

WE TRIED & LIKED - UNISOOOTHE DUAL IMPACT LOZENGES, £3.49 for 15

chat
Health The advice you need

Ask our Doc
Don't be shy - Chat's Dr Martin Edwards is a family GP who's seen it all before...

Big chill
Q I'm always cold! I keep asking for the heating to be turned up at work and at home I pile on the layers. Is something wrong?
Helen, 38
A If this is a recent change, then your doctor can check for rare causes such as anaemia, diabetes or an underactive thyroid. Otherwise, chances are this is simply how you are. Don't smoke, make sure you're not underweight, exercise regularly and wrap up!

Hair tugging
Q I can't stop pulling out my hair and feel anxious if I don't do it. At first it makes me feel better.
Louisa, 47
A They're usually due to repeated rubbing if you always sleep on the same side. Try lying on a bath sponge with a hole cut for your ear, and wear a hat outdoors. Steroid injections or an op are sometimes needed.

Kids' bit
Tummy pains
Q When my daughter has a cold or sore throat, she develops terrible tummyache low down. Is it normal?
Nisha, 36
A A cold or sore throat might cause glands in your neck to swell as they fight infection. In children, glands often swell in their abdomen, too, leading to pain. It's called mesenteric adenitis and is harmless, but severe pain, or pain without a cold, should be checked.

Whiffy wee
Q My wee smells quite strong, especially first thing in the morning. Is something wrong?
Rhiana, 24
A If you're unwell or have other symptoms, such as pain when you wee or blood in your urine, then see your GP. Otherwise, it's normal for urine to have a slight smell, especially in the morning, after certain foods such as asparagus, or if you're taking some medicines. Drinking more water may help.

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UNISOOOTHE DUAL-IMPACT LOZENGES, £3.49 FOR 15
Perfect for combating sore throats and irritating coughs. These lozenges contain strong menthol and have a real cocoa centre, thought to relieve symptoms in the throat.

Swap and see
Leave the lift and get climbing!
It's common knowledge that taking the stairs over the lift will help you burn more calories. Now research has proved it could actually prolong your life by increasing fitness, plus reducing body fat and blood pressure.

WINNING WEBSITE
Irritable bowel syndrome (IBS) affects a third of the population. Symptoms include sudden diarrhoea, constipation, stomach cramps and bloating. It's thought that stress and diet are common triggers. For info about managing the symptoms, and advice, go to www.ibs-relief.co.uk

IBS Relief
Helping us better together

Write to Dr Martin Edwards at **Chat**, Blue Fin Building, 110 Southwark St, London SE1 0SU. Or e-mail chathealth@timeinc.com Sorry, he can't reply personally.

22 Chat **HEALTHY FACTS** +++ One in 10 of us don't eat our recommended five-a-day of fruit and veg +++ Adult

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