

HEALTH

WWW

JADE GOODY'S bridesmaids have announced a new Race for Life event in memory of the star, raising cash to fight cervical cancer. Read the exclusive interview at thesun.co.uk/health and sponsor the girls at raceforlifespaincome.org/jadesbridesmaids

Did you know..

SCIENTISTS have found one of the secrets to why some people age better than others - our jaw bones. According to the study, it's not just wrinkles that make you look old but a thin jaw. It loses definition over time, leading some medics to suggest that jaw bone rebuilding should be included in facelifts.

it

5 ways to soothe a sore head

1 Sit up straight. Tension around the upper back and the neck can trigger headaches at the base of the skull.

2 Relax. Bottled-up anger can cause a tension headache. Relax muscles in the neck and head. Breathe deeply.

3 Change your perfume. Strong scents from perfumes or air fresheners can bring on headaches in some people.

4 Watch the weather forecast. Wet and humid weather can give you a bad head. Taking painkillers can help.

5 Buy a brace. Teeth-grinding at night is a common cause of headaches. Your dentist can fit a mouthguard.

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SINGER JOINS THE CAMPAIGN TO WIPE OUT

It's incredible a curable disease like TB still kills thousands of people a month

1 PERSON DIES EVERY 16 SECONDS WORLDWIDE

SAYS CRAIG DAVID

IT'S a disease most people - even some doctors - think was wiped out over a century ago.

But TB is alive and thriving - not only in developing countries like South Africa where it kills 140,000 men, women and children every year.

Experts are warning of an alarming rise in tuberculosis cases in the UK.

Yesterday was World TB Day, part of the World Health Organisation's battle against the infection which claims two million victims a year worldwide.

Their Stop TB Partnership recruited pop star Craig David as an ambassador against TB. Craig, 28, invited The Sun to join him in Cape Town, South Africa, on a fact-finding mission.

He said: "It's incredible that a disease which is completely curable kills thousands of people every month."

It's equally worrying in Britain, where the illness still infects nearly

By JENNA SLOAN in South Africa and KATE WIGHTON

10,000 people a year. Cases soared by 67 per cent in 20 years and jumped five per cent in the past 12 months.

Professor Peter Davies, director of the TB Research Unit at the Royal Liverpool University Hospital, said: "People think it has gone away but that couldn't be further from the truth. It's down to a low level but it's increasing again."

He called on medics to learn more about it. Prof Davies added: "It's extraordinary how a doctor would not think a patient could have TB."

"That patient would then go on for months with the disease and spread it around. We've had that situation in a hospital and recently in a school in the east of England."

Although curable with antibiotics if caught early, TB still claims 400 lives a year in the UK.

Symptoms include a cough lasting more than three weeks, coughing up blood, weight loss and feeling run

down. You can catch the disease from just eight hours in close contact with an infected person.

It is usually spread in families but can pass between work colleagues and air passengers and below, we talk to three Brits who survived the disease.

But in South Africa, TB carries a social stigma and the country has the world's second-highest infection rate.

While on a visit to Pinedene Primary School in Cape Town, singer Craig hears 13-year-old Hermanique Hess nervously revealing to her classmates how she beat the disease.

Shack

A course of free antibiotics will defeat it but with hundreds of thousands of Cape Town residents living in slums, the infection spreads quickly.

The city boasts the glittering new £380million Green Point Stadium, ready for this summer's World Cup and where England will play their second group game against Algeria.

But just 12 miles east lies the township of Khayelitsha, a warren of slums

in a larger area called Cape Flats - home to an estimated 1.2million. In the township, families with ten children often share a one-room shack.

In their windowless rooms, germs stay in the air longer. Some 32 per cent of residents have HIV and unemployment can hit 70 per cent.

Mercy Nongongo is a community health worker in Khayelitsha. She has battled TB and now spreads the word that it needn't be fatal.

She says: "I've been a community worker for 24 years and people have respect for what I tell them."

"Children of all ages catch the disease. Babies get it as their mothers breathe over them while they're breastfeeding. I wish I could take the pain from them but with medication they will survive."

Craig adds: "We have to overcome the social stigma of TB in this country if we're going to beat the disease."

"Mercy is an incredible woman. She doesn't even wear a mask when visiting homes affected by TB as she knows that would draw attention to them. There's an assumption that if

TUBERCULOSIS ACROSS THE GLOBE

10,000 NUMBER OF BRITS WHO CATCH TB A YEAR

Tuberculosis is a bacterial disease usually spread by coughs and sneezes. It is one of the oldest diseases known to man - traces have been found in Egyptian mummies. TB patients have to take their drugs for at least six months. A third of the world's population has latent TB, according to World Health Organisation.



