

# HEARTbeat

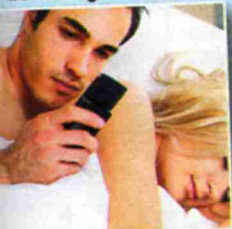
HEALTH AND VITALITY FOR YOU AND YOUR FAMILY

Lindsay's hot-water bottle burns • Are Wii games fit for purpose? • Honeymoon health tips • Your medical questions answered

## Heartbeat

fertility treatment on the bill a postcode lottery, of Health survey in Despite Government fertile couples should the free cycle of IVF, do not provide it at all set narrow restrictions. hire, for example, over 46, the couple in.

husband sending more e-mails than usual? be having an affair,



family law firm Pannone. husbands need to be their wives take a sudden cosmetic surgery.

s of office workers get as un as coal miners, says tried out for BT Wireless It found most deskbound spend less than an hour ide. Lack of vitamin D — by exposure to sunshine use many health problems.

some simple mind uses lift your mood? rs at the University of in Devon are looking for to take part in an online help them find out. Click sy.plymouth.ac.uk/smile ke to take part.

**+** The tooth fairy is having to pay more these days, according to a survey of 3000 parents by savings company Children's Mutual.

children receive the most for y teeth — with almost one ding £5 under their pillow. ren in the Southwest only £1 per tooth on average.

e a big breakfast if you at to lose weight, say ers from Venezuela. They at women who eat around ir daily calories at the the day lose more weight ong term than those who e day with less.

## Two women doomed



Katie before she was ill



Claire

# DEATH BY THE RULES

**Y**our daughter is a little worried. She's been bleeding between periods and now she's got a discharge. You look on the internet and find out what this might mean.

She's only 23. She goes for tests and when the results come back, all your worst fears are realised. She has cervical cancer. And as she sobs her heart out in your arms, your misery is overtaken by anger.

If she'd had a cervical smear test when she was 20, your daughter's cancer would have been caught — and probably cured. But five years ago the age for cervical screening in England was raised from 20 to 25. Experts fear that this means many young women are slipping through the net.

Katie Hilliard, 24, of Haywards Heath,

## Someone changed the NHS smear tests with the result that some young women are needlessly dying

West Sussex, was told she was too young for a smear test. Now doctors have given her — at best — two years to live.

She's not the only



Katie now

one. Claire Everett, of Tyne & Wear, is just 22 and has a two-year-old son, Alex. Her cervical cancer is 'incurable'.

Smear tests are supposed to prevent women dying of cervical cancer. By picking up changes in the cells of the cervix, they allow earlier treatment which makes a cure more likely.

Three out of four cases are caused by the human papillomavirus (HPV) which is spread by sexual intercourse — and this raises three important points.

● Young people are having sex earlier,

increasing girls' risk of catching the virus.

● Rates of cervical cancer in teens are going up, while rates of the cancer in women over 25 are going down.

● The Government is concerned enough about cervical cancer to offer a free vaccine, protecting against HPV, to girls in England aged 12 to 13, from September 2008.

Next year a 'catch up' programme will start for under-18s who haven't had the vaccine.

So why has the screening age been raised?

Pamela Morton, director of cervical cancer charity Jo's Trust, says: 'There was very little consultation when they changed the screening age. The experts who run the NHS programme will say it had nothing to do with cost — but I believe it did.'

'They seemed to base

