

# ASK DR DAWN

Our top TV GP is here to solve your health problems



## BEHIND THE HEADLINES

There's a long list of celebs who seem to make their money in the big cities and then buy homes in the country to 'get away from it all'. And it's probably a very healthy thing to do, according to researchers, who've found that living in the country reduces your risk of depression and heart disease.

I suppose even the laziest of us would be more likely to get out for a walk if it's in green fields rather than litter-laden roads, and the pace of life is often slower in the country. But jet-setting stars would be well advised to remember that, in order to enjoy the depression-busting benefits of getting away from it all, they'll need to spend more than just the occasional weekend holed up in their country retreat.



Sarah Harding takes time out from her busy schedule to enjoy some fresh air

## BLADDER IS RULING MY LIFE

**Q** I have to go to the toilet at least every hour and get very little warning. I've wet myself twice in the past few weeks because I couldn't get to a loo quickly enough. Is there anything you can suggest?

**Kara, Portsmouth**

**A DAWN SAYS:** It sounds as though you have an overactive bladder, which means the muscular wall of your bladder contracts uncontrollably and with very little warning. Sufferers often cut back on fluid intake in an attempt to reduce the amount of urine they produce, but as you're finding, this usually has the opposite effect as concentrated urine irritates the bladder lining. Other irritants include caffeine, alcohol, nicotine and fizzy drinks. Make an appointment to see your GP, who'll advise you on treatments. To find out more, visit [cobfoundation.org](http://cobfoundation.org).

## BLEEDING BETWEEN PERIODS

**Q** I've taken the Pill for eight years without any problems, but recently I've started bleeding between periods. Do you think I need a stronger pill?

**Ann-Marie, by email**

**A DAWN SAYS:** One of the commonest reasons for spotting like this is taking Pills late or missing them out altogether. If you know that you've taken your Pills reliably, then you should get checked out by your GP. Chlamydia often has no symptoms at all, particularly in women, but if it does, bleeding between periods can be one of them. Your GP may also want to do a smear, so don't ignore this bleeding anymore – make an appointment and get this looked into. If all the tests are clear, changing your Pill may help.

3 of the best...

## FOR IRRITATED SKIN



Indigo Skin Repair Cream contains plant extract Indigo for effective treatment of psoriasis, a recurrent condition that leaves raised red patches on the skin.

**£14.99**  
[skinshop.co.uk](http://skinshop.co.uk)



If your complexion has a reddish tint, try No7's Colour Calming Primer in Green, which contains liquorice extracts and vitamins A and E to help neutralise, conceal and reduce redness.

**£10.75** Boots



Eau Thermale Avène Skin Recovery Cream is an emergency treatment containing soothing Avène Thermal Spring Water to help calm irritation. Perfect for those with dry, sensitive or intolerant skin.

**£12** Boots

- 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 86611 (UK only)

**EMAIL:** send a private message to [drdawn@ipcmedia.com](mailto: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, plus network charges. SP: Eckoh (UK) Ltd. Dr Dawn regrets that she cannot respond to every query in person