



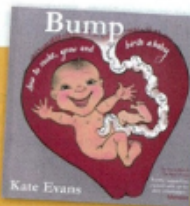
Scarlet fever RESURGENCE

Cases of scarlet fever have hit a 24-year high. Public Health England says there were 868 recorded cases in February, compared to 591 in the same period in 2013, the highest figure at this time of year since 1990.

The bacterial infection causes a distinctive red rash, high temperature, swollen glands and sore throat, as well as a white coating on the tongue, and is most common in children aged 2 to 8. Most cases remain mild and providing a course of antibiotics is completed, symptoms usually clear within a week.

Sufferers are advised to stay home for at least 24 hours after the start of antibiotic treatment to avoid passing on the infection, which is extremely contagious. Encouraging regular handwashing and use of tissues when sneezing, as well as not sharing towels and bedding, will also reduce the risk of spreading the illness.

There is no evidence that it is dangerous for expectant mums, but if you're heavily pregnant and have come into contact with scarlet fever, seek medical advice.



Book of the month

They say a picture speaks a thousand words – and that's certainly true of *Bump*, by Kate Evans, that guides you through the complex emotional roller coaster of conception, pregnancy and birth (not to mention loss) with help from witty, intelligent, and sometimes graphic cartoons. £14.99, Myriad.

Smile! YOU'RE ON CAMERA

Couples undergoing IVF can now watch live online images of their embryo developing, from anywhere in the world and at any time, to help them bond with their potential future child.

Institut Marques (institutmarques.com), which treats hundreds of Brits at its Barcelona fertility clinic, offers patients a secure login so they can view the progress of each set of cells in its incubator, 24 hours a day. A survey of users found that 88.5 per cent found it a positive experience, while 11.5 per cent preferred not to watch. And 93.4 per cent felt watching their own embryos' development made them calmer.

"It allows them to feel part of the process," says Dr Victoria Walker.

The service costs €500 on top of the cost of IVF.



Pocket personal trainer

SEATED ROW

"This is a great exercise for your shoulders and upper back in your second trimester, when you should avoid lifting while standing," says Nick Finney, celebrity personal trainer and consultant for myvitamins.com

WHAT TO DO

- 1 Sit on the floor, your legs extended (knees slightly bent) and shoulders down.
- 2 Wrap a resistance band around the balls of your feet and hold the ends.

- 3 Extend your arms (hands level with your shoulders, palms facing the floor, elbows bent). Keep your shoulders down and back.

- 4 Bring your hands back towards your body (as shown), before slowly returning back to the starting position.

- 5 Do ten to 15 repetitions four times.

