

WORLD WOMAN

THE FOUR Cs OF QUALITY

★ **FOREWARNED** is forearmed, so it is essential to familiarise yourself with how a diamond is priced. The Four C's include colour, cut style, clarity and carat weight.

★ **Colour** Diamonds may all seem colourless at first glance, but on closer inspection, you'll notice they will have slight hints of yellow, grey or brown. Colour is a factor in determining cost and normally the less colour a diamond has, the more it costs. However, prices start to rise again once a colour reaches a strong yellow. Grades D, E and F represent the most expensive diamond colour grades. G to J diamonds are near colourless. Diamonds graded from K to M are faint yellow, while N to Z+ diamonds are now regarded as fancy yellow.

★ **Cut style** Certain shapes cost more than others. For example, a round brilliant diamond tends to cost more than a pear-



shape diamond. A well-cut round brilliant will give off great sparkle and doesn't date, and for this reason there is a huge demand for such a cut. Most common cuts include brilliant (round), princess (square), emerald (rectangular), and oval. But there are no hard and fast rules, if you prefer a more modern shape, go for it.

★ **Clarity** The fewer the flaws or inclusions, the higher the price. Diamonds are graded on a scale in descending order starting with FL (flawless) to I (imperfect). For an engagement ring, your safest bet is to buy a diamond with a clarity of SI2 (slightly included) or higher.

★ **Carat** The jewellery industry uses the term carat to express gemstone weight. One carat equals a fifth of a gram. A carat is further subdivided in 100 points. Buy what you can afford. If size is important to you but your budget is limited, look for diamonds that are close to the size you want. For example, the difference in size between a 0.90ct diamond and a 1ct diamond is mere fractions of a millimetre and is minimal to the naked eye, but the cost difference is thousands of euro.



to have to hand is the Diamond Ring Buying Guide by Renee Newman.

If Antwerp and N.Y. are still a little too far for you to go to buy a diamond, value can still be found at home – by cutting out the middle man (the jewellers) and going direct to the source.

Diamond dealer Tom Beurghs set up in Ireland after he found he was unable to source a quality ring at a reasonable price when he decided to pop the question to his now wife.

The Belgian entrepreneur was working as a pharmacist in Dublin when he met his future wife Emma. Dissatisfied with the service and quality of diamonds



on offer, Tom returned to Antwerp to visit diamond suppliers his mother once worked with.

While sourcing his own diamond, Tom realised there was a gap in the Irish market for such a personal service, and eight years on he now runs Diamant Ireland and has offices in Dublin, Limerick, Cork and London.

"When I got engaged, I went to the shops and I just wasn't impressed," explains Tom. "When you go into a jewellers, you don't get that personalised service. You are getting something off the shelf that maybe hundreds of peo-



SPECIAL: Popping the question

ple have tried on. You haven't seen the diamond unset, so you are not really sure what you are getting.

"You talk to a salesperson and you don't even know who cut the diamond, or where the certificate is. If you buy in a high-end jewellers, you are paying for their rent, before you even pay for the diamond. I thought 'I can do that differently'."

Tom, along with manager Caroline Mooney, sources diamonds direct from Antwerp

and can therefore pass on the savings to customers. A top Belgian goldsmith then creates rings designed to customer's preferences, and Tom even arranges guided trips to Antwerp.

The entrepreneur, whose wife is expecting her first baby in September, adds the key to buying a diamond is trusting the person you are dealing with.

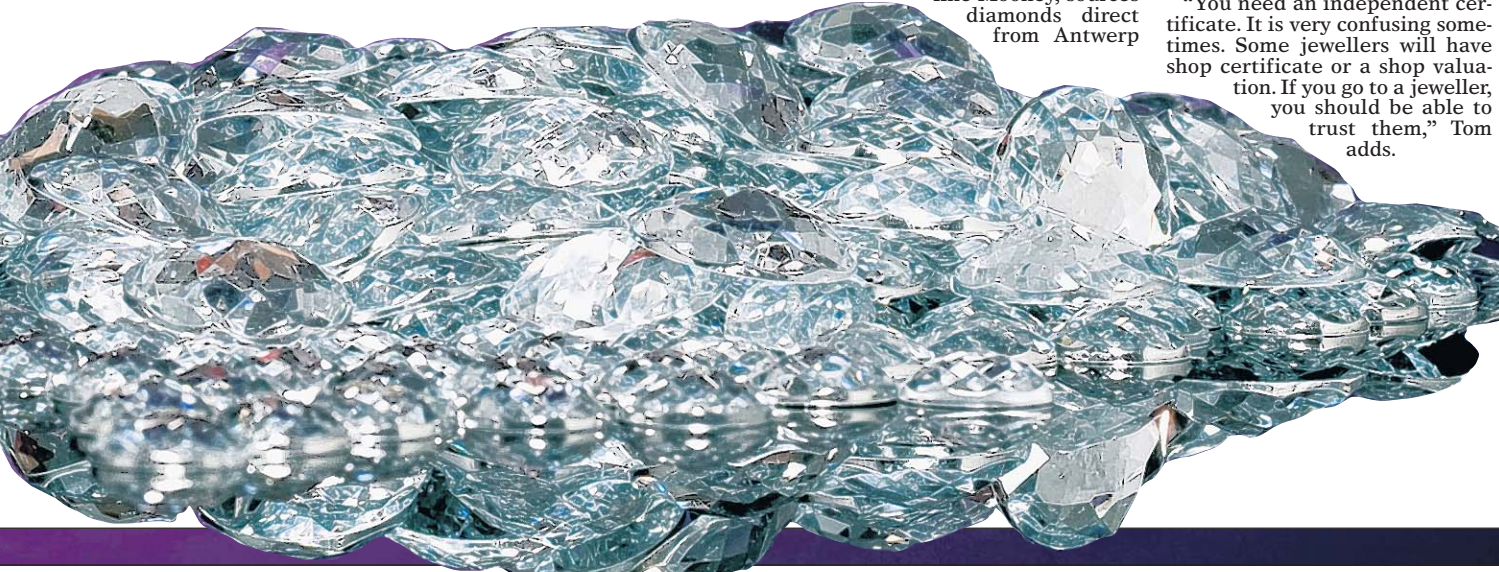
"You need to do your homework. So if someone goes, it is a wonderful J colour, you know that, my god, that's yellow. You need to know what you are talking about," says Tom.

