

**BARGAIN!**

**WIN! fab family** ★

**67p** holiday to **SPAIN** ★

9 771748 898051 10

Issue 10

# Real people

17/3/11

**GREAT  
PUZZLES  
& PRIZES**

100% TRUE

67p



**Baby Isaac...**

**ATTACKED  
by my OWN BODY**

**BEAUTIFUL  
after 60  
operations**



# POISONED!

**Evil ex's BLEACH COCKTAIL**



**PSYCHO**

**SAVED  
by Andy's  
15 inches!**



**DOPEY  
COPS...  
busted our  
guinea pigs!**





# Fashion VICTIMS!

When Lady Gaga took a tumble on her heel-less platforms, women worldwide winced!

We may not have quite gone Gaga, but we've all had mishaps in the name of fashion.

Victoria Beckham admits to having painful bunions, thanks to years of wearing killer heels.

Bald patches, caused by hair extensions, have been spotted winking from Britney Spears' blonde mane. And a survey undertaken by personal injury law specialist,

First4lawyers, found 23.5 per cent of women had suffered a bad back from carrying an oversized handbag. While four per cent had felt faint after wearing something too tight.

'Women aren't thinking about the health risks involved

when they wear trendy clothes,' says Dr Ian Campbell, a partner of Park House Medical Centre, in

Nottingham. 'But women need to be aware of the long-term effects of fashion-related injuries. You can be fashionable, but you still need to be sensible. You must weigh up the risks.'

Real People's Sarah Riches spoke to four women who have all been victims of fashion...

## KILLER HEELS

Rushing to the front door, I almost tore the parcel from the postman's hands.

It was January this year and I'd bought some 'heel-less' shoes, just like my idol Lady Gaga's.

I'd been saving from my nursing home manager's job for the last few months to afford the £115 shoes.

I couldn't wait to try the 5in platforms on. 'They look silly,' laughed my five-year-old daughter, Maddie.

Unperturbed, I called my

Kerrie wanted to feel like a pop star. But the magic didn't last...

I was so excited about my new shoes!



on, they felt as comfy as slippers. Doing a catwalk strut, I twirled round, when... Snap!



friends to arrange a party that night. 'To celebrate my new shoes,' I said. But, I couldn't wait that long...

Slipping them on, they felt as comfy as slippers. Doing a catwalk strut, I twirled round, when... Snap!

fallen over indoors! I bet this never happened to Victoria Beckham!

I called my mum, Tracee, 52, who rushed over and called 999.

My right leg had swollen to twice its normal size and turned bluey-black.

Maddie said they looked silly



I broke my leg in three places...

I crashed to the carpet. Hearing me wailing in agony, Maddie ran in asking if I was OK. 'No!' I cried. Mortified, I couldn't believe I'd already

## Famous FALLS from grace...

- Naomi Campbell stumbled in stiletto-like platforms on the catwalk during a Vivienne Westwood show back in 1993.
- Madonna stumbled in thigh-high stiletto boots while performing live at the US Super Bowl in February 2012.
- Meryl Streep tripped in the same month, after losing her heel walking to the stage at the Baftas.



Naomi Campbell took a tumble on the catwalk

## Why do we do it?

'Most women will do anything in the name of fashion - regardless of the consequences,' says Real People Fashion Editor, Fiona Reardon. 'They know they should be wearing a sensible pair of flat shoes instead of killer heels, but want to look their best when they're out. We see the TOWIE cast laden in fake nails and spray tans, tottering about in heels and skimpy dresses and want to look the same - whatever the risks.'



Fiona Reardon

'Look at the state of those,' she cursed. 'I'm not surprised you fell. Good job it was in here and not the pub.'

Paramedics rushed me to A&E at Scunthorpe General. An X-ray confirmed I'd broken my ankle, a bone in my foot, and my tibia - the large bone running from knee to ankle.

'All for a pair of heels,' I gaped.

I had return two weeks later for surgery to correct my tibia, wore a cast for three months,

followed by physio, and needed six months off work.

I sent the shoes back and asked for a refund.

But I'm ashamed to admit, I'm already thinking about the next pair!

Kerrie McOmie, 31, Scunthorpe, North Lincolnshire

## BAGS OF TROUBLE

Dropping my bag in the hall, it landed with a thud. 'Packed the kitchen sink, did you?' joked my husband, Simon, 46.

