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## Alarming rise of 'super-fit' slim young people suffering heart attacks as experts reveal theories for the surge

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By [MAIYA FOCHT HEALTH REPORTER FOR DAILYMAIL.COM](#)

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Heart attacks were once thought of as a disease of age - but worrying new research shows they are increasing **in healthy young adults.**

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Roughly 0.3 percent of Americans aged 18-44 had a heart attack in 2019 - but last year that rose to 0.5 percent, or one in 200.

While that may still seem like a relatively low number, it represents a 66 percent increase in cases in just four years, which doctors call 'alarming.' It also means that one in five heart attack patients are now younger than 40.

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A number of factors are thought to be at play including rampant drug use, obesity, sedentary lifestyles and bad diets. But the timing strongly implies the Covid pandemic has played a role.

The virus itself causes widespread inflammation in the body that can damage the heart or lead to blood clots. **Depression**, anxiety and stress also surged among young people during lockdowns - and all three have been linked to heart attacks.



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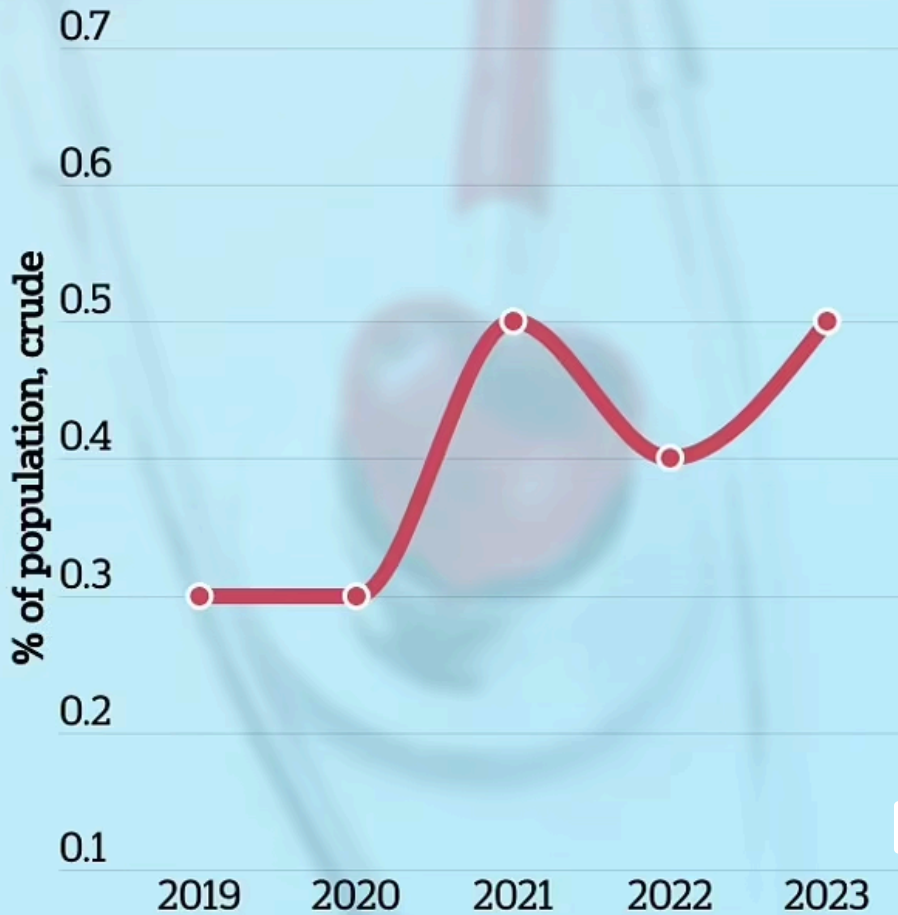
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# Heart attacks in people age 18-44



