

DAILY EXPRESS

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WEATHER: WIND AND RAIN

WEDNESDAY JANUARY 24, 2018 55p

STILL
10p
CHEAPER THAN THE
DAILY MAIL AND
15p CHEAPER THAN
THE DAILY MIRROR
AND TEN TIMES BETTER

**HUGE RISE
IN BOAT
MIGRANTS
TRYING TO
REACH EU**

SEE PAGE 4



**MAY HITS
BACK AT
BORIS IN
'CASH FOR
NHS ROW'**

SEE PAGE 5

ARTHRITIS: NEW PILL TO FIGHT THE PAIN

**26p tablet is in
chemists now**

A CHEAP new super strength tablet could give relief to millions of arthritis sufferers. The drug, called Flarin, is said to be as effective as popular painkiller ibuprofen

By **Mark Reynolds**
but in just half the dose - and may become the first option for joint aches. It will cost around 26p per

TURN TO PAGE 2



**Holly's goddess look
for the red carpet**

GLORIOUS NIGHT FOR ANT AND DEC
AT THE NATIONAL TV AWARDS:
SEE PAGES 2 AND 3

Weather forecast
In association with **flamingo LAND**



Today's summary: Wind and rain

North West: Bright with sunshine, but also blustery showers, some heavy. Strong south-westerly winds. High 13C (55F).

Northern Ireland: Rather windy, with bright or sunny spots and squally showers. Brisk south-westerly winds. High 9C (48F).

Wales: Gale-force south-westerly winds and squally rain in the morning. A few showers later. High 12C (54F).

Midlands: Early cloud and squally rain will soon ease. Brighter later. Strong south-westerly winds. High 13C (55F).

North East/York: A mild but windy morning with squally rain. Drier later. Strong south-westerly winds. High 14C (57F).

Scotland: Very windy in the north, with heavy and thundery showers. Gale-force westerly winds. High 10C (50F).

UK OUTLOOK TOMORROW: Breezy tomorrow, with showers in northern and western areas; most widespread for Scotland and northern England. Sunny spells elsewhere.

SIX-DAY FORECAST

City	Temperatures in Centigrade					
	THU	FRI	SAT	SUN	MON	TUE
London	3-11	2-8	9-10	9-13	6-12	3-9
Belfast	2-7	4-6	9-11	7-12	4-8	3-7
Birmingham	3-8	2-7	8-10	8-13	4-10	2-7
Cardiff	4-9	4-7	9-10	9-12	6-11	4-9
Glasgow	0-8	3-6	9-10	8-10	4-8	3-7
Manchester	3-8	2-7	8-10	8-12	4-9	3-7
Newcastle	2-7	1-6	8-10	7-11	2-9	2-6
Norwich	2-9	0-8	7-9	9-13	5-12	3-8
Plymouth	5-10	6-9	10-11	10-12	8-11	5-10

Britain yesterday

City	Low	High	Wind	Cloud	UV
Aberdeen	2.8	9.1	11	11	1
Aberystwyth	2.2	8.5	11	11	1
Aldershot	2.8	10.0	4	13	3
Belfast	1.8	9.1	8	11	1
Birmingham	1.8	10.0	4	13	3
Bournemouth	0.0	10.7	7	12	3
Bristol	0.1	10.9	6	13	3
Cardiff	0.0	10.7	7	12	3
Cardigan	1.1	10.0	4	13	3
Edinburgh	0.1	9.8	6	11	1

Europe forecast

City	Forecast	Temp
Amsterdam	Showers	14C/57F
Brussels	Cloudy	14C/57F
Dublin	Showers	10C/50F
Frankfurt	Cloudy	13C/55F
Geneva	Fair	13C/55F
Lisbon	Fair	16C/61F
Madrid	Sunny	16C/61F
Paris	Cloudy	13C/55F
Rome	Sunny	15C/59F

Around the world yesterday

City	Forecast	Temp
Amsterdam	Cloudy	9-18
Atlanta	Fair	9-48
Bangkok	Sunny	18-31
Berlin	Cloudy	2-18
Buenos Aires	Snow	1-24
Calcutta	Fair	18-23
Canberra	Cloudy	14-17
Caracas	Fair	12-24
Chicago	Fair	13-55
Dublin	Fair	3-28
Geneva	Sunny	16-61
Helsinki	Sunny	11-52
Hong Kong	Fair	21-30
London	Cloudy	4-29
Los Angeles	Sunny	18-28
Lyons	Sunny	10-58
Madrid	Sunny	17-63
Manila	Sunny	19-36
Melbourne	Cloudy	16-51
Moscow	Cloudy	25-77
Mumbai	Sunny	25-77
New York	Sunny	18-51
Osaka	Sunny	18-51
Paris	Sunny	13-55
Perth	Sunny	18-51
Rome	Sunny	18-51
Sydney	Sunny	26-82
Tokyo	Sunny	18-51
Washington	Sunny	18-51
Wellington	Sunny	18-51

