

Make your own... PASTA-FREE LASAGNE



Although carbohydrates are a key part of a healthy diet, cutting out refined carbs like pasta and white bread is a good way to kick-start weight loss. In this low-carb version of the family favourite, I've swapped pasta sheets for slices of aubergine and I also cut out the creamy sauce.

1 large white onion, chopped
2 cloves garlic, minced
Fresh oregano, chopped
400g minced beef
400g tin chopped tomatoes
1 tsp tomato puree
40g grated parmesan cheese
1 mozzarella cheese ball
1 tsp dried parsley
2 aubergines, sliced 1cm thick lengthways
Olive oil and seasoning to taste

*Pre-heat oven to 180C.
*Place aubergine slices on a baking tray and drizzle with olive oil. Place in oven for 25 mins.
*Brown the onion and garlic in a pan with some olive oil. When almost done, add chopped oregano, leaving some for garnish. Add minced beef.
*Once the meat has browned, add tinned tomatoes and tomato puree. Simmer for five minutes.
*In a medium baking dish, spoon half of the beef and tomato mixture and smooth flat into a bottom layer. Add a layer of aubergine and sprinkle with parmesan.
*Then add another layer of beef and another layer of aubergine, putting the crumbled mozzarella on top. Bake for about 30 mins until golden brown.

Frederick Faulkner

BLOG ME BETTER...



THE BLOG: My Experiments In The Pursuit Of Happiness And Good Habits. gretchenrubin.com
THE BLOGGER: Self help author Gretchen Rubin, 51, from Kansas City, Missouri.
WHAT'S IT ABOUT? Rubin has written several books, including *Better Than Before* and *The Happiness Project*, and her blog (which includes podcasts) mixes popular science and think-pieces on how we can choose happiness by changing our habits.

Six weeks of radiotherapy or 30 minutes with the new breast cancer blaster... well, which would YOU choose?

By KIRSTY LANG

PRESENTER OF BBC RADIO 4'S FRONT ROW

If it works, give women the choice

MILLIONS of women with breast cancer have had radiotherapy after surgery – doctors know it gives the best possible odds for a cure. But it's not easy to go through, disrupting life and with serious side effects.

So IORT would be revolutionary, cutting treatment time from months to a single 30-minute session, and with fewer consequences.

But trials have thrown up questions that, rightly, mean health chiefs are cautious. For those with small, early

stages, low-grade tumours, it seems IORT is comparable to normal external beam radiotherapy (EBRT) in terms of breast cancer recurrence. But for women with higher-risk tumours,

Health COMMENT
By Barney Calman
HEALTH EDITOR

fewer than one in 200 who have a lumpectomy and EBRT will suffer a local recurrence, while one in every 15 who choose IORT will develop breast cancer again. A mastectomy in these cases will offer a cure.

A growing number of specialists are calling for IORT to be offered to breast cancer patients with the lowest chances of recurrence. But as with all treatment, it will be down to the individual to decide, weighing up the risks they are willing to take.

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stances many of his patients had to travel every day for their radiotherapy treatment. Some chose a mastectomy instead.

Having reviewed my notes, they said I was eligible. My tumour was small – at an early stage – and oestrogen receptive positive, which means it responds well to hormone medication such as tamoxifen or letrozole, which I was already on.

They were also not convinced my tumour was grade three (tests after it was removed revealed it to be grade two at the time of my operation, which could have been a result of the drug treatment I was put on immediately after diagnosis).

However, I would have to go privately to get IORT as the NHS watchdog, the National Institute for Health and Care Excellence (NICE), has yet to approve IORT due to 'too much uncertainty in the evidence of its long-term benefit'.

Perhaps this should have put me



CAUGHT EARLY: BBC presenter Kirsty Lang last week

Blow dry? That's my £1,500 wig!

DURING chemotherapy, I opted to have cold-cap treatment. This is a closely fitting rubber and fabric hat that has cool fluid pumped through it by a machine. The effect minimises the amount of chemo drugs that get to the scalp, meaning you have about a 50 per cent chance of keeping your hair. In the end, about half of mine fell out.

So I invested in a very good, natural hair wig which cost £1,500 and was fitted by Jennifer Effie Hair Solutions.



