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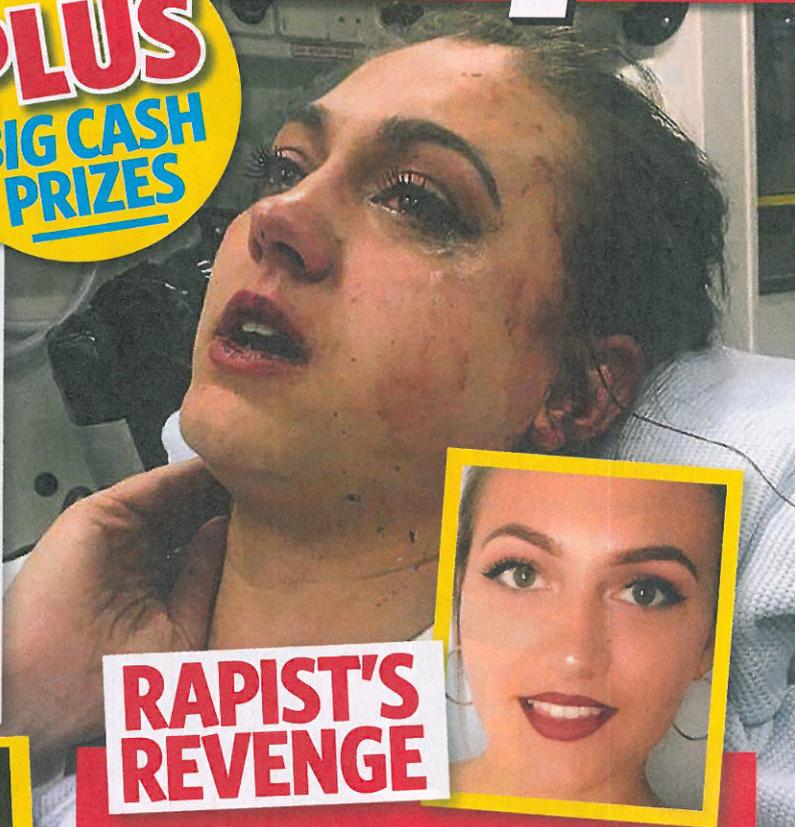
# Pick Me Up

Issue 7

**PLUS BIG CASH PRIZES**



**Was I TURNING INTO my best friend?**



**RAPIST'S REVENGE**

**ATTACKED because I rejected him**

**MUM'S MISSION**

**I won't let the PERVS WIN**



**WEDDING-DAY DRAMA**

**Why I ended up in a cop car!**

**A NEW BABY**

**Then I was hit with a bombshell**



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# Your Health

## INSTANT appointment

With Doctor Arabella Onslow



### Menopause and fertility

**Q** Since my husband left, I've not needed contraception - but now I've got a new partner. My last period was over six months ago - do I still need contraception?  
*Miranda, Hakin*

**A** If you are younger than 50, you are potentially fertile for up to two years after your last period. If over 50, you'll need contraception for at least a year after your last period.

### My fork fear

**Q** I get irrationally angry if people clink cutlery on their plate when eating. I have ended up not able to eat near anyone else! What's wrong with me?  
*Dawn, London*



### CONTACT US

For advice, contact us via one of the methods below. Letters and emails are selected randomly for publication. Sorry, Dr Onslow can't reply personally. **WRITE TO:** Pick Me Up!, 161 Marsh Wall, London E14 9AP. **EMAIL:** pickmeup@timeinc.com

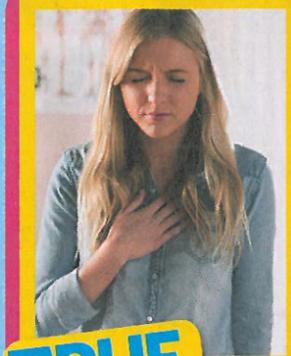
Health On Twitter Follow me @DrBellyButton

**A** Misophonia is a very difficult condition to live with, causing excessive distress when listening to certain sounds at any volume - even low ones. Combined ENT and psychological therapy might be needed to help. Speak to your GP.

### Adenoids op

**Q** My daughter snores really loudly and a doctor says she needs to have her adenoids removed. But I'm worried about her having an operation - is there a chance she could grow out of it?  
*Nancy, Catford*

**A** Yes, adenoids usually shrink and disappear completely by the late teenage years. So if there are no other problems caused by her snoring, the problem could potentially be resolved without surgery.



