Our top TV GP is here to solve your health problems

# ASK DR DAWN

## BEHIND THE HEADLINES

With summer looming, anything promising a quick fix for a perfect bikini body is tempting. The latest research on injecting stem cells from women's stomachs into their breasts, leaving flat tummies and bigger boobs, is bound to cause interest. It's certainly an exciting advance in medical science, but before you search for your nearest practitioner, just remember: the technique is new and being trialled on women who've had surgery for cancer. It's likely to be at least six months before it's offered to healthy women wanting to increase their cup size and will come with a price tag in the region of £6,500. So for now, I'm afraid, it's back to the gym.

Jordan's famously had surgery to enhance her assets

## WORRIED ABOUT MY FRIEND

**Q** My best friend is pregnant with her first child. I should be thrilled, but I noticed bruises on her arms this week. She told me she fell into a banister, but it doesn't add up and I am worried that her partner has been hitting her. What should I do?

**Alice, Bath**

**A** **DAWN SAYS:** Sadly domestic violence is much more common than we think – one in four women will experience it at some time in their lives and, contrary to popular belief, it has nothing to do with social background. You could be right, so don't ignore your instincts. Sadly, pregnancy can be trigger for violence, but you'll have to be sensitive in your approach. Try not to be judgmental, but be as open and supportive of your friend as you can. Call the National Domestic Violence Helpline on 0808 2000247 or visit womensaid.org.uk for more advice – you will find them extremely helpful.

## WILL WALKING HELP ME TO LOSE WEIGHT?

**Q** I hate the gym, but I really need to lose some weight in preparation for my wedding. The one thing I enjoy doing is walking. How far will I need to walk each day?

**Lisa, Liverpool**

**A** **DAWN SAYS:** If you don't alter what you're eating, then any increase in activity will help with weight loss. the more you do, the quicker you'll lose the weight, but be realistic – you're much more likely to stick to a programme you can fit into your life (walking to work, using the stairs etc) and by choosing something you enjoy, you have a greater chance of success. Invest in a pedometer (available from any sports shop) and aim for at least 10,000 paces a day.

## 3 of the best... LOVELY LEG PRODUCTS

With aloe vera gel, sea buckthorn oil, lavender and green tea, Laverna After Sun Lotion cools, nourishes and protects.

£6.95 Superdrug

Prepare your skin before tanning by exfoliating thoroughly first with Trillium Organic Body Polish.

£4 pure-girl.co.uk

Get perfect pins with Damart's quick-fix Slimline leggings, made from a fabric containing caffeine to help fight fat.

£35 damart.co.uk

Photos: xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx

✔ 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