

Our top TV GP is here to solve your health problems

ASK DR DAWN



BEHIND THE HEADLINES

For crying out loud: Cheryl Cole has a good sob



You're not alone if you've ever felt better after having a good cry. According to US researchers, nine out of 10 of us get a boost after a sob.

Crying triggers the release of stress hormones and endorphins (the body's natural painkillers), as well as telling those around us that we need

support. In fact, US researchers say the benefits of crying are so strong that induced weeping could be a useful treatment for individuals who have difficulty expressing emotions.

Occasional tears may be good for you, but constant crying could be a sign of depression and shouldn't be ignored.

HOW CAN MY MAN GET RID OF HIS EAR WAX?

Q *My boyfriend's ears* are always full of wax, no matter how much he cleans them. What can he do?

Sarah, Durham

A DAWN SAYS: Ear wax is made up of dead skin cells and a substance called cerumen, which is produced by glands lining the ear canal. Wax naturally migrates outwards, but cleaning the ears with cotton buds may push the wax deeper into the canal and damage the skin lining the canal. This increases the amount of dead cells and, paradoxically, produces more wax. So throw your boyfriend's cotton buds away now. See if you can get him to use ear drops from the chemist for a few days and then book him into his GP's surgery to see the practice nurse, who will be able to syringe his ears and remove any wax build-up.

COULD THE PILL BE CAUSING ME TO GET SPOTS?

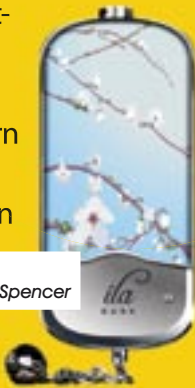
Q *Since starting* to take the contraceptive pill, I've come out in spots. Are the two things linked?

Kate, Woking

A DAWN SAYS: Acne is a side effect of a progestogen, which is found in both the combined contraceptive pill and the mini pill, so talk to your doctor about alternatives. There is one combined pill that contains an antiandrogen called cyproterone and has a licence for treating acne as well as functioning as a contraceptive, so this could be a good option for you. Make sure you check with your GP how to swap from one to the other, as you don't want to leave yourself unprotected.

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- ✓ Want to lose weight?
 - ✓ Not sleeping?
 - ✓ No time to get to a GP?
- That's me! I want Dr Dawn's help**

How do I get in touch?

- TEXT:** text* NOWDOC a space and your problem to UK 86611 or IRL 53305
- EMAIL:** send a private message to drdawn@ipcmedia.com
- WRITE:** Dr Dawn, Now, Blue Fin Building, 110 Southwark Street, London SE1 0SU

*Maximum 160 characters. Texts are charged at 25p each in the UK, 30c each in Ireland, plus network charges. SP: Eckoh (UK) Ltd. Dr Dawn regrets that she cannot respond to every query in person