TRUE OR FALSE

### Bornholm disease

- 1 This causes chest pain.  True  False
- 2 Bornholm disease is easily spread.  True  False
- 3 It only affects adults.  True  False
- 4 Antibiotics can treat it.  True  False

**1 TRUE** The main symptom is a stabbing chest pain, with episodes lasting between 15 and 30 minutes. In very severe cases, the pain can cause breathing difficulties.

**2 TRUE** This disease is very infectious, and is easily spread through contact with infected secretions from the nose or mouth, or contaminated food or drink.

**3 FALSE** Bornholm disease mainly affects children and young adults. It can be very serious for newborns or even women in the late stages of pregnancy.

**4 FALSE** Antibiotics won't work, as it's caused by a virus. Painkillers may help but the infection usually clears on its own after a week or so.

# DEATH'S NOT AN OPTION

Days after giving birth, Ceridwen Weston, 37, from Epsom, had a terrifying diagnosis...

I was pregnant with my second son Leo when the problems began. It was 23 December 2014 and I itched constantly, couldn't sleep. Three days later, my wee was the colour of cola and my eyes, nails and skin were turning yellow. 'You need to see a doctor,' insisted my hubby Gary, 33. Tests showed my liver was functioning abnormally. Doctors thought I had intrahepatic cholestasis of pregnancy (ICP), a liver condition that causes itching. 'It'll stop after you've given birth,' I was told. Little Leo arrived early at 32 weeks on 28 January 2015, but was healthy. Me, Gary, and our eldest

boy Austin, then 20 months, were over the moon. I was looking forward to being a new mum again - and to regaining my health.

But my symptoms only got worse. 'I'm like a canary,' I thought, looking at my yellow skin.

I was given an endoscopy, which discovered I didn't have ICP after all. 'We've found a tumour in your pancreas,' the doctor revealed. It was advanced stage-three pancreatic cancer, and the tumour was too big to be operated on.

Gary and I couldn't believe it. I was only 34, and had just had a baby. 'Is life that cruel?' I sobbed. But soon, I found the strength to fight out of the darkness. 'I can't die, I've got two little boys to look after,' I declared. I resolved to do whatever it took to get better.

Referred to Royal Marsden Hospital in London, I started chemo on 19 March 2015.

Luckily, I didn't lose my hair, and the oncologist was

impressed with my response to the treatment.

The problem was that I had to stop breastfeeding Leo.

As a premature baby, he'd missed out on valuable nutrients in the womb.

It was gruelling, but I was determined to continue looking after my boys.

Gary, my twin sister Kathy, and mum Pauline, 69, were always on hand if I was too sick or tired.

By 2016, having finished my chemo and radiotherapy, I was



Battling back!

I was 34, had just had a baby. Could life be that cruel?

Precious little Leo needed me

ready for surgery.

On 2 March, surgeons removed the tumour, as well as 34 lymph nodes.

I was discharged after three weeks with the all-clear.

*A miracle!*

Not only was I relishing being a mum to Austin and Leo, I signed up to run 26 miles in the Brighton Marathon.

But it wasn't over yet...

I was devastated when a routine scan in October 2016 revealed a small

tumour on my liver.

But an ablation procedure burned off the cancer.

I had another six months of chemotherapy, and now my scans are clear.

It's been a tough road, but the love of my family has kept me driven.

They gave me the strength to fight this condition.

The four of us are living in the moment, and will make as many happy memories with the boys as we can.

## PANCREATIC CANCER

Pancreatic cancer is caused by abnormal cell growth in the pancreas, a large gland in the digestive system. The main symptoms of pancreatic cancer are jaundice, unexpected weight loss and back or stomach pain. Treatments include chemotherapy, radiotherapy and surgery. Visit [pancreaticcanceraction.org](http://pancreaticcanceraction.org) for more information.

100,000

...that's how many people worldwide suffer from cystic fibrosis, according to the Cystic Fibrosis Trust.

## Men's health

With Dr Arabella Onslow



**Q** There are a couple of small lumps under the skin in my lower back that trigger pain when pushed. I've tried everything. What can I do?  
*Harry, Spennymoor*

**A** 'Back mice' are benign fatty lumps pushing against sensitive tissue and causing muscle spasm or nerve pressure. A chiropractor can treat them, or injections can give temporary relief.

## What's normal, what's not

### Dizziness

It's normal to experience giddiness and light-headedness at some point in your life. You can help it pass by resting and drinking fluids. If the dizziness won't go away, or you experience other symptoms such as tinnitus, numb limbs, vision trouble or headaches, see your GP.