NATURAL: Kirsty's real hair wig is fitted

It looks so convincing people often ask if I've had a blow dry. Synthetic hair wigs cost about £400, and you can get a blend for about £800. It's a lot, but it made me feel so much better about myself. I wanted to carry on working and I didn't want to look like a sick person.

removed and there was no sign of the cancer having spread. I didn't even stay overnight and I was back presenting Front Row on Radio 4 six days later.

For the next couple of weeks, I walked around with a spring in my step. And then I went to see my oncologist, Professor Paul Ellis.

I fully expected to be told that I didn't need any more treatment apart from continuing to take letrozole every day for the next five years. But a minuscule bit of cancer, a micrometastasis, had been found in one of my lymph nodes.

'There's a 90 per cent chance your cancer won't spread elsewhere,' said Prof Ellis. 'But if you have chemo that goes up to 95 per cent.' Again, I was being asked to weigh the risks.

P ERHAPS it sounds ridiculous, but I really didn't want to lose my hair. On the other hand five per cent seemed a lot. 'It's your decision but, if you were my wife, I'd tell you to have chemo,' he added.

It was more tolerable than I expected. I had 12 weekly doses and carried on presenting my Radio 4 show until the final two rounds.

By that point I was very tired and could almost feel the poison coursing through my bloodstream, causing violent fluctuations in my body temperature and making every muscle and joint in my body ache.

Chemo ended in mid-October. I'll take letrozole for five to ten years. I'll be monitored.

But I am cancer free and I feel my odds of remaining so are as good as they could be.

I have a barely visible scar and, looking at me, you can't tell anything has happened.

A fellow breast cancer sufferer recently asked me if I felt angry. I don't. In fact, I feel lucky. Lucky because I'm alive, lucky that it was caught early, and lucky that I was able to avoid weeks of radiotherapy because I had private health insurance.

The thing that does make me angry is that IORT isn't more widely available to women with early stage breast cancer on the NHS.

10 REASONS YOUR... HIGH HEELS ARE KILLING YOU

1 THEY CAUSE ARTHRITIS
LAST week MPs called for a ban on work dress codes requiring women to wear high heels, stating it was gender discrimination and that they cause physical damage. Science (and legions of women) agreed. A 2014 UK study found that 'persistent' heel-wearing was linked to development of osteoarthritis in the legs.

2 STRESS ON KNEES
A 2012 study carried out at the University of Southern California, found that stress on the knee joint increased by 90 per cent when a woman wore a 3.75in heel rather than flats.

3 BACK STRAIN
The plantar fascia – the ligament under the foot – is connected to the calf muscle, which is connected to the hamstrings, which attaches to the lower back and pelvis. Walking on the balls of the feet strains the plantar fascia, with pain felt in the lower back.

4 OVERSTRETCHED ACHILLES
The American Osteopathic Association says long-term use of high heels tightens the calf muscle and shortens the Achilles tendon, which can lead to muscle pain, and

5 MIND YOUR BUNIONS
Bunions are bone deformities at the toe joint. High-heels do not cause bunions – they're genetic – but the unnatural positioning of the toes and pressure put on the ball can trigger their development.

