

'Being buried with your mobile phone – in case you wake up – is paranoid, but makes sense. Though if I'd got a call saying, "Hello, son," from my old man three months after he'd been put in the ground, I'd have died from a heart attack'

Ask Dr Ozzy

+ Dear Dr Ozzy Is it too paranoid to be buried with a mobile phone, in case you wake up? As a former narcoleptic (who doesn't want to be cremated), it's something I've often wondered.

James, France

It's paranoid, but also makes sense. You've just gotta take into account the danger to the health of the person you're planning on calling. If I'd got a call saying, "Hello son," from my old man three months after he'd been put in the ground, I'd have dropped dead from a heart attack. Someone once told me that, in the old days, undertakers put rope inside coffins, so if the dead person "woke up", he or she could pull on it and it would sound a bell above ground. The problem was: corpses bloat when they decay, which meant the ropes often moved by themselves, causing a few false alarms.

+ My boyfriend hates the TV shows I watch, and when he ridicules them – loudly and each night – it makes me feel an idiot for wanting some mindless distraction after a day's work. Should I break up with him?

Katy, Somerset

If couples broke up 'cos they didn't like the same kind of telly, the divorce rate would be 99%. Men and women's brains are wired differently, so chances are, you ain't gonna want to watch a documentary on Gulf war tanks, and he ain't gonna want to watch a tear-jerker or a make-over show. Take it in turns to watch your favourite programmes, buy a second telly, or make a list of the stuff you both enjoy, and set the DVR. As for your boyfriend making you feel like an idiot – he probably feels he's as entitled to relax with something *he* enjoys after a hard day's work as you are. I'm guilty of



the same. I always say to Sharon: "You ain't watching that crap again, are you?" Luckily, there's at least one thing we both like: the news.

+ I'm an uncircumcised 16-year-old and can't retract my foreskin. I'm stressing out about it, but can't face going to a doctor (which would mean telling my parents).

Mark, Birmingham

First, under *no* circumstances start messing around with it yourself. Second, I appreciate it's embarrassing, but the best thing to do is to have a quiet word with your dad, or if you've got one, an older brother. Your old man probably gave you a few baths when you were little, so you ain't showing him anything he hasn't seen a million times already. The same goes for

your doctor. Just pluck up the courage and get it over with; it'll seem like nothing as soon it's done.

+ I have a hiatus hernia which I've been treating for a few years with Gaviscon tablets, without much improvement. What really bothers me is the lump – a small, circular ball on my navel. Any ideas on how to get rid of this unsightly bulge?

Mohanlal, Harrow

I'd tell you to tap it a few times with a hammer, but obviously any kind of bulge can be a big deal, so you need to see a doc, who might suggest some kind of surgery. One thing's for sure: Gaviscon ain't gonna do anything, lumpwise – it's for heartburn and indigestion. You may as well take aspirin for a broken leg.

+ I'm addicted to counting calories: I have a sensor in my shoes that sends a 'calorie burn readout' to my iPhone. I input everything I eat into a calorie-counting website and I try to estimate how many calories I burn up doing everything else (including typing this). I'm losing weight but going insane. Advice?

William, Berkshire

Bob Dylan once said: "While you're writing, you ain't living." The same goes for counting calories. The bottom line is, every hour you spend jotting down every last cornflake or baked bean you ate during the day is an hour you could have spent learning something useful, like a foreign language. Of course, if you do that, you won't get any thinner – but you will be able to order your cheeseburgers in French.

+ I play in a band, but our drummer has a bad case of haemorrhoids. You can imagine how uncomfortable it is for him to sit on his stool during a two-hour gig, never mind rehearsals.

Federico, Rome

Unless he can learn how to play the drums standing on his head, he needs to get 'em seen to, and quick. I know people who've had bad piles and they were literally screaming in agony. Eating more fibre and drinking lots of water are usually recommended, but it depends on how heavy-duty they are. The only way to find out for sure is with a doctor's visit ■

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