

Your

GOOD HEALTH

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Jade was petting her dog, when she suddenly screamed in agony...

BOILING over

Jade McKenna, 29, Coventry, West Midlands

It was a really chilly December day, so I boiled the kettle and filled my hot-water bottle, screwing the cap on.

As I bent down to stroke my dog, Gizmo, I suddenly yelped in pain.

'Argh!' I cried.

My hot-water bottle had burst all over my arm!

Luckily it missed Gizmo completely.

As I let out a howling scream, my fiancé Chris rushed in.

'What's happened?' he asked.

'I've burnt my arm!' I yelled in agony.

Chris rushed me to the sink and ran my arm under the cold



My burnt arm

tap for 20 minutes.

It was raw and blisters were forming, so Chris wrapped my arm in clingfilm and drove us to hospital.

'Luckily, it's only second-degree burns,' my doctor said. 'If you hadn't put your arm under the tap, it could've been third-degree and resulted in scarring.'

He removed the dead skin and pierced the blisters, before wrapping me in a new

bandage.

I then went to the specialist burns unit, where more dead skin was removed and I was assessed.

'You'll need to come to us every couple of days so we can change your bandages,' the doctor explained.

I was devastated.

Chris and I were getting married in just a matter of months.

How will my arm look then? I wondered.

Then the doctor said something unexpected...

'Did you know that hot-water bottles have expiry dates?'

He went on to explain that most bottles had the year of manufacture printed on them, and should be replaced every two years.

When I looked, my bottle had expired five months ago!

Days went by, and I was unable to do a lot of things,

such as typing and driving. Even showering proved difficult.

I was signed off work for five weeks and spent a lot of time in bed. But doctors assured me I'd make a full recovery.

They advised me to do physio and regular exercises to prevent my arm from healing in a static position.

Now, I no longer need to wear a bandage, but I still apply cream every day.

My arm is more sensitive to cold and warm temperatures, and can be painful.

During the summer, I'll need to keep it out of the sun as my risk of skin cancer is higher too.

Still, I'm hoping the skin will have fully healed in time for my October wedding.

At first, I felt silly not knowing hot-water bottles had expiry dates. But I've learnt that many people are unaware, so I'm sharing my story.

Please, heed my warning!

Me and Gizmo



TURN OVER FOR MORE HEALTH

WELLBEING NEWS

Mum's the word Over the last few decades, there has been a general trend of women choosing to have babies later than a generation ago. The most common age for British women to give birth is 31, according to new figures from the Office for National Statistics. That's 10 years later than the previous generation. At the same time, the size of the average family is on the rise. A leading expert says increased access to fertility testing could account for changing attitudes.



54%
DID YOU KNOW...
Men who take Viagra may have up to a 54 per cent reduced risk of developing Alzheimer's disease, a new study suggests.