

Cold sores won't go away



**Dr.
Mendelsohn**

DEAR DR. MENDELSON: First things first: We want you to know how grateful we are for your column, and we want to thank you for informing us about so many things that we never knew enough about. Please stay with us.

Now for my problem: I am suffering from never-ending cold sores. Two different doctors have told me that this condition is the result of a deep-seated virus. How does that happen, and how does one get rid of this virus?

Could a severe sore throat and repeated bladder infections over the years have anything to do with this condition? Why do 10 to 13 sores erupt each year around or inside the mouth, but only during the winter months? Could nerves be a factor?

I know these sores sometimes break out when I am worried or upset about something. Could heredity be involved? My mother had this problem. I dread the winter.—Mrs. F. O.

DEAR MRS. O.: You have already provided many of the answers to your questions by pointing out that infections, emotions, seasons of the year and family background all have something to do with cold sores. We doctors love to tell patients about "deep-seated" viruses, since they are invisible to both doctor and patient. They provide a handy, albeit mystical, explanation.

Treatments for this condition range from A to Y—analysis to yogurt. Maybe some of my resourceful readers will be able to help you.

DEAR DR. MENDELSON: Thank you for pointing out to American women the alternative of giving birth at home.

In 1953, 1955 and 1958, I had three children delivered at home in New York City through the Maternity Center, which, unfortunately, has since closed its doors.

I had the best care—two nurses 24 hours a day while in labor, the blessings of dedicated

midwives, an outstanding doctor and the presence of my wonderful husband.

This made our family so much closer, and my husband and I now advocate home childbirth whenever we have a chance. We just wish we could do more. What doctors or organizations can we contact to get this message across to American women?—Mrs. V. M.

DEAR MRS. M.: An organization formed last year, the National Assn. of Parents and Professionals for Safe Alternatives in Childbirth (NAPSAC), may be the group you are looking for. You can write to it at P. O. Box 1306, Chapel Hill, N. C. 27514.

DEAR DR. MENDELSON: In a recent column you made the following statement: "Too many professionals, including speech pathologists... seem to be defining their clients so broadly that practically the entire population of the country would seem to be

in need of their services. This is sometimes known as a treatment in search of a disease." Speech pathologists have no need to search for patients, as you suggested. In California, 39 per cent of children identified as having a definite delay or deviant speech pattern went unserved due to a lack of available personnel.—John Stankovich, speech and language clinician, Office of Kings County superintendent of schools, Hanford, Calif.

DEAR MR. STANKOVICH: I would suggest that a PhD thesis be assigned to someone in your school district to compare the 4 children in 10 who were NOT serviced by the State of California with 6 of 10 who were. What happens to those children after 5 or 10 years? Because of my own scientific background, I can still be moved by an honest scientific study.

Dr. Mendelsohn's column will appear in The Daily News each Wednesday and Friday.