

YOU

30 OCTOBER 2011

FOR FIENDS AND FAMILY!

Halloween supper
tricks and party treats

EXCLUSIVE: BEHIND THE VELVET CURTAIN

Sequins and secrets
backstage at *Strictly*

'I KNOW WHAT AMY'S FAMILY ARE GOING THROUGH'

The painful legacy
of losing a brother to
drug addiction

PIXIE PLO

POP STAR, FASHION DESIGNER, MODEL, ACTRESS...

Why there's no stopping Ms Lott

A BRIGHT IDEA FOR DARK DAYS

I'm a fan of bright light therapy for the winter months. About seven per cent of the UK population suffers SAD (seasonal affective disorder), and another 17 per cent a lesser form of depression known as 'winter blues'. Light therapy, using light equivalent to a bright summer day, helps up to 85 per cent of diagnosed cases of SAD. The range of options includes this Lumie Desklamp, £120 (lumie.com). The Seasonal Affective Disorder Association (sada.org.uk) recommends 'try before you buy' via a home trial such as Lumie offers (check T&Cs for refund), or rental (healthy-house.co.uk, tel: 0845 450 5950).

FOR STELLAR SUPPORT

Eight years ago, Anna Coleman from Warrington was diagnosed with breast cancer at the age of 31. Not only did Anna have to cope with her own shock at the diagnosis, she also discovered that 'most of the services are geared towards older women: even my GP had no experience of a 30-something woman getting breast cancer'. The support and friendship she found from a local group called Sarah's Stars, which is specifically aimed at younger women with breast cancer, was vital and Anna now helps with fundraising so other women can have the same help. (Their next event is a 'sold out' November fashion show.) To contact Sarah's Stars, email carolyn.hanley@sky.com or go to sarahstars.org.uk. For breast cancer support at all ages, contact breastcancercare.org.uk



HEALTH Sarah Stacey



PUT NIGHT-TIME ACCIDENTS TO BED

Q Our seven-year-old son is still wetting his bed, which upsets him and is stressful for us too. Could you give us some guidance?

A Bed-wetting is a common and distressing problem, affecting one child in seven of your son's age, and one in 50 teenagers. Actor Martin Clunes was a bed-wetter at school. 'It's more common in boys, especially in younger age groups,' says paediatrician Evelyn Fleming of South Warwickshire NHS Foundation Trust, a spokesperson for childhood continence charity Eric (eric.org.uk, tel: 0845 370 8008).

Children of seven and over should have a full assessment. The school nurse or your GP can direct you to a special continence clinic or service.

The reasons aren't fully understood. Bed-wetting isn't linked to poor toilet training or laziness by the child. It may be inherited. Martin Clunes believes his problem was caused by his unhappiness as a weekly boarder after his father died when he was nine. A child psychiatrist helped him stop in his early teens.

It may be due to a lack of the hormone vasopressin. This causes the kidneys to produce daytime amounts of urine at night, which the bladder can't hold. Symptoms are particularly large wet patches and wetting early in the night. Medication can help.

Or it could be an overactive bladder, where the muscles contract before the bladder is full, signalling an urgent need to wee. Medication may help.

The child's brain may not receive the bladder's 'wake-up-and-wee' signal. Bed-wetting alarms (from eric.org.uk/shop) have a good success rate if the child is motivated and has support.

Ensure your child sips six to eight glasses of still water through the day. This way the bladder fills properly and over time holds more urine before it needs emptying. Plenty of water also helps prevent constipation and urinary tract infections. However, fizzy drinks can worsen the problem.

Be positive. Reassure your child he will succeed.

Encourage regular trips to the lavatory, during the day and just before bed. Leave a night light on to guide the way to the loo and clear any obstacles.

Try a specially written CD. One reader's seven-year-old daughter listened to *I'm Dry At Night* by consultant hypnotherapist Lynda Hudson (£12.95 plus p&p, firstwayforward.com) and became confident enough to go to Brownie camp.

Use bedding protection and consult leaflets such as *Nights Away, No Worries*, available from eric.org.uk.

Email your questions to s.stacey@you.co.uk

The truth about... CHOCOLATE

It can be good for your health. A daily 100g dose of dark chocolate is a terrific source of minerals, including iron, magnesium, copper, zinc and manganese. Cocoa powder is also full of antioxidants – 30 times the level of oranges.

But it must have a high cocoa content. Aim for at least 70 per cent; ideally 85-90 per cent. The higher the cocoa content, the more vitamins and minerals you get, and the lower the carb (sugar) content. There are fewer carbs in 100g of 85 per cent cocoa chocolate than in a small apple.

Don't eat it before bedtime. 50g of 90 per cent cocoa chocolate has the caffeine equivalent of a brewed cup of coffee.

And it won't replace exercise. A recent study suggesting chocolate can tone your muscles while you sit watching TV involved feeding 25 mice with a chemical (epicatechin) found in cocoa. No chocolate, no people, no evidence!

By nutritionist and obesity expert Zoë Harcombe, zoeharcombe.com

