Help! I Need Somebody! [1]

Week of:
Jan 29, 2016

It's a desert down there: Help for vaginal dryness [2]

Dear Alice,

My problem is about vaginal dryness. I am an otherwise healthy twenty-one-year-old female, but cannot seem to get wet enough for pleasurable sex with my husband. We both get sore afterwards and I feel like I am not "performing" much like I would imagine a man would feel if he couldn't get an erection. Here's the thing, my husband doesn't want me to use artificial lubricants. Honestly I don't either. Are there any alternatives to K-Y? Is dehydration or draining enough fluids a factor? Any info would be of much help. Thanks so much.

sahara

Read more [2]

Recurring kidney stones ? Help! [3]

Dear Alice,

I have had twelve kidney stones in the past five years. Every time I pass a stone the doctor tells me to follow a special diet. I follow the diet and still get kidney stones. Do you have any suggestions? Thank you.

Signed,
In pain

Read more [3]

Help! I was stung by a jellyfish! [4]
Dear Alice,

I was at the beach about a week ago and got stung by a jellyfish about 6 times. It stung and hurt, but everything was healed up by the end of the day. However, just a few days ago, I got these very itchy pink bumps all over my leg, almost exactly where the bites were. The bumps seem to be mostly in straight lines and will not go away. Please help! the itchiness is driving me mad!

Crazy

Read more [4]

**Noisy dorms ? help, I can't sleep!** [5]

Hi Alice,

I cannot sleep in my dorm room. It is always loud. I have read many articles about sleep hygiene, but no matter how healthy and relaxed I am before trying to sleep, I will wake up whenever there is noise.

I sleep with earplugs, but they do not block out the noise well enough. I wake up exhausted every day and it is seriously interfering with my ability to study, participate in activities, and otherwise enjoy life. I was very happy at Columbia until I had to move into this noisy room. Columbia Health diagnosed my insomnia as "situational" (due to the room) and recommended that I sleep in a quiet location, but that is not an option as I cannot prevent the noise.

I was not experiencing much stress at all in life until I moved into the room where I could no longer sleep. When I am stressed, I am always able to sleep fine as long as it is quiet; if it is noisy, I cannot sleep no matter how relaxed I am.

Read more [5]

**Help! I can't swallow pills** [6]

Dear Alice,

I'm a young adult who can't swallow pills? so far I've always been able to find a chewable form of anything I've had to take, but this is a life skill that I think I should have. I've tried all sorts of methods? putting a pill in Jello/ice cream, filling my mouth with water and then trying to take a pill, even trying to swallow small candies as practice? but I just seem to gag. I think it's because my throat doesn't want to relax enough to let something solid slide down it? do you have any suggestions for how I could improve this situation?

Thanks,
Can't Swallow

Read more [6]

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