SOURCE: National Center for Health Statistics

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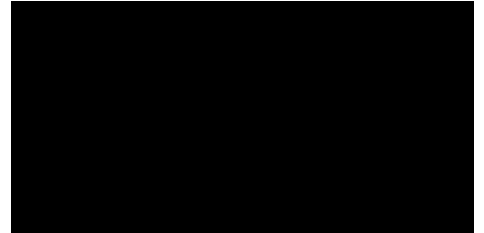
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Data shows that heart attack cases are on the rise, Dr Bhatt said, but doctors are still disagreeing over what could be causing the uptick

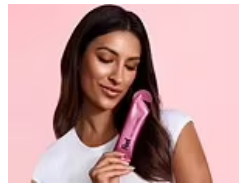
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Dr Deepak Bhatt, the director of the Mount Sinai Fuster Heart Hospital, told TODAY: 'There are definitely more younger people coming in with heart attack'

'There's data to back that up. What's driving that is more controversial.

There were millions fewer visits to doctors during the early years of the pandemic which means chronic conditions that may contribute to heart disease go unnoticed.

An increase in the number of young people developing type 2 diabetes associated with thicker and stickier blood which raises the risk of blood clots, heart attacks.

But in many doctors' view, the timing is simply too coincidental for Covid not to be involved.

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Studies have shown that, once in the body, the virus can cause the heart to become inflamed, a condition known as myocarditis, leading to damage that makes it harder to pump blood around the body.

Over time, in extreme cases, this can damage the organ to the point it becomes too weak to adequately pump enough blood to the rest of your body, causing heart failure.

The Covid vaccines made by Pfizer and Moderna have also been shown to cause heart inflammation in rare cases, specifically young men and boys.

But real-world research has shown the risk of having this reaction to a vaccine is much lower than the risk you take not getting vaccinated in the first place - because severe Covid is much more likely to damage the heart.

Dr Laxmi Mehta, the director of Preventative Cardiology and Women's Cardiovascular Health at The Ohio State University said: 'It is alarming that younger people don't feel that they're at risk for heart disease but it's not surprising.

'Most young people think heart disease only happens in old people but that's not the case.'

**Chloe Burke**, then 21, collapsed in 2019 while cheerleading at the University of Houston. The Texan native suffered a cardiac event and had to undergo open heart surgery in order to survive.

Years later, a 38 year old triathlete named **Matias Escobar** collapsed at the finish line of the New York City Triathlon in 2023.

He was without a pulse for 12 minutes, and doctors found out that the father of one had suffered from a widow-maker heart attack, a particularly deadly type.

He went into a coma and had emergency surgery, and doctors couldn't determine what had caused the problem in the first place.

Similarly, **Raquel Hutt**, a 24 year old from New York who developed severe shooting pain in her left arm while using the bathroom in August 2024, describing it as the 'worst pain of my life.'

Still, EMT's and medical staff dismissed her symptoms, and told her it was from a panic attack.

Eventually, they conceded and tests showed that Ms Hutt had suffered an unexplained, massive heart attack.

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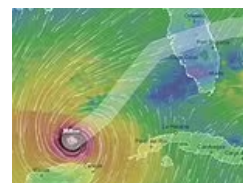
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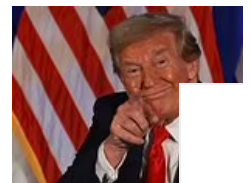
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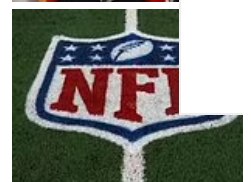
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Not only are they becoming more common, more young people are dying, which may be because doctors are not used to seeing such young patients.

**A 2024 study from Duke** found the number of people of all ages who died from heart failure has been steadily increasing - from 82 deaths per 100,000 people in 2012 to 106 deaths per 100,000 people in 2021.

That rise was greatest in adults under 45, who saw a 905 percent increase in the number of people who died from a heart complication over the nine-year study period.



