

# Answers to Your Questions 有問有答

Each month, a team of doctors from various specialities answers your questions according to their particular expertise. Please remember, however, that there is no substitute for first-hand advice based on clinical examination.

本刊每期邀請不同醫學專家回答你的問題，但切記以臨牀檢查後的意見為首要參考資料。

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**What's the best way to deal with a blister? Whenever my son gets a new pair of running shoes, he inevitably develops blisters on the backs of his heels and they take a long time to heal.**

Blisters resolve more quickly if the water is let out. However, do it with a clean needle so there is no risk of infection. I find wearing thicker socks is the best way to prevent blisters.

**Dr Kenneth Lau**

*MBBS (NSW), MRCP (UK), DCH (London), FHKAM (Paediatrics)*

**My best friend's four-year-old daughter has just been diagnosed with impetigo. Her children and mine play together frequently and I'm worried they might also get it, as I hear it's very contagious. How can we avoid it, and can adults catch it?**

Impetigo is a contagious bacterial skin infection. It is spread by direct contact from one person to another, including adults. To keep from catching it, avoid bodily contact. Be sure to wash hands thoroughly after contact or after handling the affected child's clothing.

**Dr Peter K F Lo**

*MBBS (HK), DABPaed, FHKAM (Paediatrics)*

**有何方法能有效地根治水疱？我的兒子每次穿上新運動鞋，後腳跟必定會長水疱，並且要經過很長時間才能痊癒。**

只要讓水疱中的水流出，水疱很快便會消失，但記著，要用清洗乾淨的針去刺水疱，避免受到細菌感染。我認為穿厚襪子是預防水疱的最佳方法。

劉志堅醫生（兒科專科醫生）

**我的好朋友有一個4歲的女兒患了膿疱病。聽說這種病有傳染性，她的小孩和我的小孩常常在一起玩耍，我擔心他們會受感染。怎樣可以避免傳染呢？成人也會受感染嗎？**

膿疱病傳染性極高，主要經由與患者直接接觸而傳播，不論男女老幼也有機會受感染。要預防此傳染病，便要避免接觸患者的身體，及在接觸患者或其衣物後經常洗手。

羅啟暉醫生（兒科專科醫生）

Do you have a health question you would like answered? If so, just email *The Parents' Journal* at [editor@parentsjournal.com.hk](mailto:editor@parentsjournal.com.hk) or you can write to: **Health Q & A, The Parents' Journal, Global Max Ltd, Rm 904, Bonham Trade Centre, 50 Bonham Strand, Sheung Wan, Hong Kong.** We'll pass your question on to the experts!

Each month we ask a holistic practitioner to answer a health question for an alternative solution to your health problems. This month, **Julien Willm**, Certified Hypnotherapist with Balance Health and member of the National Guild of Hypnotists (USA), answers your health question.

每一期，我們都邀請整體療法的治療師，為讀者提出的健康問題提供非主流療法的解決方案。今次我們邀請註冊平衡健康催眠治療師及美國催眠師協會會員 **Julien Willm** 回答大家的問題。

**I am a mother of two young children. Although I quit smoking during both pregnancies for the babies' sakes, I started again soon after giving birth. I want to give up smoking, but the nicotine patches make me feel ill. A friend has recommended undergoing hypnotherapy to quit. Can you tell me how it works and how effective it is?**

Hypnotherapy is a medically approved, non-invasive and powerful tool that helps individuals make positive, fast and long-lasting changes in their lives. Hypnosis is a state of consciousness one enters and leaves naturally all the time during day-to-day experiences. It feels very much like daydreaming, or the state between sleeping and waking.

In this state of relaxation you are more open to positive suggestions. Your conscious mind is completely aware of what is going on the whole time, as your brainwave vibration rate slows down, giving you access to your subconscious mind. In this relaxed state, your subconscious has the ability to accept positive information given by the hypnotherapist.

Hypnotherapy has been proven to be very effective for giving up smoking. Numerous studies in different countries show varying positive success rates, most of the time better than any other compared methods.

The session starts with a discussion to answer potential questions about the process, followed by an assessment of the client's individual and social patterns of behaviour around smoking. This information will then be used during the hypnotherapy session to adapt and target the therapy. The session itself is a very enjoyable and pleasant experience. Self-hypnosis may also be taught to the client while under hypnosis.

Most people become non-smokers after only one session. And many notice positive changes in other areas of their lives as well.

**我是2個孩子的母親。雖然我在懷孕時為寶寶著想戒了煙，但是生育之後很快又再恢復吸煙。我想戒煙，但是戒煙貼令我覺得很不舒服。朋友建議我以催眠術戒煙。可否告訴我怎樣進行及效果如何呢？**

催眠治療是一種醫學上認可、非入侵性、而且強力的工具，可以幫助人對生活進行正面、快速而恆久的改變。催眠是在每天的經驗中自然進入或離開的一種意識，很像在做白日夢，或者介乎睡與醒之間的感覺。

在這種鬆弛的狀態之下，你會對一些正面的建議有較開放的反應。你的意識完全知道發生什麼事情，因為你的腦電波頻率慢下來，讓你可以進入你的潛意識。而你的潛意識能夠接受催眠治療師給你正面的建議。

催眠治療已被證實能幫助戒煙，各國的研究顯示了不同的成功率，大多數都比其他方法有效。進行催眠治療時，首先會講解治療的過程、並解答有關問題。然後治療師需要了解客人吸煙行為的個人及社交模式，使治療能針對個別情況。治療本身是一種愉快的經驗。如有需要，治療師也可在客人被催眠時，教導他進行自我催眠。