

# Cheap thrills lead to health problems

**CHARMEL BOWMAN**

INDIAN men in South Africa, desperate to spice up their sex lives, are risking their health as a growing number are turning to fake impotency drugs that are flooding the streets.

And while doctors have warned of the dangers of the fake aphrodisiacs, women have been encouraged to eat food likely to improve the libido.

This follows police seizing over R17 million of fake impotency tablets in two separate busts at the OR Tambo Airport last week as the little blue pills were ready to hit the streets.

Durban sexologist Dr Prithy Ramlachan said there has been an increase in fake Viagra on Durban streets which is sold "everywhere" for between R25 and R50. Prescribed Viagra costs between R100 and R150.

"There have been at least four reported deaths in Singapore related to fake impotency medication which is a PD5 class drug. It is dangerous because you don't know if the pills contain genuine stuff or foreign substances that can have terrible side effects."

He said because side effects vary it was hard to pinpoint exact symptoms because men don't admit they are using drug enhancements. While use was prominent among Indians, it was not isolated to one race.

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*Dr Prithy Ramlachan*



Look out for the real thing, pictured above.

Viagra is easily available."

In news likely to make some women's hearts sink, the old excuse of women feigning headaches as a convenient excuse to forgo sex no longer applies. Dr Elliot Shevel, chairman of the SA Headache Society and Headache Clinic, recommended certain foods which serve as an aphrodisiac and cure a headache.

"While there is no scientific proof, many foods have proved over the years to have aphrodisiac qualities and ease headaches. Carob, which is powder from the ground seeds and pods of the carob tree, is a substitute for chocolate; bananas are a classic aphrodisiac; honey is a great home-

garlic are also recommended."

Shevel said there are two main types of headaches, a migraine – the tightening of blood vessels in the scalp – and a tension headache, caused by tension around muscles in the head, shoulders and neck.

"More women suffer from headaches than men. Not because they are also faking it to get out of having sex, but because their menstrual cycle can trigger migraines. Using over-the-counter medication carries a risk of abuse, where we have had cases of people taking over 60 headache pills a day," he said.

"We are suggesting certain foods which may help certain people, and serve an extra func-

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tion, obviously he isn't happy about it and will look at all options open to him, and fake remedy for a headache and turning on the heat. Passion-flower, almonds, ginger and

tion of being an aphrodisiac in certain people," he said.

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