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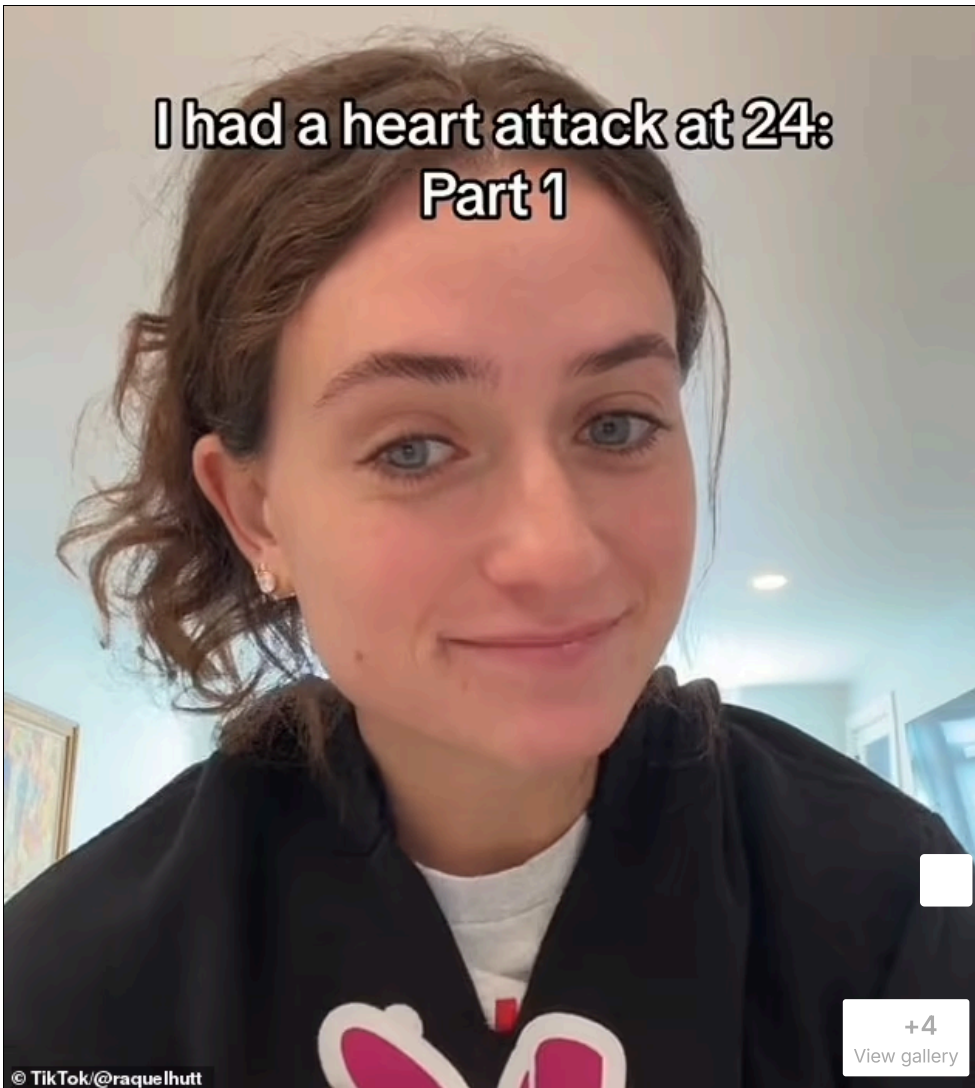


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Ms Hutt shared on TikTok that she was invalidated by emergency staff and forced to sit in the waiting room while suffering through severe pain from her heart attack

Dr Susan Cheng is a cardiologist at Cedars Sinai who authored a 2023 study that found heart attack deaths in people 25 to 44 increased by nearly 30 percent during the early years of the pandemic.

She said at the time that the connection between COVID-19 and heart attack deaths was 'more than coincidental.'

'Young people are obviously not really supposed to die of heart attack. They're not really supposed to have heart attacks at all.'

She added: 'There are a lot of things that COVID can do to the cardiovascular system. It appears to be able to increase the stickiness of the blood and increase likelihood of blood clot formation.'

