



SAM YOCUM

Ask Dr. Belisa

A PROUD PARENT IS A PROUD PARENT

DEAR DR. BELISA: What kind of gift do I get gay parents with a new baby? Sarah, Queens

The kind of present you get any two people happy about having a new very anticipated infant in their family.

DEAR DR. BELISA: I have acne on my back. Could it be my birth control?

Jennifer, the Bronx

Yup, could very well be your BC. Try the services at the Miller Institute, the gyn there, Dr. Elizabeth Souffrant, knows women's health like no one in NYC.

DEAR DR. BELISA: The guy I am dating won't hold my hand in public, but is affectionate when we get home. What is going on?

Lori, upper East Side

He could be shy and averse to public affection. The other possibility: He's dating other women and is scared to be seen holding hands with you. Or has palmar hyperhidrosis — a condition that makes for sweaty hands that embarrasses him.

DEAR DR. BELISA: There's a cute guy I want to talk to at the dog run, but if it doesn't work out I don't want to ruin my dog's socializing and exercising schedule.

Paula, Chelsea

You know what they say, a good dog run is hard to find. Flirt with Cute Guy but don't make a date any time soon. Finding a new dog run or switching around your schedule to try to avoid him later is a huge pain.

DEAR DR. BELISA: I hear more people talking on the phone when they are tinkling than ever before. I think it's crazy. What do the people on the other line think when they hear toilets flushing?

Jessica, Battery Park

Call me old-fashioned, but I'm a big believer in not multitasking when relieving yourself. I get the sense that these people are talking to close friends or family, and I have occasionally heard conversations between stalls that sounded like they were with co-workers. I think it's divided along gender lines, meaning men can talk to men when they are in the bathroom and women with women. Bottom line is, it does give the impression that they are very very busy and/or important. Whether they are washing their hands afterward is questionable too.

Dr. Belisa Vranich is a clinical psychologist and expert at the Gold's Gym Fitness Institute who specializes in health, fitness, relationships and more. Got a burning question you're too afraid to ask your friends? E-mail her at DailyNewsDoc@gmail.com.