'Ha ha,' I replied, sarcastically. A mum to Stellar-Blue, two, I'd acquired 30 oversized bags!

I was like a real-life Mary Poppins, pulling out a cardigan, pumps, deodorant, sewing and first aid kits, 50 biro's - even air freshener!

'I'm not surprised it weighs a tonne!' added Simon.

Suddenly, I walled in agony. 'Will you ever learn?' he sighed.

You see, since using giant bags I'd suffered with a sore right shoulder and the pain had gradually spread to my lower back and leg.

I'd tried heat packs, massages, physio, even a chiropractor, but nothing worked.

'Stop using the bag!' Simon told me. 'Or just carry less!'

'Never!' I cried. 'Looking good is painful, you know!'

After that, I suffered in silence, determined not to ditch my bags.

Jayne Richardson, 36, Chingford, Essex

www.markglenn.com

## GOING GAGA!

### CHILLING MISTAKE

Offering from bar to bar in my short-sleeved dress, bare legs and heels, I shivered in the December cold.

Wearing a coat would have been sensible for our night out in Burnley, Lancashire.

But I didn't want to have to hold it inside and didn't have one that matched my outfit.

At 2am, I headed to the taxi queue - shivering and with chattering teeth. I was chilled to the bone!

Still waiting, after 20 minutes, I suddenly stopped shivering.

I felt oddly warm.

Overcome by tiredness, I slumped down on a nearby bench.

A couple appeared, asking if I was OK. 'I just need a sleep,' I mumbled.

But one of them was a nurse and she insisted on getting me a taxi to hospital.

Disorientated and confused, at Burnley General Hospital A&E CHK, a nurse took my temperature, before asking if I'd been dressed like that all night.

Then a blanket was put over my head

Kirsty wanted to look good. But she nearly froze in the name of fashion...

Me, with just a strand of tinsel round my shoulders

and warm air was blown into it.

'What are you doing?' I asked.

'You've got hypothermia,' she replied. 'You're a very lucky girl. A few minutes more out there and your body would've gone into complete shutdown - you were freezing to death.'

It was minus 10!

I sobbed. I couldn't believe not wearing a coat had put my life in danger.

Luckily, apart from a cold, I was OK. But since then I've never left home without a coat, whether it ruins my outfit or not!

Kirsty Campbell, 20, Burnley, Lancashire

I love my oversized handbags



Allie's heavy load was about to cause her major problems

Then, last July, the pain was so bad I was bedridden for a month. An X-ray at Treliske hospital, in Cornwall revealed I had a prolapsed disc.

Two bony bits of vertebrae in my spine had weakened, due to pressure from my bag, causing the rubbery disc between them to slip and grind against a nerve.

I couldn't believe my bags had injured me!

I was given muscle relaxants, painkillers and a walking stick, but ultimately, only surgery to remove the bulging part of the disc would help.

Eight months on, I'm still waiting for the op.

I still carry my big bags - although in agony - but have a lot less stuff in them.

And when I heard that

Posh Spice had suffered the same fate, I didn't feel quite as foolish!

Allie Einstein, 36, Falmouth

## HEADY HORROR!

Jayne made a hair raising style choice...

With luscious, long hair I felt like Cheryl Cole in the L'Oréal ads.

'Wow, you look amazing!' marvelled Mum.

'For £700 I should think so!' I laughed.

I'd just spent seven hours in a salon having hair extensions. Sick of my limp, fine locks, I'd reverted to cheating.

A single mum to Jovan, 10, and Tamara, seven, I'd been saving for years.

And, wanting a natural look, I'd opted for human hair to be

glued to my own locks. It felt heavy and uncomfortable, but I had my dream hair!

Then, two months later, I woke with an itchy scalp.

Washing my hair as normal, I gasped in horror as a clump was sucked into the plug-hole.

Then I saw a missing chunk on the right side of my head.

Bursting into tears, I was too scared to ring the salon, in case they made it worse. So, I just tied it back.

But when another clump fell out, I had to act. I was going bald!

'I've been left bald by hair extensions,'



Me now

I sobbed to a hairdresser specialising in hair loss, which I'd found in Yellow Pages.

Wearing a hat, I went into Mark Glenn Hair Enhancement, in London.

'This is the worst case of traction alopecia - hair loss caused by pulling on



I was left with thinning hair and bald patches



Jayne Richardson, 36, Chingford, Essex



Dr Ian Campbell

Photos: Matrix, Rex