'It seems to stir up inflammation in the blood vessels. It seems to also cause people an overwhelming stress—whether it's related directly to the infection—that can also cause a spike in blood pressure.'

Cheng said people who have Covid multiple times also are at higher risk for heart problems. She emphasized keeping blood pressure, cholesterol and blood sugar under control.



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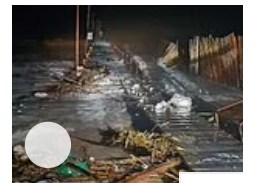
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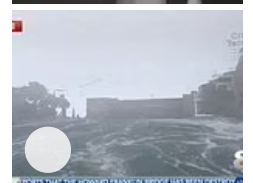
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In addition to stressors from COVID, Dr Bhatt suggested that substance abuse habits in younger generations could be contributing to the increase. 'I hate to say it, but you know there is more substance abuse these days,' Dr Bhatt said.

Vaping, cocaine and even marijuana use can all potentially contribute to an increased risk for blood clots and in turn, heart attack.

Finally, levels of obesity and diabetes in younger people have been steadily rising since the dawn of the 21st century.

The rates of diabetes in people under 45 doubled from 1995 to 2015, according to the American Diabetes Association.

In addition, obesity rates in Americans aged 20 to 44 moved from 32 percent in 2009 to 40 percent in 2020, a study from the [American Medical Association](#) reported.

Both of these factors can increase someone's likelihood of developing cardiac complications - like heart attack - because they tend to raise blood pressure and put more strain on the heart.

Also, some doctors, like Dr Noel Bairey Merz, a cardiology professor at Cedars Sinai, suggest that modern eating habits which rely on fast food could be contributing to the 'diabesity epidemic'.

Dr Bairey Merz [told Yahoo Life](#) that since younger people are more likely to have grown up eating fast food and highly processed snacks than older generations, they may be more at risk for developing lifestyle conditions which may lead to heart attack.

There are also steps young people can take to reduce their risk of ever ending up in this position.

Dr Bairey Merz recommends doing your best to manage your weight by getting regular exercise and eating a well rounded diet.

In addition, getting plenty of sleep and managing stress is crucial to managing heart attack risk, Dr Bhatt said.

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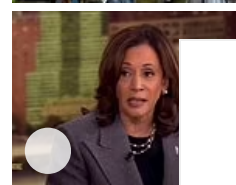
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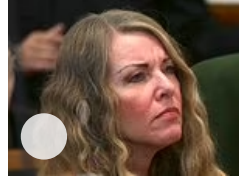
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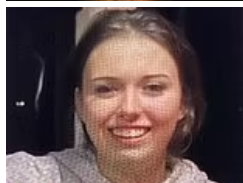
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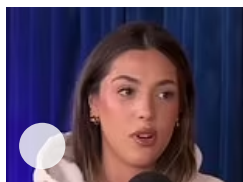
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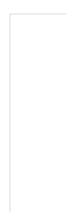
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▶ Bianca Censori DEACTIVATES her Instagram while Kanye West wipes his account amid claims the couple have 'split and may file for divorce'



▶ Duke and Duchess of Edinburgh show off their sun-kissed looks as they take in Malta's picturesque views after paying their respects to fallen WWII soldiers



▶ Jamie Oliver fans slam his new Channel 4 series promising 'quick' recipes and say he 'wouldn't know Fast and Simple if it bit him on the bum'



▶ Camila Cabello cuts a casual figure as she sports quirky baggy patchwork jeans while out in New York City with her parents



▶ Rivals is hailed by critics as Jilly Cooper's 80s romp is branded 'a vivacious bonkbuster' that will leave viewers blushing and cackling



▶ Coleen Rooney gazes lovingly at her husband Wayne as they put on a united front at Legends Of Football awards with son Kai



▶ Mauve magnificence! Queen Mary of Denmark stuns in purple as she and King Frederik greet the Icelandic president



