

Your Health

INSTANT appointment

with Dr Judith Holmes, GP with a clinic at Spire Parkway Hospital in Solihull.



Reason to worry?

Q My six-year-old keeps getting nosebleeds. Should I be worried?

Lauren, Bradford

A Nosebleeds are relatively common in children over two years of age and many are a nuisance more than they are concerning.

Most bleeds should stop within 5-10 minutes when gentle pressure is applied to the bridge of the nose (just above the nostrils) and over time many

children will simply grow out of them.

If the bleeding on any occasion does not stop within 10 minutes or the child is faint, dizzy or sick during an episode, or if the bleed follows a recent injury such as a bump to the head

then they should definitely be taken promptly to A and E.

If bleeds are frequent or regular then do talk to your GP for further advice and assessment and possibly referral to see an ear, nose and throat specialist.



Dance floor disaster

Q I stubbed my little toe on a dance floor about six weeks ago and it still hurts - could it be broken, and if it is, should I just leave it? Jennifer, Southampton

A There is a good chance you may have broken your toe and if you are still getting significant pain or any limitation on your activities then I would definitely advise seeking medical advice and assessment.

This will not only help to confirm the nature of the injury but also to advise about further treatment to reduce your pain.

Interestingly, further assessment may not always include an X-ray, a clinical examination may be more than enough.

Some breaks can be managed without the need for surgery or a cast but it is advisable to seek a professional assessment to be certain.



Most of the time, you can treat a broken toe at home

Sting in the tail

Q I always get bitten on holiday and get a bad reaction from the bites. Is there anything I can do?

Georgia, Bristol

A Bites can be a real downside to any holiday and if you are prone to reactions they can be really uncomfortable.

Most reactions do not need antibiotics even in the presence of significant swelling and redness.

Most bites will benefit from a cool compress, antihistamine tablets and also hydrocortisone cream applied to the bite itself.

If your bite affects your face and causes swelling that includes the mouth, tongue or throat then urgent medical assessment should be sought.

To try and reduce the chances of being bitten in the first place it is ideal to use over-the-counter insect repellents and many say that drinking tonic water for its quinine content also helps as insects dislike the taste!

A daily antihistamine such as those sold for prevention of hayfever might bring some benefit by reducing the reaction after the bite but they don't help in reducing the chances of being bitten.

Severe reactions may need treatment with steroids given either as tablets or by injection.

If you have any concerns about a reaction following an insect bite you should always seek medical advice.



HOW TO...

Improve your posture...

1 Stand tall
Slouching adds stress to your spine which puts strain on the bones, muscles and joints you need to hold your backbone in place. Stand up tall and pretend you're standing against a wall to measure your height. Hold your head straight and tuck in your chin. Your ears should be over the middle of your shoulders.

2 Beware of 'text neck'
If you're on your phone a lot, take some time to stretch your neck. Tilting your head to check messages really strains your spine. For a better view, lift the phone up and move your eyes, not your head.

3 Ditch the heels
High heels thrust the base of your spine forward, which over arches your back. That can change the way your backbone lines up and lead to back pain. Save the heels for special occasions only.

4 Don't slump
If you sit at a desk all day, try not to slouch. Instead, sit back in your chair and place a small, rolled up towel behind your mid back. Bend your knees at a right angle and place your feet flat on the floor.

CONTACT US

For advice, contact us via one of the methods below. Letters and emails are selected randomly for publication. Sorry, doctors can't reply personally. **WRITE TO:** Pick Me Up! Media Centre, Emma-Chris Way, Abbey Wood Park, Filton, Bristol, BS34 7JU. **EMAIL:** hello@pickmeupmag.co.uk