

35 REAL-LIFE STORIES



MUM'S KILLER SECRET

Meet the HAM-STARS



FUR-ABULOUS!

chat

Health

The advice you need

chat

Summer Special

July 2017 £2.10

Issue 7 PASSION SERIES



Our NAKED WEDDING

CHEEKY

YOUR MEGA MONTHLY MAG



FUN PUZZLES

Out of CASH



so lover BASHED

ANIMAL



KICKED



MIRACLE

Woke from com PREGNANT

TICKLED out of a window



CHEATED DEATH



TRICKED

Married to a CON MAN

Ask an expert

Medical Director at Linia Skin Clinic (www.liniaskinclinic.com), Dr Simon Zokaie, is on hand with his advice for your skin-related concerns...



Mole Misfortune

Q I've had a mole on my face since I was born which I hate. Is there any way I can have it removed?
Emily, Norfolk

A I would recommend having the mole examined by a dermatologist and then, depending on the type of mole diagnosed, it can be removed by various means. The procedure can be discussed at the time of consultation with the dermatologist, but by in large, moles can be removed by scraping, shaving or excision. The mole should be sent for tissue analysis.

Worrisome warts

Q Recently, I've had warts on my hands and they keep coming back. I'm so embarrassed. How do I get rid of them for good?
Lindsay, Northampton

A Warts are common non-cancerous growths of the skin caused by the human papillomavirus (HPV). Many people don't bother to treat viral warts because treatment can be more uncomfortable than the warts—they are hardly ever a serious problem. Warts that are small and not troublesome can be left alone and in some cases, they will regress on their own. However, warts may be painful, and are often ugly and embarrassing. To get rid of them, we have to stimulate the body's immune system to attack the wart virus. Persistence is key.



Sore skin

Q My 10-year-old daughter has psoriasis and her skin is so sore. What can I do to help?
Maya, Leeds

A Psoriasis is a chronic inflammatory condition. Unfortunately there is currently no cure, but there are very good treatments to help keep the condition under control. I recommend seeing a paediatric dermatologist so she can be examined and a treatment plan can be made. Treatments can vary depending on the severity of the psoriasis and the age of the patient. These can include active creams such as steroids.



Disclaimer: Medical advice is for guidance only and does not substitute seeing a doctor. If you have concerns a face-to-face appointment with a doctor is recommended. - Images: Alamy

Health News

Protect your peepers

Wearing designer sunglasses is always a fashion-must in the summer, but if they don't offer any UV protection, it's best to ditch them for something more practical. Dr Sabrina Shah-Desai, a consultant ophthalmologist and oculoplastic surgeon at Perfect Eyes Ltd (www.perfecteyesltd.com), explains that sunglasses make your eyes think it's dark, causing them to dilate, meaning more harmful rays are let in. Your eyes need to be protected, as damage from UV rays includes sunburn on the eye's surface, cataracts and even cancer of the eye.



Getting fruity

Nearly half of Brits don't eat fruit on a daily basis. Fruit is an excellent source of vitamins, so it's important that we get our five a day. Nutritionist Fiona Hunter gives us some clever ways to get more fruit into our diets this summer:

- Freeze fruit juice in moulds to make ice lollies – perfect for the hot days!
- Puree fruit and stir it into plain yoghurt, or pop it in the blender to make a delicious smoothie.
- Include fruit in savoury dishes.



Fancy a cuppa?

Staying hydrated is especially important in the summer, and what better way to do it than to relax with a lovely cuppa? Pukka Herbs' medical herbalist Katie Pande suggests drinking plenty of Pukka Herbs' Cleanse Tea (£2.49 for 20 teabags). It contains peppermint and fennel, which have a soothing effect and help rehydrate you. You don't even have to drink it piping hot; let it cool, pour it in a bottle.



Winning website

Only 3% of Brits aged 17 to 70 have donated blood in the last year, despite over 600 000 donations needed each day to treat patients across the country. Across the UK, about 200 000 new blood donors are needed each year to replace those who no longer donate due to ill health, pregnancy or age. There is also a particular need for donors with O negative, A negative and B negative blood types. Visit www.giveblood.co.uk or call 0300 123 23 23.