▶ Jess Glynne is forced to cancel two Florida shows of her US tour as Hurricane Milton is set to hit the state with winds of 120 mph: 'I'm gutted'



▶ Simon Cowell FINALLY shows off his singing skills as he celebrates his 65th birthday - after years of critiquing the vocals of others on talent shows



TOWIE's Ella Rae Wise stuns in a crop top and a mini skirt while Dani

▶ **Imbert wears tiny shorts to film for new series**



▶ **Lady Victoria Hervey showcases her décolletage in a racy green caped gown as she celebrates her 48th birthday with pals at Sheesh**

▶ **David Tennant and Emily Atack laugh off Jilly Cooper's labelling of political correctness as 'a bore' as they talk starring in adaptation of her bonkbuster Rivals**



▶ **Claire Sweeney, 53, and boyfriend Ricky Hatton pose for loved-up snaps as they celebrate his 46th birthday in Tenerife**



▶ **Phillip Schofield is accused of 'blaming women' as he reignites feud with Holly Willoughby**



▶ **Big Brother viewers instantly recognise new housemate Emma from TWO huge ITV shows**



▶ **Princess Eugenie says she swaps parenting tips with her pregnant sister Princess Beatrice 'all the time'**



▶ **Victoria Beckham goes braless in a perilously plunging black bodysuit in sizzling snaps to celebrate the launch of her new perfume**



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▶ **Taylor Swift fans mock 'fake' break-up contract as she supports Travis Kelce past rumored 'split' date**



▶ **As another Who Wants To Be A Millionaire contestant misses out on an easy question, the show's most iconic fails from the coughing major to losing £218,000**



▶ **The Dukes of Hazzard star Catherine Bach looks incredible at 70 as she stuns in plunging black shirt during shopping spree in LA**



▶ **Phillip Schofield reignites feud with Holly Willoughby as his nickname for his former friend is revealed**



▶ **GBBO winner Nadiya Hussain reveals she's been diagnosed with two autoimmune diseases in emotional video**



▶ **Diddy considered 'so powerful' even from behind bars as insider reveals why 'everyone' is so afraid of him**



▶ **Phillip Schofield reignites his feud with 'petty and bitter' Eamonn Holmes as friends accuse the GB News star 'of making jokes about his homosexuality'**



▶ **Justin Timberlake was out with wife Jessica Biel's former stylist Estee Stanley on the night of his DUI arrest**



▶ Raven-Symone's body was allegedly made thinner with CGI on *That's So Raven*



▶ Cast of comedy blockbuster reunite at Comic Con 33 years after hit film was released - can you guess who they are?



▶ Halle Berry reacts to ex-husband Eric Benét's claims of being a sex addict



▶ Kanye West and wife Bianca Censori 'SPLIT weeks ago' as he tells friends he is 'ready for divorce'



▶ Jack Grealish is a dad! Manchester City star welcomes his first child with girlfriend Sasha Attwood and reveals her sweet name



▶ Rivals REVIEW: Jilly Cooper's Rutshire is all so vivid you can almost smell the fag smoke and hairspray, wet dogs - and sex! JANE FRYER



▶ Nell Smith - the 17-year-old musician who collaborated with The Flaming Lips - passed away



▶ Hailey Bieber shares pointed message amid questions over husband Justin's relationship with Diddy



▶ Coleen Rooney puts on a united front with husband Wayne and son Kai at Legends of Football awards amid concerns for ex footballer's health



▶ Taylor Swift fans rush to buy \$16 Amazon item to copy her stunning look at Travis Kelce's Monday night football game in Kansas City



Taylor Swift returns to cheer Travis Kelce on for the Chiefs after skipping his birthday

▶ and Kansas City's last two NFL games



▶ Taylor Swift's astonishing net worth revealed as she dethrones Rihanna as world's richest female musician thanks to her lucrative The Eras Tour

▶ Kanye West and Bianca Censori's wildest moments as a couple: A look back amid pair's split



