



ASK DR ROSIE

All your relationship questions answered

Power of one

Why do I have stronger orgasms on my own than with a partner?

Going Solo, Qtd. A Your experience is quite common for both men and women. When you're on your own, you're not worried about anything but your own pleasure and can focus on your own needs. You can adjust your stimulation to exactly the pace and pressure you prefer. With masturbation, for once it is all about you, you, you.

"When you're on your own, you can focus on your own pleasure"

Given the kiss-off

My girlfriend recently dumped me when she found out I kissed another woman. What can I do to get her back? After all, it was only a kiss. I really miss her and I'm sorry.

Take Me Back, NSW.

Are you sorry you kissed someone else or that you were caught? Your chances of getting your girlfriend back will remain slim if you keep making excuses for your behaviour like "it was only a kiss". Obviously your girlfriend is of the opinion that kissing another woman is a serious breach of trust, otherwise she wouldn't have ended your relationship. Your

task is to persuade her that you not only regret betraying her but that you can be trusted not to make the same mistake again. Talk to her or write telling her how you feel. If she won't listen, don't make a pest of yourself. Try again in another couple of weeks and if she still doesn't respond, it's time to learn from your mistakes and move on.

Reluctant to tell

My husband and I have an open relationship and both have other lovers. I go to my gynaecologist for a Pap smear and check-up every year. I'd like to have tests for sexually transmitted diseases but feel too shy to try my doctor about our open relationship in case he judges me. What should I do?

Too Shy To Tell, WA.

A No good doctor would ever presume to judge your life choices. You could simply say, "My husband and I do no longer have a sexually exclusive relationship and I'd like to be tested for sexually transmitted infections." Don't expect you to explain further. If you can't tell your usual GP, make an appointment at a Sexual Health Centre or Family Planning Clinic (see the phone book for your closest centre).

Bleeding nuisance

Sometimes after a little bleeding, I notice a little bleeding. There's never any pain and all my Pap smears have been normal in recent years. Should I worry?

Concerned, WY email.

A Bleeding after intercourse isn't normal (if you aren't menstruating). Pap smears test for cancer of the cervix but there are other things that can go wrong with a woman's plumbing. You need to see your GP or get a referral to a gynaecologist.

Send your question to Dr Rosie, Weekly Day, GPO Box 3283, Sydney, NSW 2010, or email wormansday@scppmagazines.com.au. Sorry, no personal replies. See contents page for location of our privacy policy.

BETTER WAYS TO TREAT A bad back

Aligning your spine can help alleviate the pain of a bad back... and it has other health benefits, too

A ccording to Sydney chiropractor Tom Windsor, about 90% of Australians will suffer from a "bad" back at some stage in their lives. This is because, he says, "The spine is designed in an upright position, which is fantastic for our upper body - we can write, use computers, read and do everything with our arms. We can also walk and run long distances, but our spine suffers. Along with everyday wear and tear, add the fact that we do sport, sit for long periods, suffer car accidents and whiplash injuries, and our spine tends to get put out of place."

Once your spine is out of alignment, you are likely to feel discomfort or pain in your back and/or neck. Getting your spine realigned by a chiropractor or osteopath can bring relief, but what exactly are these treatments?

Chiropractic simply means "looking after the spine", Tom explains. "We feel the spine for vertebrae that are out of place, which we call subluxations. We then adjust the vertebrae back to their normal position, by pushing it

in a certain direction. Each small adjustment takes the vertebrae closer to the right position."

Osteopathy looks at the body as a whole. Melbourne osteopath Cameron Kealy explains, "Osteopaths look for where your body has lost its natural alignment and movement. Where you feel the pain is not necessarily where the problem is, so osteopaths look at your whole body to find the cause."

Appropriate treatment is then decided upon for the individual. "Massage and joint



manipulation are ideal for some people, whereas more fragile physiques might require gentle stretching or subtle 'joint balancing' techniques," he says. Tom and Cameron agree that the majority of their patients complain of neck and back pain. Office workers are at great risk, as are sports people - Tom notes dancers as susceptible to back trouble, while Cameron treats quite a few AFL players. They both

believe that most back pain can be greatly reduced or alleviated in a matter of sessions, with ongoing "wellness care" to keep the body in shape. "Most minor low back injuries would expect 100% recovery in a few weeks," says Cameron. "Even severe cases can get some relief."

