

Our Doctor Writes

July 2008

In the recent BMJ there was an interesting article looking at body piercing in the UK. The prevalence now in young women (aged under 25) is nearly half. Women apparently favour the navel, nose and tongue as well as the more traditional ear piercings. Men apparently prefer piercings of the nipple and the eyebrow. Complications are not surprisingly very common occurring in about a third of cases. These are often severe enough to require the help of a doctor. One in a hundred result in such severe complications that the individual needs admission to hospital. Such are the perils of vanity!

The Mediterranean style of diet has again been shown to have strong health benefits. This is a diet rich in fruit, vegetables and olive oil. A study carried out in Spain showed that students who ate this type of diet had a much lower chance of developing diabetes. In a separate study a similar diet taken by pregnant women was shown to decrease the chances of their children developing asthma. With this in mind I think that the initiative to develop a vegetable garden to be tended by the children being taken by Bedwyn primary school should be applauded. They are still looking for help towards the costs and so I'm sure that any donations will be gratefully accepted by them.

You will be aware that the government asked practices to extend their opening hours. Both Bewyn and Burbage are planning to offer extended evening opening on a weekday evening. We have both offered to start this from July 1st but have been asked by the PCT to delay the introduction until at least September. The government wants these extended hours to be available only for routine booked appointments and not for people with an urgent problem.

Best Wishes.

Dr Tim Ballard