



... promoting
... smooth breathing. Add one or
two drops of peppermint oil to a glass
of water and gargle before going to
bed.

... solutions to reduce
congestion is to inhale steam. Put hot water
into a large bowl. Add four drops of eucalyptus
or tea tree oil, hold a towel over your head and
inhale the steam deeply through your nose.
This can be done for about 10 minutes every
day.

Turmeric should be used with milk to
treat snoring. The mixture will help you
breathe freely while you sleep and also
boost your immune system. Add two
teaspoons of turmeric powder to a glass
of warm milk and drink 30 minutes before
sleeping.

ASK THE

Q/



**ASK THE
DOCTOR**

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

Send your
questions
to: [features@
ug.nationmedia.
com](mailto:features@ug.nationmedia.com)

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Will an operation to remove the uterus turn me into a man?

Anita

Dear Anita,

A surgical removal of the womb (hysterectomy) may be done as an emergency but most times if the removal is arranged it may be done for many reasons, including cancer of the womb or complicated fibroids, among others. Many of the conditions that call for a hysterectomy happen at around the time of menopause.

Menopause is a time when both the female and male hormones drastically go down. However, the male hormone does not reduce as much, leading to some women developing a pot belly, shrunken bum or breasts, a basal voice and some beards among other features usually found in a man. It is not surprising, therefore, to find a woman having a hysterectomy and then developing some male features just by coincidence.

Sometimes the womb may be removed together with the ovaries, bringing on more serious menopausal symptoms and still, this may coincide with the operation.

Please go ahead with the operation because it is not the operation that makes women turn into males. The operation outweighs the supposed cosmetic issues that develop in many women during menopause rather than those who have lost a womb.



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Opolot

Dear Opolot,
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