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A newsletter from Dr Stephanie Goodwin

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Monthly Newsletter

Improving the mental health of teenagers: the latest news



A recent study involved tracking the activity levels of over 4,000 teenagers aged 12, 14 and 16 and then looking at the symptoms of depression in those same teenagers at the age of 18.

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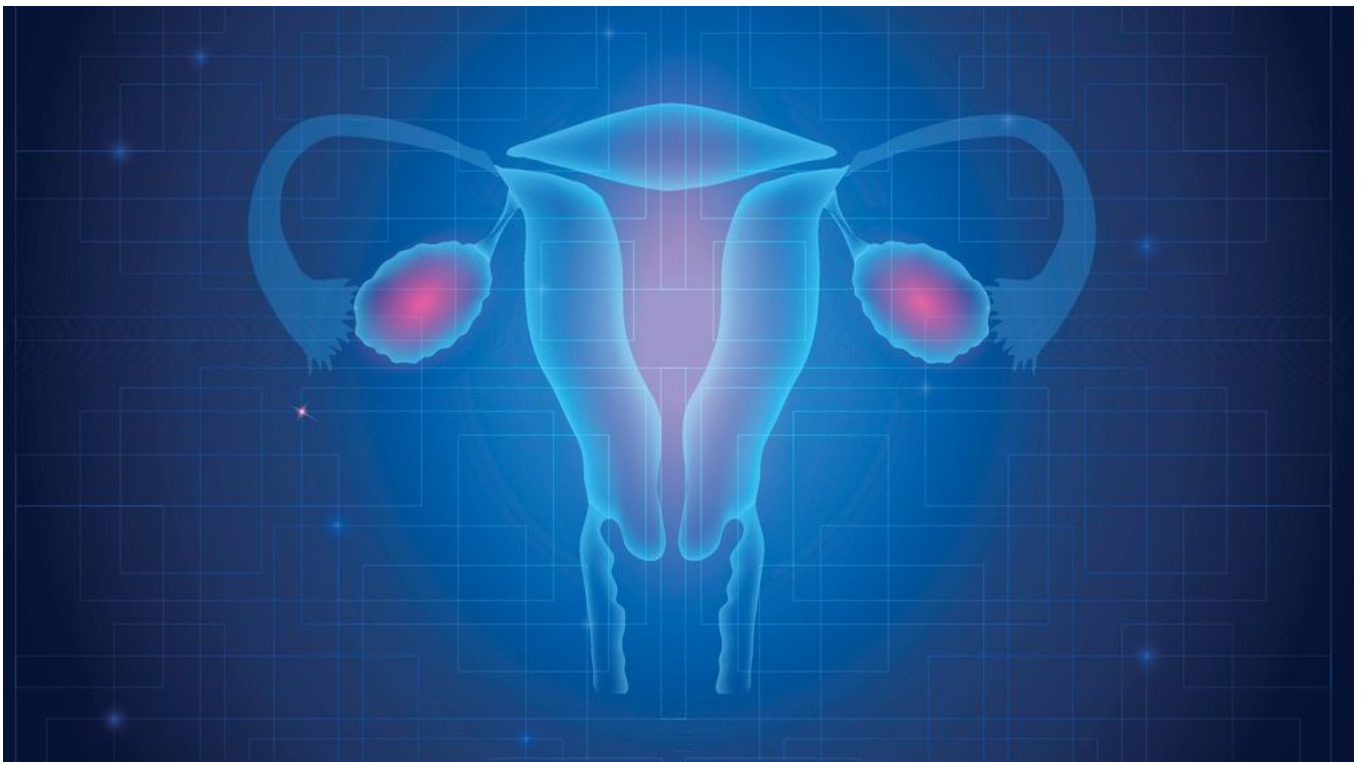
it was noted that, as the study progressed, time spent sitting or lying down **increased** whilst the average levels of light activity – such as walking slowly - **decreased**

The researchers discovered that more time doing light activity between the ages of 12 and 16 was linked to a lower depression score, whilst more static time was linked to higher depression scores.

The researcher's recommendation was that teenagers would probably find it easier to do increased light exercise rather than increased moderate to vigorous exercise and that this should be encouraged.

If you'd like to read more about this study please [click here](#).

Freezing to delay menopause



You may have heard the news earlier in the year about a new medical procedure that claims to push back the menopause by ten years? This involves the freezing and storing of a portion of the ovaries.

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my opinion of the latest procedure - [in this blog post](#).

About Gout



It's National Feet Week this month, so I thought I would talk about Gout. Mostly affecting men and with a typical onset as you get older, this is an inflammatory form of arthritis which is caused by a build-up of uric acid. It causes red, hot and swollen joints – particularly on the big toe.

Historically the condition was associated with overeating and drinking too much alcohol. At one time indeed it was called the “disease of kings”

Some people unfortunately have a genetic predisposition to gout - but obesity, high blood pressure or diabetes may increase the risk and particular foods can act as a trigger too. These are foods high in something called purines and include

- Red meat – such as beef, lamb and pork
- Seafood – especially shellfish and oily fish
- Offal – such as liver, kidneys and heart

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Early signs and symptoms of brain tumour



You might be shocked to discover that malignant brain tumours kill more children and adults under the age of 40 than any other cancer.

It's statistics like this that the Brain Tumour Research Charity wishes to highlight during March which is brain tumour awareness month.

Please visit [my blog post](#) which discusses the signs and symptoms of brain tumours in both adults and children, the methods of diagnosis, the treatments and the latest statistics concerning survival.

Did you know? Coughing.

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Coughing is your body's response when something irritates your throat or airways. It typically starts with a deep breath, followed by a compression of air in the lungs and then a crackling burst as air is forced out in a fraction of a second.

I wonder if you know how powerful a cough is? It can actually travel at 30mph and expel almost 3,000 droplets in one go...

If a person is ill the droplets in a single cough may contain up to 200 million individual virus particles. This varies from person to person, from condition to condition and according to where you are in the course of an infection.

Once they are in the air, in these droplets can survive for hours, they can also survive for hours if they land on paper. On steel or plastic they can survive for days.

No wonder they say "coughs and sneezes spread diseases."

Finally, I will be delivering a free webinar between 18.30 and 19.30 on Thursday 26th March for Oryon. This is titled "**The Menopause – Relieve and Manage Symptoms**". We will be discussing and debating, using interactive polls and hosting a live chat throughout the talk.

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I hope you have enjoyed this newsletter. If you are concerned about any of the conditions mentioned in this newsletter please do get in touch.

If you'd like any further information or wish to make an appointment, please don't hesitate to get in touch via:

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Dr Stephanie

I am a regular contributor to [MpoweredWomen](#) and volunteer for [The Daisy Network](#) a charity for women with premature ovarian insufficiency (POI).

[More blog posts here](#)



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