temazepam for tinnitus for years (without side effects) but have decided to come off it. I was going to go cold turkey, but your comments about the trouble you had coming off sleeping pills frightened the life out of me.**

**Debbie, Lancaster**

The most important thing is to talk to whoever gave you the prescription. Temazepam is a very powerful drug, so don't listen to the Prince of Darkness until you've had a professional opinion. The problem is the drugs make you used to sleeping artificially, so withdrawal is evil. You have to do it very, very slowly. At the age of 72, if you're not having any side effects, I'd be asking myself if it was worth the effort. *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**

### SURGERY NOTICE BOARD

Thanks to Bernard from London, who has written to say that anyone who gets bitten by a stray dog abroad (Denise from Portsmouth, September 5) should immediately see a (real) doctor, because it could be "a life-and-death matter". Even though I didn't finish my own rabies treatment after eating a bat in Iowa, Bernard points out that the injections I had in hospital might well have saved my life.