

# that's life!



## Your health

Real-life dilemmas plus info & advice

### My SCALP was all SCABBY



A colour change went horribly wrong for Donna

My hair's naturally dark blonde but I've coloured it everything from red to purple in the past. Then, when I was 19, and my latest light brown tint had faded, I picked up a dark brown shade on my way home from my job as a support worker for autistic adults. It was a brand I'd not used before. That evening, I sat in the living room with my boyfriend Ben King, 23, with the brown paste on my head, waiting for the dye to take. I'd done a half-hearted patch test — just smearing a little dye behind my ear and sponging it off. But when you're trying a new brand, you're meant to wait 24 hours, to be sure there's no reaction. I figured I'd dyed my hair so often, I'd be all right. After washing off the dye, I



I couldn't open my eyes



Peroxide's OK

dried my hair. Within an hour, my scalp was burning. I ran to the bathroom, held my head under the shower. But another tearful hour passed before the agony subsided. And next morning, my scalp was a mass of lumps, leaking watery fluid that had soaked my pillow. 'You've had an allergic reaction to the dye,' my GP said later, prescribing antihistamines. Back home, I felt rough and run-down, fell asleep on our sofa... When I woke five hours later, my eyes wouldn't open. My entire face was bloated, my speech was slurred, and I kept losing consciousness. Terrified, Ben called an ambulance. The doctor in A&E said I needed strong intravenous

Hair dye caused me such grief

steroids to dampen the reaction. Finally, after 48 hours, the swelling began to subside and my eyes opened. Tettering to t

I saw my cheeks were puffing tight. My scalp was still leeching my hair horribly matted. After three days, I went home. 'Don't use hair dye again for the time, it could kill you,' a doctor warned. 'Because every time you have a reaction it gets worse. For two weeks, my scalp was so itchy, swollen and sore. Then it started to shed. It was a relief before it healed properly. Now, two years on, Ben and I are married and have a two-year-old. I'm bleached blonde. Luckily, I'm not allergic to hair dye anymore. But be warned. Dye can be dangerous. Do a patch test first.'  
DONNA KING  
CRYMCH, PEMBERLEY

### DOCTORS IN THE HOUSE

Husband and wife team Dr Mike and Dr Louise tackle your problems — together

#### FILL AND FLY?

I've heard you shouldn't fly after having a filling. Should I leave my dental appointment until I return from holiday? **Dr Mike:** When a dentist packs a hole in your tooth, they also push in a tiny amount of air. Over time, it escapes. But if you fly before that, the air can expand, blowing the filling out. **Dr Louise:** Sounds painful, but it's unlikely to do much damage — although you would need another filling. **Dr Mike:** See the dentist at least a week before flying.



Me with Ben and Jack

### 3 OF THE BEST FACIAL WASHES

**1ST**

**Australian Organics Foaming Cleanser, £8.50 for 150ml**  
(01622 859 898)  
Left complexion noticeably smoother

**2ND**

**Garnier Pure Clean 3 in 1, £4.99 for 150ml**  
Made oily skin feel clearer, and helped reduce blemishes

**3RD**

**MD Formulations Facial Cleanser, £24 for 250ml**  
(0670 890 8655)  
Sun seamed softer and fresher, even after the first use

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