Flawless

"I've seen people go to really high-end shops and be told it is a D, internally flawless, when it's a G, SI2. I see it all the time.

"Recently I had two people coming in who had bought from retailers, and they were absolutely done. The shop gave them a shop certificate, and the guy said the diamond was at least a VS1 clarity. But you could see the inclusion with the naked eye, so that means it was an SI1 or 2 – that is four differences in clarity and that will bring the price of the diamond down by 30 or 40 per cent.

"You need an independent certificate. It is very confusing sometimes. Some jewellers will have shop certificate or a shop valuation. If you go to a jeweller, you should be able to trust them," Tom adds.



Dear Karen,

MY specialist has suggested that I need a hysterectomy because of fibroids. My friend has told me that there are different types of hysterectomy. Can you explain the reasons for a hysterectomy?

KAREN SAYS: A hysterectomy is an operation to remove the uterus. When a woman has a total hysterectomy, her entire uterus, including the cervix, is removed. With a subtotal hysterectomy, only the uterus is removed – the cervix is left in place.

A hysterectomy may be necessary if a woman has: heavy vaginal bleeding, fibroids (non-cancerous growth of fibrous tissue), endometriosis, caused by tissues forming outside the uterus, prolapse of the uterus, pelvic inflammatory disease, cancer of the uterus, ovaries, fallopian tube or tubes or the cervix.

Sunday Surgery

Dr Karen Palmer



SMEAR TEST IS SO IMPORTANT

THE National Irish Cervical Screening Programme is scheduled to roll out nationwide later this year. This will offer cervical screening free of charge to women between the ages of 25 and 60. The aim of the Irish Cervical Screening Programme is to reduce the incidence and mortality from cervical cancer.

What is cervical screening?

Cervical screening involves testing women aged 25 to 60 for changes in the cells of the cervix (the neck of the womb).

What is a cervical smear test?

A cervical smear (also known as a pap test) is a simple procedure where a doctor or nurse takes a sample of cells to look for early changes in the cells of the cervix. If these are not found and treated, they could become cancer cells.

Sometimes cells in the cervix can change due to an infection caused by certain types of the Human Papilloma Virus (HPV). HPV is a common viral infection usually spread by sexual contact and most adults will have it at some time in their lives. HPV infections have no symptoms and are normally cleared by a person's immune system.

However, if a woman has a type of HPV infection that is linked to abnormal changes to cervical cells, and does not clear the infection on her own, she is at greater risk of developing cervical cancer.

A smear test can detect cell changes to the cervix



IMPORTANT: Smear test

and the cells can then be treated. The earlier abnormal cell changes are found, the easier they are to treat.

Who should have a cervical smear test?

Every woman aged between 25 and 60 should have regular smear tests whether married or single, heterosexual or lesbian. You need to continue with regular smear tests after the menopause.

Quite simply, regular cervical smear tests could save your life. The earlier a change is found, the easier it is to treat.

My child may have ADHD

Dear Karen,

I THINK my child may have ADHD, what are the symptoms and how do I go about getting help?

KAREN SAYS: Attention-deficit hyperactivity disorder (ADHD) is common, affecting 4% to 12% of school-age children. It's more common in boys than in girls.

The child with ADHD who is inattentive will have 6 or more of the following symptoms: Has difficulty following instructions; Has difficulty keeping attention on work or play activities at school and at home, appears not to listen, doesn't pay close attention to details, seems disorganised, has trouble with tasks that require planning ahead, forgets things, is easily distracted.

Your doctor will ask you questions and may want to get information from your child's teachers or anyone else who is familiar with your child's behaviour.

WRITE to Dr Karen, Sunday World, Independent House, 27-32 Talbot St, Dublin 1 or contact her by email at drkaren@sundayworld.com