

MINOR MALADIES, MAJOR TROUBLES

They don't hold the looming threat of heart disease, the terror of cancer or the tiresome dilemmas of diabetes. But try telling that to someone who's dealing with the daily ignominy of incontinence, or whose snoring is driving his spouse crazy. He will inform you that benign though these conditions are, they still have the capacity to wreck lives.

Here four individuals reveal what made them resort to desperate measures to address some seemingly frivolous health complaints.

WHEN SWEAT ISN'T REWARDING

There was a time, not so long ago, when even the simple act of shaking hands with someone used to put Rao Saheb Desai, 30-something marketing executive in a state of cold sweat. Which is pretty ironic when you discover the reason: *Desai sweated because he just couldn't stop sweating.* He produced, "copious amounts of the stuff for no rhyme or reason," and never stepped

out of his home without a towelette bulging out of his pocket. "I was teased mercilessly at school for this 'girlie' appendage," recalls this Nashik resident. He couldn't play cricket because "I couldn't get a grip of the bat," and during tests, his answer papers were marred with "large damp patches, much like a baby's wet sheets!"

Desai struggled with routine tasks, phones, files, pens – nothing would stay put in his slippery palms. He even tried

