



FROM POP TO PAP

By BARBARA HOFFMAN

Dr. Mabelle Seibel, the Singing Gynecologist, shares health tips through regular doses of tunes and strumming.

October 7, 2003 -- IF Bob Dylan had gone to medical school, he might have been singing a different tune - something like, say, "Red Hot Mamas" or "The Menopausal Blues."

In short, he might have turned out like Dr. Mabelle Seibel, a.k.a. the Singing Gynecologist.

No, he doesn't perform during internal exams. ("That would be inappropriate," he says.)

Instead, armed with a guitar, degrees in obstetrics and reproductive medicine and a keen ear for a catchy tune, he entertains medical conventions and patient-advocacy groups, giving health tips a hook.

He's not just singing the blues, either - though the R&B-flavored "Osteoporosis" ("*You gotta drink your milk, take your calcium/Phosphorus and magnesium*") is hard to forget.

He also raps about obesity, as in the "Phat Fat Rap" ("*You're feeling kinda hungry, kinda thirsty too/ you open the cupboard/ to find something to chew*"), and delivers a rockin' ballad on STDs, or sexually transmitted diseases, a phrase that has up until now eluded most lyricists:

"Think STD's when your BVD's/ Get down to your knees/Reach into your pocket, say/ Use a condom, please"

"My 16-year-old daughter hates that one," Seibel concedes. "She said, 'I've got that STD song of yours in my head and I can't get it out!'"

Seibel, 54, started making music as a junior-high schooler in Texas, when he toured with rock bands.

Medical school kept him so busy, he hung up his guitar, but he picked it up again during his residency, writing songs to help medical students remember different procedures, such as how to perform a hysterectomy.

Five years ago, the Massachusetts-based doctor - the moving force behind that state's first "test-tube baby," in 1983 - began studying composition so he could write down all the music in his head.

He'd really love to get his songs played on TV and radio, but for now you can catch a couple of his songs on the Web site PostureD.com.

He was heartened when he heard a colleague suggest he'd be the next Eminem. "He meant 'M&M,' " Seibel laughs. "Music and Medicine."