

Q/



ASK THE DOCTOR

You asked and **Dr Vincent Karuhanga** is here to respond to all your questions.

Send your questions to: hearttoheart@ug.nationmedia.com

[f](#) monitorlovedoc
[t](#) monitorlovedoc

Why do my legs swell when I am about to have my period?

Agnes

Dear Agnes,

Oedema, is the swelling of the body due to excess fluid trapped in the tissues. The swelling commonly occurs in the hands, arms, ankles, legs and feet like in your case. Women may notice swelling of their feet during menstruation or a few days before.

This occurs due to fluid retention related to a fall in the levels of the sex hormone progesterone which happens towards menstruation. Salt being the major cause, oedema can be prevented by increasing water and other fluids intake which will help to flush out extra salt from the body. You should also reduce your intake of salty foods such as chips. Taking garlic or fruits such as pineapple which cause one to pass lots of urine apart from regular exercise such as walking, can also help reduce the swelling. Socks which have tight bands atop can also cause swelling of the feet while support socks without tight bands can be helpful.

Massaging and elevating the legs while sitting or in bed may also help reduce the swelling. If none of the above work, you need to consult your doctor who may rule out other causes of oedema including blood clots which can lead to worse problems.

TIT BITS

- Reduce your intake of salty foods such as chips.
- Increase your intake of water and other fluids. This will help to flush out extra salt from the body.
- Take garlic or fruits such as pineapple which will cause you to pass lots of urine.
- Massaging and elevating the legs while sitting or in bed may also help reduce the swelling.



... lemon juice to... into the skin for at least 30 minutes before rinsing it off with warm water. Or, mix equal quantities of cucumber juice and lemon juice and apply the mixture on the stretch marks.

Aloe vera's healing and soothing properties can be used to get rid of stretch marks. You can directly rub aloe vera gel on the affected skin area, leaving it on for 30 minutes and then rinse the skin with lukewarm water. Another option is to make a mixture with one-fourth cup of aloe vera gel, oil from

a tablespoon of raw sugar with some almond oil and a few drops of lemon juice. Apply it on the stretch marks and other skin areas. Gently rub the mixture on the skin for a few minutes every day before taking a shower. Do this for a month and watch the stretch marks become lighter.

ASK THE DR

After sex, I accidentally wore a woman's knickers. Could I have got an STD?

Lameck

Dear Lameck,

It is undesirable to share undergarments whether they are clean or not. That said, much as you fear you may have contracted an STD, STDs such as venereal warts cannot be prevented by using condoms.

This, of course, is apart from not using the condom properly given your likely state of mind that made you wear a woman's pair of knickers.

Wearing another person's used knickers puts you at risk of resistant bacteria such as E. Coli and viruses such as herpes simplex, and fungal infections apart from pubic lice.