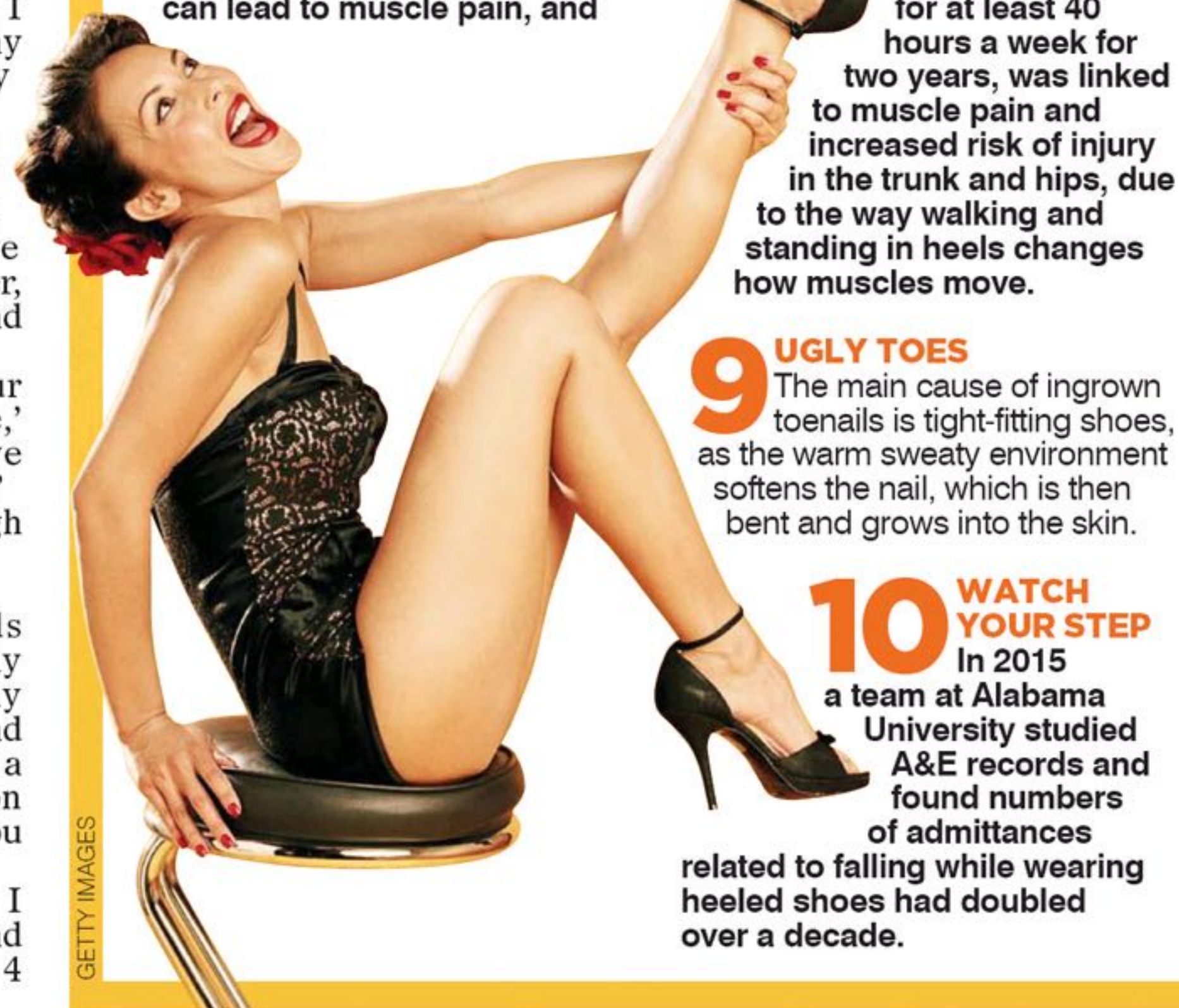
6 FRAZZLED NERVES
Morton's neuroma, also known as metatarsalgia, is when a nerve in the foot – often between the toes – becomes irritated and causes pain. The condition is most common among middle-aged women, and is linked to wearing tight-fitting and pointy shoes and walking on the ball of the foot.

7 HEEL DEFORMITY
Haglund's deformity is an enlargement of a part of the heel bone, in the form of a bony bump, often accompanied by heel pain and swelling. It is caused by tight-fitting shoes with rigid backs that press and irritate the area.

8 MUSCLE PAIN
A 2013 study found that wearing heels at work, for at least 40 hours a week for two years, was linked to muscle pain and increased risk of injury to the trunk and hips, due to the way walking and standing in heels changes how muscles move.

9 UGLY TOES
The main cause of ingrown toenails is tight-fitting shoes, as the warm sweaty environment softens the nail, which is then bent and grows into the skin.

10 WATCH YOUR STEP
In 2015 a team at Alabama University studied A&E records and found numbers of admittances related to falling while wearing heels had doubled over a decade.



At last... why fingers wrinkle when wet

BELIEVE it or not, but until now the scientific community was baffled by exactly why our fingers wrinkle and pucker when soaked in water.

Now, lab tests have confirmed a theory that the phenomenon may have an evolutionary function: to improve the grip on wet objects as water can be channelled in a similar way to how treads in car tyres work.

It is often assumed that the wrinkling is the result of water saturating the skin. In fact, it is the result of blood vessels constricting below the skin.

In the new study, researchers at Newcastle University asked volunteers to pick up wet or dry objects, including marbles of different sizes, with dry hands or with fingers wrinkled after soaking for 30 minutes.

The volunteers were faster at picking up wet marbles with wrinkled fingers than with dry ones.

Tom Smulders, an evolutionary biologist and co-author of the paper, said: 'Wrinkled fingers could have helped our ancestors to gather food from wet vegetation or streams.'