

Q/ She does not smell good after intercourse, what should we do?

Dr Vincent Karuhanga

answers your questions

ASK THE DOCTOR

Dear doctor, my girlfriend's private parts do not smell so nicely after sex. She was given antibiotics which did not help. She was then told to use vinegar. Can vinegar Help?

Stevenson Baleke

Dear Stevenson Baleke,

Though many women have no vaginal odour it is usually normal for a woman to have a pleasantly mild musky vaginal odour said to turn on many men. That said, unusual vaginal odours may happen to any woman at any time even when one is taking good hygiene care of herself.

A bad vaginal odour is a put off for men and is likely to lead to psychological problems for a couple requiring proper investigation and treatment especially if it is accompanied by vaginal irritation, itching, unusual discharge and lower abdominal pains.

Whereas vaginal odour may change for a few days after a period or temporarily after sex, the usually self-cleansing vaginal canal may somehow need to check out for vaginal infections, a retained tampon, condom, or cancer of the cervix if the odour is strong and persistent.

Any woman with a bad vaginal odour, requires practicing good hygiene, changing underwear often, using cotton



underwear and avoiding frequent hot baths or antibiotics that upset the vaginal environment. Once the vaginal environment is upset, some bad small organisms may overgrow, leading to a foul vaginal odour for which vinegar application before and after sex may be of some help. Vinegar will restore vaginal acidity although it is however likely to compound vaginal dryness if it exists.

In the absence of any vaginal infections, much of the odour may come from seminal fluids, especially of men who eat

pungent foods such as meats, and eggs. These foods require being left out for some time to rule them out as the cause.

EXPERTS SAY

Causes. Vaginal odour is any odour that originates from the vagina. It is normal for your vagina to have a slight odour. But, a strong vaginal odour—for instance, a “fishy” smell—might be abnormal and could indicate a problem.

Source: Mayo Clinic

What causes constant hiccups?

Dear Doctor, I have had hiccups for three days now. I have not drunk water but it has not stopped. What could be the cause?

Dear Ruts, A hiccup is a sudden contraction (spasm) of a big muscle that separates the chest from the abdomen (diaphragm). It results in a gasp of air taken in is stop of vocal cords makes the “hic” sound. In many cases, hiccups come out a known cause away after a while. Causes include due to eating quickly, swallowing air, smoking, excitement, stress, some medicines, like Dexamethasone. Those longer hiccups (persistent hiccups) can cause lack of sleep. Both may be health problems checked by a doctor. They may involve the brain or nerves. First aid may include putting ice on the neck.