

By: Dr. Adarsh Jain



The eye is a very sensitive organ. Any irritation may cause watering. A foreign body on the cornea can be very painful, can cause redness and continuous watering. The secretions of the eye are drained into the nose through a tear duct situated at an inner angle on the lower eye lid.

SYMPTOMS:

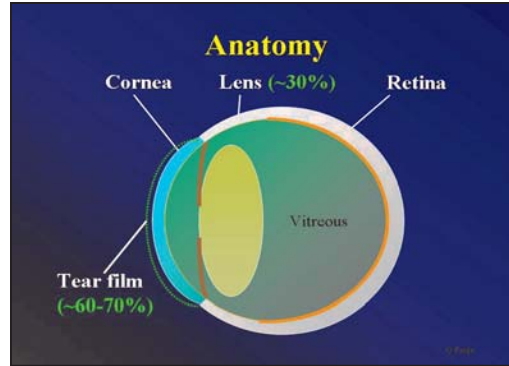
- In babies, the eye continuously waters one month onwards and may become sticky. One or both of the eyes may water.

CAUSES:

- Tear duct on the inner angle of the eye is blocked or narrow and therefore the stagnant water in the eye leads to sticky eye or conjunctivitis.
- Blocked nose hinders drainage of tears and causes watery eyes.
- A foreign body on the cornea.

CURE

- Clear the stickiness of eye.
- With index finger, press the area on the base of nose in front of the inner corner of the eye. Do it four to five times a day. This helps drain the water into the nose. Do it



during feeding times.

- As babies grow, the tear ducts grow and allow normal drainage into the nose. Most children improve within 8 months failing which surgical treatment (medical supervision) is advised.
- The foreign body has to be removed and may need medical supervision, especially if on the cornea.
- Keep nose clear.
- Closing the eyes tightly or squeezing them helps in drainage of tears.

Feel free to write in with comments or feedback to HealthTalk@citymasala.com.

The Parents' ChatRoom

By: Dr. Maulik Trivedi



Q. Dear Dr. Trivedi, I found out that I am pregnant with my first child about three months ago. Both my husband and I were thrilled at the news and I have been taking very good care of myself since I found out. What concerns me as time goes on is that my in-laws are planning to be here for my delivery as my parents cannot come from India. I do not care for my in-laws very much and am not close to them. All my friends tell me how important it is to have someone you are comfortable with when the baby comes and I cannot honestly say that I feel the slightest bit comfortable with them. I don't want to hurt my husband's feelings by telling him this and I am absolutely OK with having no help rather than having his parents with us. What should I do? Worried mommy-to-be from WPB.

A: Someone was very right when they said, "you can choose your spouse but not your in-laws." Life often presents us with circumstances which appear challenging on the surface, but upon taking a wider perspective, we find that there is an opportunity to develop a different path for an old relationship. Of course, one has to be able to approach the circumstance with an open mind. Old experiences and negative feelings have to be overlooked or forgiven. The new addition of the baby can very possibly lead to a new positive way of relating to your in-laws.

Of course, there are situations which require diplomacy and tact. Having a frank discussion with your spouse about the 'risks and benefits' of having your in-laws is necessary. Not addressing the conflict now from not wanting to hurt your husband's feelings can be paving the way to having a

major blow-up in the family later. As you must be aware, the time surrounding the last trimester of pregnancy and child-birth can be particularly challenging. You would be wiser to take up the issue with your husband now and work out a unified contingency plan of action. With the new baby on the way, I can only re-emphasize the importance of open communication with your husband as the single most important factor in solving all future dilemmas.

Q. Dear Dr. Trivedi, I don't know if I should be worried right now but something tells me that as a father, I need to address this issue. My wife has the tendency to come down very hard on our 13 and 15 year old daughters. She is very conservative and cannot handle their typical teenage ways. I have tried to explain to her that we need to bring them up in a different way here as compared to how we were brought up in India. They are both good girls who do well in school, are well behaved and respectful, but she wants more – she wants them to get into the kitchen and learn to cook Indian food. She wants them to go to all Indian functions in Indian clothes, she expects them not to talk to any boys and not to get too westernized in their ways – this is not possible and I have tried very hard to communicate this to her as gently as possible. I am afraid that we will lose our girls very soon and they will start to find ways and means to do the things they want to do without our knowledge if my wife doesn't back off. How do I get my point across to her?

Concerned father from Windermere, FL.

A: The power of parenting is derived truly from the unity of mother and father. What you and your wife decide by communicating with each other will always be more profound and more right for your family than what I can say as an outsider despite my psychological knowledge. The only thing I feel I can encourage in your dilemma is more open communication with your wife.

Every argument is over a difference of opinion. The difference of opinion is often due to a difference in perspective. By taking the time to understand each other's concern, as it usually comes from a difference in background and a difference in life experiences, you are sure to come to an agreement on some middle ground. After all, it is entirely true that both of you only want what is best for your daughters. You both have seen them grow and even realize that times have changed since then. By taking the time to patiently deconstruct your individual perspectives, you are bound to come up with stronger parental unity. This will not only help in gaining the confidence of your daughters but also their respect for both of you. You will not only decide what's best for your daughters, but also find your relationship truly enriched in the process.

Dr. Trivedi is a Board-Certified Psychiatrist with a private office in Tampa. He treats children, adolescents and adults. Please visit www.MINDvantage.com for more information.

Send your questions to: theparentschatroom@citymasala.com.