

SEX & HEALTH SOLUTIONS

From cosmetic surgery to sex education tips, we'll help...



SURGERY SCHEDULE

I would like to have surgery on my nose and my eyebags before I get married in the autumn of 2009. I'm also considering having an intensive peel or laser for sun pigments on my skin. When would be the optimum time to have these things done and in which order should I do them?

ALEX SAYS: Generally speaking, if you are contemplating any facial surgery prior to a big event, it would be best to do this at least 4-5 months beforehand. By this time, most of the obvious swelling will have subsided and therefore you should be looking much better than you did before the surgery. Having said that, there will still be some mild swelling even then, and depending on the individual this could detract from the final result. You must understand therefore that any surgery will usually take between 9 and 12 months before the final results will be seen, and only then will you be looking your tip-top best. For this reason, you may wish to have your surgery sooner to be on the safe side. It would make sense to have all the surgery done together in order to have only one recovery period.

DOES IT WORK?

Vegepa, £11.95 for 60 (www.vegepa.com/0845 1300 424)

CLAIM: A patented blend of omega 3 and 6 fats from fish oil and evening primrose oil, which helps a number of conditions including eczema, dry skin and PMS.

TESTER SAYS:

'I've suffered with eczema on and off since I was 11 and it meant that the skin on my hands was often raw and cracked with open sores. It made me very self-conscious and using steroid creams thinned my skin. A friend recommended Vegepa and within a couple of months of taking 4-6 capsules a day, the sores had closed up and my hands looked a lot better. I'd definitely recommend it to anyone suffering with the same problem.'

Natalie Kenny, London

VERDICT: 'MY SKIN LOOKS MUCH HEALTHIER'



WHY ARE MY EYES SO SENSITIVE TO LIGHT?

ROGER SAYS: Has the sensitivity started suddenly?

YES: Always get this checked out by an optometrist as it can be the first sign of an eye disease, such as an inflamed iris or damaged cornea, which may need treatment.

Are you taking any prescription drugs?

YES: Some drugs can cause sensitivity to light. These include the antibiotic tetracycline and digoxin used for heart problems. Discuss this with your GP.

Do you suffer from migraines?

YES: Migraine sufferers tend to be highly sensitive to light, particularly during an attack but often to a lesser degree at other times too. They may benefit from special 'precision tinted' lenses.

Do you have a headache or stiff neck?

YES: Sudden sensitivity to light can be a symptom of meningitis, but it is usually accompanied with other warning signs including a headache, stiff neck, nausea and drowsiness. If you suspect meningitis, seek help immediately

I have small round patches of eczema on my arms. A friend saw them and said they might actually be ringworm. How can I find out and how do I treat them?

ROGER SAYS: Ringworm may sound unpleasant but it's actually a simple fungal infection and nothing to do with worms. It typically leaves a red, ring-like rash on the skin, and can be hard to tell apart from small patches of eczema. Your doctor will be able to distinguish between these though, so I think it is now time for you to show him these and get the correct treatment. Moisturisers and emollients are usually the mainstay of treatment for eczema, sometimes with a low-strength steroid in them to reduce inflammation and promote healing. Ringworm is usually treated with an antifungal ointment. The good news is both conditions can be quickly sorted out.

THIS WEEK'S EXPERTS...



Dr Roger Henderson from netdoctor.co.uk's online GP service, is a GP & occupational health expert



Dr Alex Karidis MD FRCS is a plastic and cosmetic surgeon. See www.nipintuck.co.uk or call 020 7432 8727



Paula Hall is a relationships therapist and has her own private practice. Visit www.sextherapyonline.org

*While our panel of experts is here to offer advice on any problem under the sun, the medical advice on this page is general advice for the interest of UK readers only, and should not be used as a substitute for the advice you receive from your own doctor. Always consult your GP first, before considering any treatment or remedy.

Shall I tell her about the birds and the bees?

My daughter is six and asked me what 'sexing' is - a word she's heard at school. I think she's too young to know, but she's going to find out more than I'd like her to in the playground, and I'd rather she had the facts (and the words) right if she is going to know. Is it too early to discuss this?

PAULA SAYS: There's no right or wrong age to begin sex education. What matters is you're giving info that's understandable and age-appropriate. My advice would be you tell your daughter the basics in a matter-of-fact way. Something along the lines of 'sex is something couples do when they love each other and it's how babies are made'. If she wants more practicalities, you could describe it as a 'special cuddle'. If she won't let you get away with being vague tell her what happens: 'the man's penis goes inside the woman's vagina'. Chances are she'll have got distracted before she gets to this point, but if she does want to know, you'll be surprised at how unfazed she'll be. Children are more relaxed about bodies and their functions at their age than we are. But ultimately, you know your child and you are the expert on how she'll react and what's most appropriate for her.



Write to: Problem Panel, Celebs On Sunday, One Canada Square, Canary Wharf, London E14 5AP Or email problems@sundaymirror.co.uk. Sorry, our experts can't give personal replies