

Your wellbeing



Ask Dr Hilary

Your health questions answered

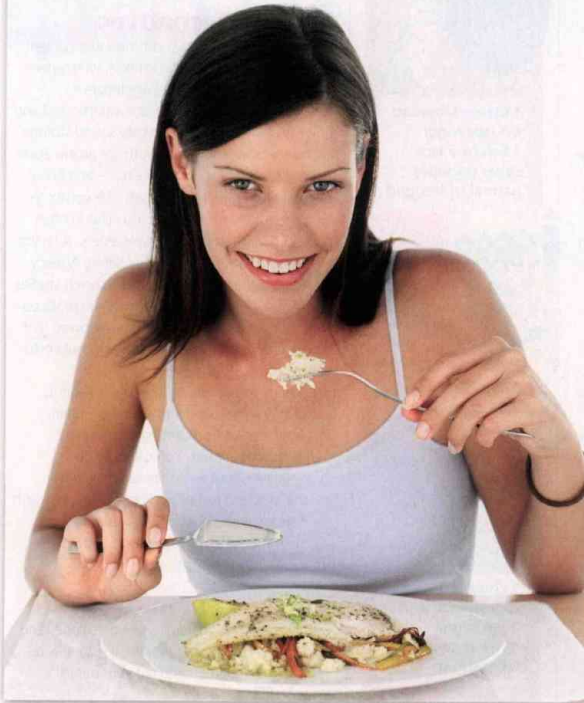
How can I reduce my risk of heart disease?

Q Despite my healthy lifestyle I have high cholesterol and a family history of heart disease. I can't tolerate statins because of the side effects, so what else can I do to lower my risk of heart attack or stroke?

Make sure your lifestyle includes plenty of aerobic exercise and a Mediterranean diet. By this, I mean a diet rich in fruit, vegetables, fish and wholegrains. If you're not overweight, you can include a little healthy fat such as olive oil and nuts, but avoid saturated fats from cakes, fatty red

meats and full-fat dairy products.

Cardiologists are now using a new supplement called **Bergamet**, which is derived from bergamot oranges grown in southern Italy. In clinical trials it was shown to reduce total cholesterol by up to 31%, reduce harmful LDL cholesterol by up to 39% and increase protective HDL cholesterol by up to 41%. It also reduces blood glucose by up to 22%, which may have significant implications for diabetes sufferers. Unlike statins, Bergamet seems to be free of side effects. Visit www.bergamet.co.uk



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I need help with my hip injury

Q I fell off my pushbike after a trail through a local forest and injured my hip. It was clicking and catching for weeks after the initial pain and bruising, and now despite a normal X-ray, the doctors say I may have sustained a labral tear. What is that and how can it be treated?

You are in the exalted company of Lady Gaga, who recently had to cancel a sell-out tour because of the same problem. The labrum is a ring of soft elastic tissue over the outside rim of the socket of the hip joint. It holds the thigh bone firmly in place while also giving it flexibility and increased mobility. Your symptoms are typical of a tear, which won't have shown up on the X-ray as it doesn't affect any bony parts, only soft tissue. Physiotherapy can help strengthen and balance the muscles around the joint. If symptoms persist, an MRI scan will show the tear, and a diagnostic steroid injection with local anaesthetic into the joint will confirm how the problem can be resolved. The jab alone may be enough but sometimes surgery is needed, which involves shaving away any torn portions of the labrum to repair it and remove any loose bits of the joint.

I'm terrified MS will put me in a wheelchair

Q I was devastated to hear the numerous symptoms I've been having might be caused by multiple sclerosis. I had problems with my vision and some numbness in my leg, but both cleared up after a few weeks and I thought I was in the clear. The prospect of life in a wheelchair after being healthy and fit is terrifying.

I understand your fear, but the majority of people with MS are not destined to rely on a wheelchair forever and most enjoy a good quality of life. Around 90% have the type of MS called relapsing remitting