



**HEALTH TIP:** Peppermint oil soothes when you're suffering from a headache and helps clear the mind



Apricot contains lots of calcium, which is essential for the formation and development of bones



**ASK THE SEXPERT**  
DR MAHINDER WATSA

**1** I am a 75-year-old man with a history of diabetes. My diabetes is now under control. However, over the past three years I have never experienced a single, full erection. During intercourse or masturbation I feel a pain in my left groin just as I begin to climax. Also, at the end, there is no ejaculation. But, after a while, a few drops do trickle out. I am very worried about this. Can you please suggest a remedy?

The source of the problem has, for long, been diabetes. It's good that you have that under control. Decrease of semen or its total stoppage is often experienced at your age. No intervention is required. All you have to do is to visit a urologist who can prescribe the necessary medication.

**2** I am a 22-year-old man and I had a circumcision done when I was still very young. I have discovered small eruptions on my penis. When I press these they secrete a small white substance. They do not cause me any discomfort. However, I am concerned as I don't know what these are and I hope they will not affect my sexual life. What are they, and how can I get rid of them?

They could be cysts. See your doctor for treatment.

**3** I am a 69-year-old man. My sugar and blood pressure levels are under control. For the last few months, my foreskin has been causing me pain and it does not roll back. If I try to push it, it tears and hurts. Sometimes, the pain is absolutely unbearable. I just cannot handle it anymore. I am very confused and disturbed by this development. What course of action would you recommend?

See a urologist. You may need a circumcision.

# WORK SHOULDN'T BE A PAIN

Office life takes a toll on the musculoskeletal system. These exercises will sort you out



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The comfort that technology affords us unfortunately turns us into couch potatoes," says Dr Niraj Vora, an orthopaedic surgeon associated with Sunridges Hospital (Juhu) and Bellevue Hospital (Andheri). "This dependence on technology has created such an unhealthy lifestyle that while joint and muscular problems once only affected older individuals, people in their 20s are now facing these issues."

"It's possible to avoid these problems by correcting your posture: Always stand upright with your neck straight and shoulders parallel to your hips."

Vora also believes that a regular regimen of exercises can serve to both, energise as well as keep musculoskeletal aches and pains at bay. However, most people can never find enough time to fit in a daily work out. Hence, Vora recommends simple exercises which can be done while you are at work.

**If you spend a lot of time on your feet**

Doctors and teachers spend a lot of time standing and this, says Dr Vora, "can lead to issues like varicose veins, plantar fasciitis (heel pain), and lower back pain." Vora points out, "Stress levels and lower back pain vary directly: the higher your stress levels, the more you are



Climb stairs for stronger calves

susceptible to lower back pain."

Varicose veins, he explains, "occur when your vein isn't functioning properly. Here, blood collects in the vein or veins rather than flowing to the heart. Those veins therefore become enlarged and dilated as they fill up with blood." It's a very painful condition that's, "typically also characterised by discoloration in your calves and feet." Typically treated with surgery, Vora explains that varicose vein sufferers would greatly alleviate their suffering by walking regularly. He therefore recommends, taking short intermittent work breaks to walk about your office room for a couple

of minutes. "Also, do calf exercises. Stand with your legs straight. Slowly rise up on your toes and gradually lower back down. Do this ten times for each leg."

Calf exercises, Vora says, are a must for anyone who spends a lot of time on his or her seat. "This simple exercise will keep the calf muscle active and improve blood circulation in that area. If your office has a staircase, climbing these is also a great way to strengthen your calves."

Standing may also affect your knees. One way to strengthen these is to do squats. "In an office, you can do squats at your seat. Simply, stand up and sit down on a chair without taking the support of the armrests. Repeat this over 20 times. You should also aim to progressively lower the height of the chair for this exercise, as the lower the chair is, the more your muscles will have to work to get you back up."

**If you sit for long hours**

Research has shown that sitting for

long stretches of time contributes to a number of health problems, not just muscular aches and pains but also conditions such as metabolic syndrome which is an umbrella term that encompasses conditions like high blood pressure, abnormal cholesterol levels and high blood sugar, to name a few. Yet, a desk job requires you to be seated in one place for long hours.

Addressing the kinds of aches and pains that this may lead to, Vora emphasises that anyone with a desk job would benefit immensely from simply adjusting the height of his or her office chair.

"The idea is to sit so that your feet are flat on the ground and your hips are parallel to the ground. Also, if you can adjust your armrests, then make sure they are low enough for your shoulders to relax but high enough so that you can reach the keyboard without straining your arms. The back of the chair should always be upright to support your back."

**Neck exercises should be done hourly**



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