▶ Katie Price's Mucky Mansion has its price slashed after sale of the double bankrupt star's former home falls through



▶ Kate Winslet turns heads in a red fitted jumpsuit as she accepts the Golden Icon Award at the Zurich Film Festival



▶ Garbage frontwoman Shirley Manson, 58, undergoes mysterious 'major surgery' as she shares snap from her hospital bed



▶ Taylor Swift and Travis Kelce wear matching plaid at his game as they shake off contract break-up rumors



EXCLUSIVE Have we FINALLY learnt whether Nessa and Smithy got married? Ruth Jones and James Corden drop massive hint as they film Gavin And Stacey



▶ Cissy Houston's most memorable moments with famous daughter Whitney - after Grammy-winning singer dies at 91



▶ Rebel Wilson shares sweet behind the scenes wedding snap with daughter Royce - after marrying Ramona Agruma



Coleen Rooney puts on a defiant display as she



▶ shops for £200K supercars after being dragged back to court by Rebekah Vardy over £1.8M legal bills



▶ Travis Kelce is blasted for looking 'a mess' as he is supported by Taylor Swift at Kansas City Chiefs game

▶ The Royle Family's Sue Johnston, 80, STUNNED to discover royal connection after embarking on DNA journey with co-star Ricky Tomlinson, 85



▶ Bobby Brown remembers former mother-in-law Cissy Houston as he pays tribute following after her death at 91



▶ All the signs Kanye West and Bianca Censori have secretly split as couple 'plan to file for divorce' and she spends more time with her 'protective' family



▶ Davina McCall, 56, looks typically stylish in a LBD as she hosts the Wellbeing Of Women's 60th anniversary Diamond dinner



▶ Joanna Lumley and Jennifer Saunders reveal Absolutely Fabulous almost didn't make it to TV after a BBC boss decided 'drunk women aren't funny'



▶ Nikki Garcia shows toned midriff while running errands amid contentious divorce from dance pro Artem Chigvintsev divorce



▶ Diddy's key to Miami Beach to be rescinded by the city following disgraced rapper's arrest and sex trafficking indictment



▶ What Is Adam Brody REALLY like? Fans reveal their surprise encounters with Nobody Wants This star





EXCLUSIVE

Louis Tomlinson's pregnant sister Lottie reveals the surprise she received at her 16-week scan



► Taylor Swift wears coded outfit to Travis Kelce's Kansas City Chiefs game



► Men Behaving Badly stars Neil Morrissey and Martin Clunes reunite for new show



EXCLUSIVE She was the teen pop sensation known for her fiery locks and embarking on the original mall tour across America in the 80s - can you guess who it is?



► Steve Jones and his wife Phylicia Jackson celebrate their 10th wedding anniversary with romantic dinner as she shares gushing post



► Hilarious moment Justin Timberlake tries to serenade a fan on tour only to be ignored because she's busy texting on her phone



► Cissy Houston dies aged 91, 12 years after tragic daughter Whitney drowned in LA bathtub



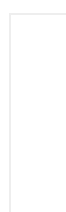
EXCLUSIVE Diddy's 'Mr Fixit' security boss used to clean up Michael Jackson's messes before he found the popstar dead



► Celebrity SAS: Who Dares Wins contestant Pete Wicks reveals devastating reason he REALLY quit the show for a second time



► Andrew Garfield admits he and co-star Florence Pugh went 'further than they were meant to' while filming sex scene for We Live In Time



▶ Chris Hemsworth and Elsa Pataky have the chance to expand their Byron Bay mega-mansion as neighbouring property goes up for sale for \$30million



▶ Ageless Kylie Minogue turns heads in an optical illusion wet look dress as she wraps up a TV show appearance in Paris



▶ Phillip Schofield's bombshell text he sent to Holly Willoughby amid his career downfall is 'REVEALED' Out in the open



▶ Emily Atack argues actresses 'can't win' when it comes to on-screen sex as she takes on latest racy role in Rivals