SURVIVOR... Hermanique Hess, 13, who beat TB aged nine, with Craig, top, and South African township children, above.

GROWING MENACE OF SYPHILIS

SOCIAL networking websites such as Facebook are triggering a rise in syphilis cases among young people who use them to hook up for casual sex, NHS chiefs on Teesside warned this week.

Syphilis was first reported in 1494 but the sexually transmitted disease that plagued society with symptoms such as paralysis, deformity and even madness was another infection thought to have disappeared from modern life.

Sun doctor Carol Cooper says it is vital to diagnose the infection quickly.

Without treatment the disease can spread throughout the body and permanently damage almost any organ.

Initially there's a painless ulcer on the genitals. This heals within weeks even without treatment but the bacteria are still in the body and spread through the bloodstream.

About six to eight weeks later, secondary syphilis can develop, with headache, rashes, hair loss, aches and pains, or eye problems.

After that, the disease goes quiet, and surfaces years later, causing bone, skin, heart, nerve or brain problems, including dementia and paralysis. No wonder medics call syphilis the great impersonator.

Horrible

In centuries gone by, syphilis was named the Great Pox (obviously, smallpox was a pussycat by comparison). Nowadays, antibiotics like penicillin and tetracycline can cure it but syphilis is still horrible and potentially deadly if it isn't diagnosed.

To recognise syphilis medics have to know what to look for and unfortunately many younger doctors have never seen a case.

The disease has struck many famous figures since the Middle Ages.

Christopher Columbus was said to have introduced it to Europe and its victims have included kings, composers... and criminals.

Tsar Ivan The Terrible of Russia became insane. He forced his lords to swear an oath of loyalty to his baby son. He also became violent and ordered the massacre of entire towns.

Franz Schubert's later, syphilis-affected work was dark and chilling. Poisoned by mercury he used to cure his illness, he left behind his Unfinished Symphony.

Artist Vincent Van Gogh cut off his ear after a bout of madness that many blame on syphilis caught from prostitutes.

Adolf Hitler was allegedly treated for syphilis his whole life and Randolph Churchill, father of the Nazi leader's arch rival Winston, died of the disease aged 45.

And across the Atlantic, gangster Al Capone's syphilis was said to cause him to lose his grip on reality. It is claimed this stopped him from rebuilding his mob empire after doing time in Alcatraz jail.



VICTIMS... clockwise from left, Adolf Hitler, Vincent Van Gogh and Al Capone

CASE 1: CARL LIEBEL



WHEN Carl was diagnosed in January 2006, he was just weeks away from death.

He says: "I had gone to five GPs over four months and had got progressively worse. By the end I'd lost 3st, couldn't talk and could barely walk."

Once diagnosed, Carl was put in isolation and given intensive emergency treatment.

The 27-year-old office worker from London had infected 40 colleagues before doctors realised what disease he had.

He adds: "I was originally diagnosed

'I had lost 3st and could barely walk'

with laryngitis and had broken three ribs from my horrendous coughing." Doctors believe Carl caught tuberculosis in South Africa, where he lived as a child.

He says: "I could have had it for years but it only started to attack my body when I became run-down and stressed at work."

CASE 2:



GEMMA was diagnosed with TB last year. The office worker from south London says: "In February, I started to notice that I had lost a lot of weight. "My doctors did reams of tests and eventually I was diagnosed through a painful bone marrow biopsy."

Gemma, 24, had her BCG vaccine at school but medics believe the disease may have already been dormant in her system.

While the diagnosis was a shock, in some ways it was a relief to know it was not more

GEMMA RYAN

'So relieved that it was not cancer'

serious. Gemma adds: "I was relieved when they told me it was TB as I thought it was cancer. "My great aunt died of TB aged just 18, 100 years ago. "But it's still around today - although luckily it's now curable and not a death sentence."

CASE 3: NATALIE WINTER



THE mum of two started to feel unwell in 2004 before the birth of her first son James. She says: "I was really tired and was losing weight but they just said it was pregnancy-related."

Then, after the birth of second son Thomas in 2007, Natalie's pains became severe. She adds: "It was taking me a hour just to go for a wee. I was at the end of my tether."

Natalie, 25, from Halifax, West Yorks, returned to her GP and after lots of tests was diagnosed in November 2007 with TB in her kidney. She says: "I didn't realise people could still get it. When I told people what I had they thought I was going to die. The doctors were

'I didn't realise people could still get it'

shocked as I was young, white and British-born." Natalie had worked in a nursing home from the age of 15 to 20 and docs believe she could have picked up the bug there. She took antibiotics for six months and is now disease-free. She says: "Some people, even medical staff, think we have eradicated TB but that's not true."