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Pain relief in days with new arthritis drug

FROM PAGE ONE

pill, or £7.95 to £9.95 for a pack of 30 at chemists. It also has fewer side effects, such as gastric bleeding, that can result from heavy use of ibuprofen. Scientists revealed they developed Flarin to be as effective at 1,200mg per day as 2,400mg per day of ibuprofen. During trials, more than four in five people who took the drug said it improved all joint pain flare-ups. In the UK, it will be available over-the-counter at Lloyds Pharmacy and could offer relief to the millions who suffer the daily agony of arthritis, as well as to those who suffer periods of crippling lower back pain. The capsules will be available in other pharmacies from the end of March.

Breakthrough

Dr Natalie Carter, head of research liaison and evaluation at Arthritis Research UK, said the charity was "really pleased" with the breakthrough. She said: "We know that pain management is incredibly important, and believe that all of the 10 million people living with arthritis in the UK have the right to live pain free. "We're really pleased to see more treatment options enter the market for people with arthritis, offering an alternative solution to help manage the daily pain and in this case, potentially reduce side effects." Dr Carter added: "We'd encourage anyone struggling with pain management to speak to their doctor or a health professional, who will be able to work with them to develop a plan incorporating medication, pain management techniques and exercise." Professor Philip Conaghan, one of the authors of the new study into the effectiveness of the drug, said: "Based

on the results of this study, Flarin can be considered as a first-line OTC (over-the-counter) treatment option for the self-management of flaring joint pain." The study, published in the journal *Osteoarthritis and Cartilage*, involved 462 patients with episodic knee pain from 27 primary care centres in the United Kingdom and Netherlands. Some 85 per cent said they had improvements in flare-ups within five days of taking the drug. Prof Conaghan, a musculoskeletal medicine expert at the University of Leeds, said: "We now have good clinical evidence to show that combining ibuprofen in a lipid formulation can provide effective flare up control." There were less gastrointestinal side effects using the drug than with normal ibuprofen. Just over a quarter of patients reported problems using the lipid-formulation at 1,200mg, while a third who used a soft-gel formula at 2,400mg experienced problems.

Flarin was created using a technology which encases ibuprofen in lipids (fatty substance in the body), the researchers explained. They said it appeared to be absorbed through the lymphatic system, which helps to shield the stomach from the damage of gastric bleeding. Flarin 200mg soft capsules will be available pharmacy-only but can be purchased without a prescription. Meanwhile, a separate US study found injecting a gene therapy into arthritic joints eased the condition. It is now undergoing human trials and has been used to treat both osteoarthritis and rheumatoid arthritis. The study concluded: "Compared to systemic delivery, this reduces the likelihood of adverse events in non-target organs, maximises the concentration of the therapeutic at the site of disease and, by treating a joint instead of the whole body, lowers cost."



An emotional night for Ant McPartlin



Ant and Dec show off their three awards



Blue Planet...Sir David Attenborough

Outcry as Thatcher statue plan is ditched

PLANS for a bronze statue of former prime minister Margaret Thatcher opposite Parliament were thrown out by councillors last night. Westminster Council's planning committee unanimously rejected a proposal for the statue, which was to be placed in Parliament Square. The one-and-a-half-times life-size statue was to feature Baroness Thatcher dressed in her peer's robes. But councillors agreed that this did not reflect her importance in history as a prime minister. The meeting also agreed that the statue should first receive approval from the Thatcher family before going ahead. Council officials had snubbed Britain's greatest post-war prime minister on the grounds that the location has too many statues. Planning

documents submitted to Westminster Council also claimed the proposal for Baroness Thatcher failed to comply with a 10-year principle which states that no statues should be erected until a decade after the subject's death to "allow partisan passions to cool and enable sober reflection." Tory MP Andrew Rosindell blasted the officials' decision to recommend the plans be rejected. He said: "Margaret Thatcher was not just Britain's first female prime minister but one of the greatest residents of 10 Downing Street. "She smashed the glass ceiling for women through force of personality and ability. Most importantly she transformed and saved Britain as well as playing a major role in winning the Cold War." Mr Rosindell added: "More than any 20th century figure she deserves her place of honour in Parliament Square alongside Sir Winston Churchill."



Former PM's statue would have stood by Churchill