

Nik's Health Beat



By
Nik Nikam, M.D.

Humor is a sudden release of built up tension or surprise. Most of the humor is derived from an unpleasant or painful experience separated by time and place. When we are experiencing an unpleasant event in life, we feel helpless and humiliated.

Humor is very therapeutic in that it takes us away from the reality and makes us feel good. When we laugh, the body releases endorphins that give a natural high. If you can tell jokes and make other people laugh, you get an accelerating feeling.

If you can collect one joke per day and tell it to your friends, in a couple of years you will have 500 jokes. The best jokes are that which accents the simplest things in real life, in explicit graphic language, as the comedians on comedy-central do.

A lady patient of mine had a heart- attack. She came for a follow-up visit. She was a bit under the weather. I made an immediate diagnosis of depression. I sent her to a psychiatrist (AKA shrink) for evaluation.

While the shrink was taking to her, he said, "Ma'm, you've got to quit smoking!"

"Why?" she asked.

"Because, you are burning my couch!"

The other day, I went to a barber shop. The man at the door said, "Sir, you have come here for haircut or to apply for a job."

I looked at him again. He said, "Sir, do you want a wig or a perm?"

I said, "Just trim whatever is left in the back of my bald head."

While he was trimming my hair, Jennifer came by. She said, "I can trim you nails for an extra five bugs."

I said, "Go ahead and do it. How much damage can do for five bugs?"

While she was trimming my nails, I said, "Hi Jennifer, how about, you and me go out for a dinner?"

"I cannot do that, I am married," she said.

"Why don't you tell your husband that you are going out with your girlfriend?"

She said, "Why don't you !. He is standing right behind you, holding the scissors."

I have a housekeeper. I had her for a long time. Anyway, the other day she said, "Mr. Nikam, your coffee machine-a broke-a, me start clean it. Its broke-a?" She said in her broken English.

I said, "What did you say?"

Laughter, the best Medicine!!!

She said, "Your coffee machine broke-a, Not work- a, anymore."

I said, "Just throw it in the garbage."

She said, "Me take-a your coffee machine-a, me home."

I said, "No! You are not going to take my coffee machine to your home!"

She said, "Come on Mr. Nikam, coffee machine broke-a, no work-a! Me take-a home."

I said, "Fine, fine, take it. Go, go, go"

She said, "Thank you Mr. Nikam. Thank you, thank you. Now, me go clean your big TV."

I said, "No! Don't touch my TV!"

I went to see patient of mine in the hospital who had heart surgery. As soon as I walked in the room, the patient said, "Hi Dr. Nik, could you please write me a prescription for some cigarettes. This young nurse says that I cannot smoke. I thought, you said, you fixed my heart."

"You must be out of your mind, I am not going to write you any prescription for cigarettes," I said.

"In that case, I am going to roll'em all your doctors bills and start smokin' up!"

And, the nurse said, "Oh Ho! You'll be smoking for a long time, perhaps until your next surgery!"

"According to the latest American statistics, 50% of the marriages in this country end up in divorce, while the other 50%

fight it till the bitter end. That is what I call a challenge in life," Charlie Jarvis, a good friend of mine said.

In the desi culture, it is more like 2 to 5% divorce rate, while the remaining 95% fight it till the bitter end and that is what I call a real marriage.

This lady goes to the cemetery. She is crying. She tells the caretaker, "I can't find him"

"Find whom" the caretaker said.

"My husband. We buried him last week. There was a huge crowd, a tent, and flowers. I can't find his plot"

The caretaker said, "Ma'm, I have the entire cross section of the cemetery right here. Just give me his name, I will walk you right through to his plot."

"Webster, Harry Webster."

"Well let me see. Webster. Webster. Webster? We don't got a Harry Webster. The only Webster we have is Dorothy Webster."

She said, "That's him. I forgot everything is in my name now."

This seventeen year old teenage daughter asks her dad, "Dad can I borrow your Mercedes, I want to go to Galveston with my friends."

The dad said, "Are you crazy! I am not going to give you my Mercedes. Miss, you just got your license two months ago."

The daughter was very polite and nice. She said, "That is all right dad, if you do not want to

give me your car, that is your decision, I respect your decision."

The dad said, "Thanks for being so understanding."

The teenager said, "No problem dad, but I just want you to remember that twenty-years from now, I am going to decide which nursing home you go to."

Dad Said, "Make sure you bring the car back home by 10 pm."

The other day, the telephone rang at my house. I picked up the phone and said, "Who is this?"

"What do you mean, who is this? This is your daughter who left for college two weeks ago!"

"Really, you sure sound different this time," I said.

"I know, I need more money this time!"

If you want to hear a 30-minute segment of my jokes on an MP3, send me an email.

Nik

Nik Nikam, M.D.

www.sugarlandheartcenter.com

P: 281-265-7567

nikam@alltel.net