New Q&As [1]

home page publish 9/30/16

Bell in the back of throat [2]

Alice,

I wanted to know what the bell behind our throat is for. Does it have a purpose? Do we need it?

Read more [2]

Marijuana addiction? [3]

Dear Alice,

For people who are addicted to smoking marijuana, is it a physical or psychological addiction?

— Weed wacker

Read more [3]

Lactose intolerance [4]

(1) Hi Alice,

For some years I did not drink milk, but started to take a lot of milk just recently and discovered I cannot digest milk without developing a lot of gas, stomach aches, etc. I did not have that problem before I stopped drinking milk. Will I develop more lactase, i.e., the ability to digest milk, as time goes on and I drink more milk, or will I have to take Lactaid milk for the rest of my life (it’s not available in some countries).

(2) Dear Alice,
What are the symptoms of lactose intolerance (i.e., how long after taking a milk product will symptoms generally begin, and what are the typical symptoms), and how do they differ from irritable bowel syndrome?

Changes in vaginal scent

Dear Alice,

Over the past several months, I've noticed a distinct change in my vaginal odor or "scent." It has taken on a more sweet, pungent aroma, which is very different from the musky odor to which I was accustomed. This has me somewhat concerned because I no longer smell like myself! I liken this dilemma to that of an identity crisis!

Is this a natural change in my body — something that will continue to evolve and change as I grow older (I am twenty-five), or could there be a health- or medical-related explanation? A possible dietary deficiency? An illness? Could a change in sexual partners play a part?

— Wants to Know!

Depo-Provera, less sex drive?

Dear Alice,

My girlfriend recently (one month ago) received her first depo-provera shot; she decided to move to depo because condoms were not effective. (She became pregnant and had an abortion several months ago.)

The thing is, since her shot, her sex drive has been nil. She says that she doesn't "remember" how to become aroused and that, even though she wants sex emotionally and intellectually, her body is completely unresponsive. Whenever we attempt any kind of physical intimacy of a sexual nature, she says she feels claustrophobic and that she can't breathe. However, other physical intimacy is not a problem; we sleep together often (sleepovers), hug, cuddle, kiss (but sweetly, not passionately), etc.

I think I saw symptoms of this before the shot, though, and I have begun to wonder if this is possibly a psychological reaction to her pregnancy/abortion and other changes and crisis over the past year or a general hormonal reaction to everything that's happened. Or both.
As frustrating as this is for me, I'm worried about her as she is demonstrating an increasing anger towards herself for being "dysfunctional" and "less than a whole woman," and has fears that I'm going to break up with her because of the lack of sex. (I won't.)

I guess, what I'm really asking is: What can I do? We're talking, but it doesn't seem to be enough. Should we just change contraceptives, or is there possibly something worse going on?

— What can I do?

Read more [6]