

LL COX

Greece because their say that one partner must live in Greece.

king gazines

iting on behalf of my who can hardly see. been having *Woman's* on cassette, for which ys £2 a year. Now it's d and she's wondering is time to pay. Do you he address?

must have paid her sub- tion a while ago because / £5. The address of this service is Talking News- Association of the UK, h Street, Heathfield, East TN21 8JB. At the moment ve 15 cassettes regularly : with another 11 soon to



EADFUL itch that you just not scratch" — that's how patient with thrush de- a vaginal infection, and e few women who cannot ise with her.

h, monilia and candida are es for a yeast which can / in the vagina and give rs of vaginitis. However, dition can be caused by a of other agents, and the behind this are complex. agina is to all intents and s a cul-de-sac. At the top re is a very tight pinhole up into the womb itself, system is so geared that it against bacteria travelling

ie other hand, the vagina be protected this way from o there are other protective isms. The vagina is corru- - after all, it has to be very ble to accommodate a ead at normal delivery. It is with a thick smooth lining arranged in exactly the ay as the covering skin of e and hands. This prevents ns getting into the crevices tipling. there are special "clean"

be added, and they cover some women's magazines, six Sunday newspapers, digests of three daily newspapers, *Reader's Digest*, cassettes of radio and TV programmes and *The Countryman*. On the new list will also be retirement journals, a teenage magazine, and special interest magazines. For details send an sae to Talking Newspapers.

My child has a handicap

My two-year-old son was born with a physical handicap, and I'm beginning to get anxious about how he'll cope at school. I need to talk to

other mums who have been through this before — surely there must be a group? I don't want him feeling that his disability is more important than anything else about him.

★ You may well find there's a local group and it's worth checking with your Social Services Department. But you might like to know about the Invalid Children's Aid Association (126 Buckingham Palace Road, London SW1W 9SB), which is concerned with children who are handicapped and living at home. Operating primarily in the South East, its activities include pre-school playgroups, discussion groups and running residential schools. There's also the Union of the Physically Impaired Against

Gill Cox can be heard every Monday, Wednesday and Friday around 7.30 pm on Radio Luxembourg, 208 Medium Wave

YOUR HEALTH AND YOU

"MOST WOMEN HAVE SUFFERED FROM THAT DREADFUL ITCH"

says DR PAT LAST

germs which normally live in the vagina — Doederlein's bacilli. These are very important as they produce a slightly acid secretion, and the majority of outside germs don't thrive in acid.

The presence of these Doederlein's bacilli are very necessary in order to keep the vagina clean.

The yeast of candida is also a normal invader in the vagina. It lives there, and it also lives in the gut and the mouth (it often causes infection in the mouths and on the skin of small babies). However, in

the adult woman this yeast is kept in check by the acid in the vagina.

How, then, does it get out of hand and cause the miserable vaginitis that is so well known? Undoubtedly the commonest single cause is a course of antibiotics. Antibiotics are often prescribed for complaints such as chest, throat and sinus infections, and unhappily are sometimes taken for minor problems which would quickly clear up by themselves.

Antibiotics taken by mouth kill not only infecting germs in the nose and

Segregation which believes that first and foremost a person is a human being and fights for the right for people to make their own decisions. Their address is 12 St John's Walk, Oak St, Cheadle Heath, Stockport SK3 0JS.

What's this bond?

My son has an application form to fill in for a part-time job in a shop. On the form it says that applicants may need to take out a Fidelity Bond — can you tell me what this is?

★ A Fidelity Bond is a special form of insurance. An employee who might be required to handle large sums of money may be asked to take out a Fidelity Bond which ensures that if they do anything dishonest with the money then the insurance will cover the cost of the loss to the employers.

throat; they also kill the Doederlein's bacilli so that the main protector of the vagina is removed. Any yeasts living there in a dormant state are thus given a clear way to go ahead and grow — and the intense irritation of the vaginal yeast infection develops.

Three other special occasions promote yeast overgrowth. The Pill, pregnancy and diabetes. In each of these cases there is an increase in the sugary substances in the cells of the vaginal lining, which encourages yeast growth in spite of the vaginal acid. A combination of these conditions and antibiotics is almost guaranteed to give a yeast vaginitis.

Treatment of this type of vaginitis is by vaginal pessaries containing a fungicidal agent. Incidentally, unless one's sexual partner has got obvious signs of irritation and infection, then it is not really necessary to treat him.

The second commonest cause of a vaginal itch is the tiny one-celled animalcule *Trichomonas Vaginalis* — TV as it's also known! This tiny creature also lives in the gut and it is specially constructed so that it can live without oxygen. The vagina is an ideal home for it. TV is usually exchanged by sexual partners and is a Sexually Transmitted Disease — STD (British Telecom will never seem the same!). The TV may have originally come from the gut in one partner, so infection by this organism does not necessarily mean that your partner has been unfaithful. It is treated with a chemical taken by mouth — and the treatment should be taken by your sexual partner at the same time so that reinfection cannot occur. The only complication of the treatment is that the chemical reacts with alcohol and can make you feel ill if you go out drinking whilst taking the tablets. Abstinence is advisable!

HE HAS HAEMOPHILIA

We've all been quite shocked to learn that my new grandson has haemophilia. No one in either family suffers from this disease. I'm frightened even to pick him up or cuddle him in case I make him bruise. Can you help us?

I'm so sorry to hear of your grandson's disorder, but you are so lucky that he was born in 1984 and not 1884. The treatment nowadays is comparatively straightforward and so well understood that you'll be able to give your grandson just as many cuddles as you want. In fact, it's very important that you treat him in almost the same way as any other much loved little boy.

To understand more about his complaint, do write to the Haemophilia Society, PO Box 9, 16 Trinity Street, London SE1 1DE, and they will provide you with information.