

## PRESS CLIPPING SHEET

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# LADYBIRD'S Q&A

*You Ask, Experts Answer!*

**1** *Dr. Steven Charlap*  
*Holistic Medicine*

**What vitamins should a woman in her 50s take?**

**Doctor's Answer:**

Most of the recent studies fail to support taking a multivitamin unless you have known deficiencies, which are fairly uncommon. If you are vegan or having bowel problems, you may need vitamin B12. If you don't ever go into sun, you may need vitamin D. Check with doctor if you need. Otherwise, you are wasting your money. If you feel okay, you probably are okay.



**2** *Dr. Janiece Stewart*  
*Sports Medicine*

**Which is worse: an ankle sprain, tendon tear, or ligament tear? I haven't been able to walk for 2 weeks?**

**Doctor's Answer:**

An ankle sprain is graded on severity and symptoms. The inability to walk two weeks after an ankle sprain is concerning. Even in mild sprains, you do tear part of the ligament. In more severe sprains, more of the ligament is torn. It's possible you could have injured more than one ligament, the cartilage, or the bone, which is not allowing you to walk. I recommend you see your doctor right away.



**3** *Dr. Paul Grin*  
*Pain Management*

**What causes light sensitivity?**

**Doctor's Answer:**

The transmission of pain impulses from activated peripheral sensory nerves to second-order neurons in trigeminal brain stem nuclei and upper cervical cord may cause sensitization of second-order neurons. Not only can this intensify the pain, it may also increase sensitivity to convergent sensory stimuli such as light (photophobia). See your primary doctor for evaluation.





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**5** *Dr. Danny Proffitt*  
*Family Medicine*  
**I have fatigue issues. I am always sleepy and my energy level is way too low for my age. What should I do?**

**Doctor's Answer:**

One would need to rule out several things. A TSH for low thyroid is important. A blood count for anemia is important. A general exam to rule out other correctable causes is important. Ignoring these symptoms and treating for unknown causes is often not a good thing to do. One can mask the symptoms of serious disease that could be treated.



**7** *Dr. Nela Cordero*  
*Pediatrics*  
**What is the best way to cure constipation and how long does it take?**

**Doctor's Answer:**

Start with your diet. Eat plenty of fruits and veggies. Avoid apples and bananas. Drink fruit juices like orange, prune, and grapes. Too much rice makes you constipated also too much tea intake. You do not need medications if your diet has enough fiber otherwise get suppository or fleet enema.



**6** *Dr. Eric Kaplan*  
*Colon and Rectal Surgery*  
**What can cause rectal bleeding?**

**Doctor's Answer:**

From hemorrhoids, fissures, fistulae, inflammatory bowel disease, diverticulosis, to polyps, tumors benign, or malignant. Also meckel's diverticulum and upper GI sources such as ulcers and gastritis and tumors benign or malignant. No bleeding is normal. Get properly evaluated by a GI doctor or colorectal surgeon or at least by your primary care doctor. Do not ignore rectal bleeding.