Patients often get unexpected ancillary health benefits, too. "Chiro notices that not only does their patients' hip or back feel better, but bowels tend to work better sometimes, asthma might clear up, headaches are better," says Tom.

Cameron also finds correct spinal alignment can help with other conditions. "Osteopathy is based on the philosophy that the body has the ability to 'heal itself'," he says. "This ability is impaired when 'stresses' - car accidents, bad posture, sporting injuries, severe emotional stress, falls - alter the body's natural alignment and movement. Osteopaths restore natural movement and alignment so the body can heal itself again."



For more information on back pain relief, alternative treatments and exercise, visit www.badbacks.com.au

SIMPLE SPINE CARE

Chiropractor Tom Windsor offers these simple tips to encourage and maintain correct spinal alignment

- SITTING** Keep your feet flat on the floor, make sure your chairs have good back support and sit with your bottom right back in the seat. Don't sit on the edge of your chair, slouch, put your feet up, or lock down while reading or using a computer.
- LYING** Lie on your side or back, never on your stomach. Use a contour pillow and a supportive mattress. Never use two pillows.
- STANDING** Keep your head up and look straight ahead when you're walking. Do not slouch your neck forward from the shoulders.
- LIFTING** Keep your knees bent and your back straight and keep the object close to your body as you lift. Avoid bending over with your legs straight or stretching forward to pick up something.



SANDY'S INSTANT PAIN RELIEF

When Sandy McLean was eight, she had an accident that would affect her for the rest of her life. "I was bouncing on a trampoline, fell and hit my head on the metal frame." Ever since, Sandy, now 29, has suffered back and neck pain, as well as debilitating migraines. As business manager for the Temple of the Body and Soul, a women's fitness centre in Sydney, she leads a highly active lifestyle and intends to

keep it that way. She says that seeing a chiropractor allowed her to live the life she wants. "My parents played a lot of sport and believed in chiro rather than doctors for injuries," says Sandy, who's been seeing chiropractors regularly since the fall. "Growing up, I also played a lot of sport and suffered injuries which often affected my neck and back. Even now, if I sleep the wrong way or suffer a knock in tennis I can suffer my back to go out. If I ignore it and think the stiffness will go away, it gradually gets

worse until a debilitating migraine comes on - often reaching its peak at 4am. The only relief is Nurofen Plus and an emergency visit to the chiro first thing in the morning. "I know that I must keep my core - abdominals and lower back - strong. Pilates is excellent, and I should stretch every day. I also have maintenance treatments with the chiro once a month, but when I am not sticking to my exercise program, it causes all sorts of problems and I can be a regular in the waiting room."

YOUR WEEK

SEPTEMBER

Monday

Eczema Awareness Week starts today. Eczema affects around one in three Australians at some stage during their lives. Find out more about how to manage this inflammatory skin condition at www.eczema.org.au or call the Eczema Association of Australia on 1300 300 182.

Tuesday

Eat an avocado today. As well as being delicious by themselves, in a salad or spread on toast, avocados are rich in vitamin C and monounsaturated fats that help keep bad cholesterol at bay.



Wednesday

It's World Alzheimer's Day today. Find out more about the services and support for those living with dementia and memory loss at www.alzheimers.org.au or ring the dementia hotline at 1800 639 331.

Thursday

Turn in to your workout. Music is a great motivator and distraction during exercise sessions, so if you're struggling to strap it in, plug it into an iPod or a portable radio.



Friday

If you suffer from bad breath, try eating plain live yoghurt every day. Japanese researchers have found that the friendly bacteria on the bad breath nasties by 80%.



Saturday

Sprinkle some sesame seeds on salads and breads. These yummy little seeds are rich in iron and calcium.



Sunday

Tell your partner they're great today. German scientists say that if you compliment your partner five times every other criticism you level at them, you'll be well on your way to domestic bliss.

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