▶ Strictly star Adam Thomas' failed restaurant 'under investigation' after going bust owing £300K and 'creditors unlikely to see a penny'



▶ Jessica Alba criticized after posting 'cringeworthy' video endorsing Kamala Harris in the 2024 presidential election



▶ Fresh faced Natalie Portman joins Barbie director Greta Gerwig as they meet the cast of play What We Talk About When We Talk About Anne Frank in London



▶ Jamie Oliver admits he was 'embarrassed' and 'not so into' renewing wedding vows to wife of 24-years Jools ahead of lavish Maldives ceremony with their five children



▶ Married At First Sight fans left SPEECHLESS as hunky new groom drops huge bombshell on his bride during wedding reception



▶ EDEN CONFIDENTIAL: Sotheby's boss Alexander Kraft's home on French Riviera is ransacked



▶ Ben Affleck's Ford Bronco breaks down stranding him and son Samuel... as ex Jennifer Lopez looks amazing at the AMAs



▶ Travis Kelce arrives for Chiefs vs Saints - with girlfriend Taylor Swift set to follow after missing his birthday



▶ Big Brother fans go WILD as two housemates clash just hours after entering the house as tensions boil following shock twist: 'There's beef already?'



▶ SHANE WATSON: What Meghan's recycled dress says about her ambitions



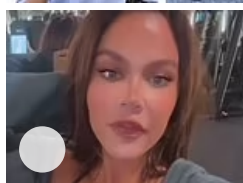
▶ Halle Berry addresses popular love scene rumor about her and Monster's Ball co-star Billy Bob Thornton



▶ Kaia Gerber doesn't seem to notice she has walked by one of her DKNY billboards in NYC as she chats on her phone



▶ Khloe Kardashian is UNRECOGNISABLE with new feature-distorting filter as she works out at the gym



▶ Jennifer Garner and boyfriend John Miller hold hands on Brentwood stroll - amid report she's 'pushing' him to 'unlock his potential'



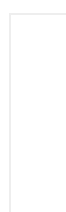
▶ Whitney Houston's mother Cissy Houston's open letter to her daughter when she died is going viral after the matriarch's death at 91



▶ Timothee Chalamet makes a mad dash on the streets of New York City while filming the movie Marty Supreme



Jessica Simpson steps out without her wedding ring on amid



▶ 'tension' with husband Eric Johnson



▶ Chappell Roan fans go wild after singer calls former teacher a 'b\*\*\*h' while on stage at Austin City Limits Music Festival



▶ Sally Field sparks viral response after sharing horror abortion story



▶ Big Brother's Marcello brutally mocked and branded a 'loser' after the lothario declares he's 'probably going to lips it' with lesbian psychologist Ali: 'Get this man out!'



▶ Scarlett Moffatt shows off her incredible talent as she returns to dance competitions and declares: 'I am size 18 and had a c section a year ago and I haven't danced in 15 years!'



▶ Liam Payne's former fiancée Maya Henry accuses singer of obsessively contacting her and 'weaponising' his fans against her in extraordinary tirade



▶ Lorraine Kelly, 64, is every inch the doting grandmother as she shows off newborn granddaughter Billie for the first time in stunning shoot



▶ Strictly Come Dancing blunders: From Nikita Kuzmin's hilarious Shakira mishap to Shirley Ballas' awful leg blunder



▶ Molly-Mae Hague dresses down in a crop top to run errands after ex Tommy Fury addressed cheating allegations in first interview since split



EXCLUSIVE Zoe Saldana reveals she had to AUDITION for Emilia Perez over ZOOM as did costar Selena Gomez - and now both stars are getting Oscar buzz



▶ Tia Mowry reveals how and when she lost her virginity in first episode of her post-divorce reality show



EXCLUSIVE Australia's hottest footy WAG lives it up on a Gold Coast beach with her AFL star boyfriend

They appear to have been enjoying off-season



▶ Ariel Winter, 26, of Modern Family fame models a very SHEER dress with beau Luke Benward... 2 years after leaving Hollywood



