

# Your Health

● Real-life stories ● Latest health news ● Expert advice

## Positively NOT pregnant

Kathryn was single – so why did the test show she was expecting?

**KATHRYN COMBSTOCK, 33, Daventry, Northamptonshire**

**R**elaxing on my bed, my hand brushed against a hard lump near my bellybutton.

Puzzled, I felt it more carefully. It was the size of a sprout but didn't hurt. 'Must be to do with my cycle,' I decided.

I was 28 and too busy training as a police officer to give it any more thought. But two weeks on I was startled to realise the lump was now the size of an orange.

Worried, I rang NHS Direct and was advised to do a pregnancy test. 'It might be an ectopic pregnancy, growing inside your Fallopian tube,' I was warned.

'But I'm single!' I said.

The adviser persuaded me to take a test anyway, and



I ignored it at first



Me with William

to my amazement it was positive.

This time NHS Direct told me to go to A&E for an ultrasound scan.

Instead of a miracle baby, the radiographer found what she thought was a cyst.

It was surgically removed two days on, by which time it had swollen to the size of a grapefruit.

I woke up with a six-inch scar below my bellybutton. A doctor explained they were still waiting for the lab results on what the lump was.

Gently, my mother prepared me for the possibility it might be a malignant tumour. And that's exactly what it was. So at least when it was confirmed, I'd started to come to terms with it.

Mine was a particularly rare form of ovarian cancer called dysgerminoma. Affecting mostly young women and teenage girls, it produced a pregnancy hormone called HCG, which is why my test

had been positive. It was less serious than classic ovarian cancer, but I needed four months of intensive chemotherapy in case it had spread.

There was a risk of the chemo killing off the eggs in my healthy left ovary, so a hormonal implant shut that ovary down to protect it.

We had no way of knowing if that protection would work. So when I met a lovely new man, Emerson, six months later, I told him on our second date I might not be able to have a baby.

'I like you even more for having been so honest,' he said.

We married 18 months later on my 30th birthday.

We'd already started trying for a baby, and little William came along eight and a half months on.

Thankfully the treatment worked. I'm now in remission and so happy. I have my health, a lovely husband and gorgeous little boy.

● For more information about the symptoms of ovarian cancer, visit [eveappeal.org.uk](http://eveappeal.org.uk).



I'm so happy now

**DID YOU KNOW?** Seven out of 10 parents admit they're clueless about what to do if their child has an accident. For info on first aid for kids, visit the British Red Cross website, [redcross.org.uk](http://redcross.org.uk).



### WHAT'S THE NEWS?

Your weekly update

#### No needle

Patients having lengthy treatment such as chemotherapy could soon be spared continual jabs for blood tests. Scientists are developing an implant, placed under the skin, that transmits data about their blood straight to a computer.

#### Keep it in mind

If your child gets stressed by exams, then classes in 'mindfulness' could help.

Students given the special meditation sessions regularly for six months suffered less depression and anxiety than might be expected.

See [bemindful.co.uk](http://bemindful.co.uk).



#### Deadly cocktail

Mine's a double? If you're overweight and like a tippie, you could triple your risk of liver disease. Obese women who regularly drink more than the recommended two to three units of alcohol a day are at much higher risk of the disease – the fifth biggest killer in the UK.

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