

ASK DR DAWN

Our top TV GP is here to solve your health problems



BEHIND THE HEADLINES

Researchers from University College London have found a link between junk food and an increased risk of becoming depressed. They say their study is the first to investigate the link between overall diet and mental health, rather than the effects of individual foods, claiming that those of us who live off fast food have a 60 per cent increased risk of developing depression.

One theory is that a healthy diet rich in fresh fruit and vegetables is high in antioxidants, which protect against depression. Doctors stress the importance of the recommended five portions of fruit and veg a day. We all enjoy a takeaway, but hopefully this research will be another argument for viewing fast food as a treat not part of our staple diet.

Photos: Xposure



Fast food lover Kerry Katona has suffered from depression

I NEED ARTHRITIS SUPPORT

Q I was diagnosed with arthritis in my teens. I coped well until I moved away from home with my job and now I feel a bit lost. I had support from my family, friends and GP, but now everyone around me thinks arthritis is an old person's disease. Can you help?

Liz, Brighton

A DAWN SAYS: Living with a long-term condition like arthritis certainly isn't easy, but you're not alone – there are over 15 million people in the UK living with a chronic medical problem. The NHS is increasingly aware that people like you need support and has launched a new website: nhs.uk/YourHealth. Visit the site and you should find all sorts of relevant information, including details of support groups and training courses that have been designed to help you feel more in control of your condition.

WILL TANNING HELP VITILIGO?

Q I have vitiligo on my hands and face, which is very embarrassing. A friend has sunbed treatment on the NHS for psoriasis – can I get it to help my white patches tan?

Jane, Bristol

A DAWN SAYS: Vitiligo is an autoimmune condition where the body develops antibodies against itself – in your case, the skin cells that produce pigment (melanocytes). Using sun beds or sunbathing will only make your condition look worse. The normal skin will tan, but the white patches can't – they've lost the ability to produce pigment and will only burn. In fact, it's important that you stay out of the sun wherever possible to avoid damaging your skin. Talk to your GP about camouflage make-up that's available on prescription.

3 of the best... FOR YOUR PARTY HANDBAG



£35
LoveThoseShoes.com

Avoid backache and sore feet from killer heels by slipping on these CocoRose foldaway ballet pumps. The purse transforms into a shoulder bag to carry your party shoes home in.

Cynara Milk Thistle contains the active ingredient silymarin, which is thought to protect the liver from toxins, such as alcohol, and help it to repair itself. Take it in the days before and after a big night out.



£7.99
Boots

If you're still slimming to squeeze onto a slinky festive frock, help fight temptation with Tisserand Diet Aid – a roll-on essential oil that claims to strengthen resolve in those moments of weakness.

£4.50
tisserand.com



- 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

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