

**WIN** VIP TICKETS TO BRIDGET JONES MOVIE PREMIERE

October 13, 2004

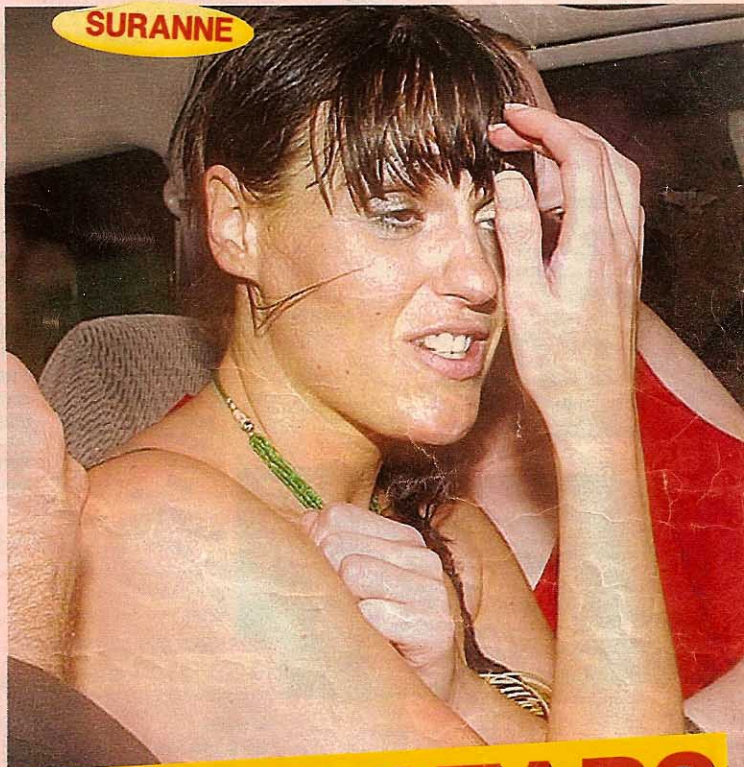
# Bam

MAGAZINE

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JORDAN



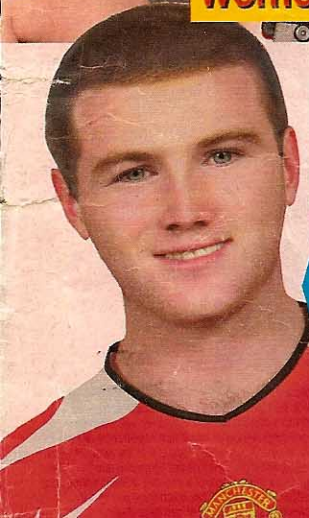
SURANNE



EMMA

## DRINK-SHAME STARS

Women binge-boozers on the edge of disaster

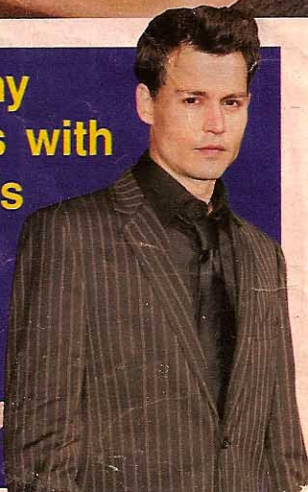


SW-OONEY

How we turned Wayne Rooney into a heart-throb, p22

Why Johnny Depp plays with Barbie dolls

Keep your Scissor Hands to yourself



# What are the risks?

Could binge drinking be having a long-term effect on your health?

**Worryingly, the effects of alcohol last longer in women than they do in men. As well as weight gain, dry skin and broken veins, you run the risk of serious health problems including:**

- liver damage – this is the most obvious complaint
- breast cancer
- heart disease and strokes
- high blood pressure
- digestive problems
- increased risk of miscarriage.

## How bad is binge drinking?

The proportion of women drinking over 35 units a week has more than tripled from 3 per cent in 1988, to 10 per cent in 2002.

Claire Gerada, the drugs and alcohol spokesperson for the Royal College of General Practitioners says: 'Quite simply, these people are poisoning themselves. You can die from the direct effects of alcohol. And young people, like these celebrities, are sowing the seeds for

problems in a few years. If you go out on a Friday and Saturday night, your liver will still be coping with the alcohol on Monday.

Drinking can affect your liver within a few months.'

## Are celebs to blame?

Well, they certainly are the public face of binge drinking. 'We really should be taking it seriously, but we do the opposite,' says Claire. 'We laugh at people tripping over drunk. Someone like Charlotte Church



**Beware of cameras when blind drunk**



**Are you pouring your health away?**

coming out drunk is treated as a laughing matter, rather than a cause for concern.'

## Why are they doing it to themselves?

Dr Glenn Wilson, a psychologist from University of London and author of *Fame: The Psychology Of Stardom* explains: 'The celebrity scene is very sociable – free champagne on tap is hard to resist. Coupled with that, celebs often lead stressful lives and yearn for the release that alcohol brings. Being drunk and out of control is part of the "glamorous" celebrity lifestyle. It's part of their appeal to fans. And as for the Big Brother contestants, they're simply riding their five minutes of fame – sadly they're also damaging their bodies along the way.'

## COPING





## WITH A HANGOVER

Emma Wells from Smart Nutrition suggests:

- **Complex carbs:** Brown pasta, brown rice and wholemeal bread all act as a kind of drip-feed into your body.
- **Protein:** Eggs and fish are good for your body the morning after. Try scrambled egg on wholemeal toast.
- **Happy foods:** Turkey, chicken, beans, cottage cheese, avocados and bananas all contain properties that will boost your serotonin levels and hopefully make you feel happier.
- **Energy-boosting foods:** Go for fish, eggs, nuts, avocado and bananas.
- **Vitamins:** Take vitamin B, C and zinc tablets, to boost your nervous and immune systems.
- **Phylanthus:** A plant extract that boosts liver function and comes in tablet form.

### Are you worried?

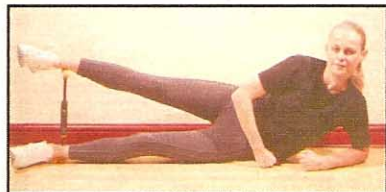
Would you like more information on the effects of alcohol and how to beat it? Log on here:

- [www.bupa.co.uk/health](http://www.bupa.co.uk/health)
- [www.alcoholconcern.org.uk](http://www.alcoholconcern.org.uk)
- [www.portman-group.org.uk](http://www.portman-group.org.uk)
- [www.smartnutrition.co.uk](http://www.smartnutrition.co.uk)

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