▶ Lorraine Kelly announces death of 'astonishing' ITV co-star as she pauses show for moving tribute Sad moment



▶ Perrie Edwards flashes her dazzling engagement ring as she steps out in Manchester after lamenting long distance woes with fiancé Alex Oxlade-Chamberlain



▶ Holly Willoughby 'knew about Phillip Schofield's paedophile brother in the build-up to his court case but refutes claims she ditched her former co-star to protect her brand'



▶ Diddy's celebrity accomplices have quietly paid-off victims to avoid being named publicly, lawyer claims



▶ Kerry Katona says she's 'too scared to go out' after she was robbed during romantic hotel stay in Mayfair as she details terrifying ordeal



▶ Sally Field breaks silence on the 'beyond hideous' and 'life altering' abortion she had at just 17



▶ James Middleton reveals how his son Inigo is doted on by Kate and Pippa's children - admitting there is 'lots of laughter and giggles about'



▶ Kate Winslet snaps selfies with fans as she is awarded the Golden Icon Award during the Zurich Film Festival



▶ Who Wants To Be A Millionaire viewers horrified as contestant 'taught very expensive lesson after losing £875k' with final question



▶ Lil Jon enjoys dinner date with his pregnant girlfriend reality star Jamila Sozahdah in LA



▶ David Tennant reveals his wife Georgia played an important part in him accepting a role in Jilly Cooper's 1980s bonkbuster Rivals



▶ Antiques Roadshow guest in shock as he learns value of rare sculpture he dug up in his garden dubbed 'most unlikely item to ever appear on show'



▶ Martine McCutcheon makes a surprise return to her pop career as she covers 90s classic in new advert for Lidl - and she's joined by some VERY iconic guests



▶ Ashley Benson models a low-cut gown as she poses with husband Brandon Davis at his grandmother's charity gala that raises almost \$2M



EXCLUSIVE The Sussexes going solo: Interactive timeline reveals just how many times Harry and Meghan have attended events on their own since start of year



▶ Heather Locklear, 63, goes braless in T-shirt dress as she leaves nail salon in LA  
Ensured she caught the eye on Monday



▶ She dated Elvis Presley and was married to Caitlyn Jenner, and she also appeared on Beverly Hills, 90210. Who is she?



EXCLUSIVE Is Diddy getting any 'special



privileges' in prison?  
Former inmate reveals  
how Sean Combs will  
be treated during  
incarceration



▶ Riley Keough poses in  
a bra as she wishes her  
twin sisters a happy  
16th birthday... the day  
before her mother Lisa  
Marie Presley's memoir  
debuts

▶ Gloria Hunniford  
admits she was too  
heartbroken to eat as  
she returns to Loose  
Women for first time  
following the death of  
her husband



▶ Molly Sims shares a  
heartbreaking post  
about her father's  
sudden death



EXCLUSIVE Stacey  
Solomon begins filming  
her 'Kardashian style'  
family reality show at  
Kent safari park as  
she's billed BBC's 'new  
golden girl'



▶ Myleene Klass cuts a  
stylish figure in white  
as she attends the  
Women of the Year  
awards alongside a  
host of famous faces



▶ Brooks Nader goes  
braless in eye-popping  
sheer dress - amid Gleb  
Savchenko romance on  
DWTS



▶ Meet Meghan's  
'hippie' hairdressers!  
Duchess has become a  
regular at LA 'self-care'  
salon where balayage  
costs \$550



▶ BBC fans thrilled as  
'genius and unique'  
sitcom finally arrives  
on iPlayer after 13 years  
off screens  
Popular show



▶ Kerry Katona claims  
Phillip Schofield is  
'obsessed with fame'  
and reveals she turned  
off his new show within  
'SECONDS'



**EXCLUSIVE** The King's ex butler who's swapped the royals for the Big Brother house: Contestant Nathan is pictured working at Dumfries House where he served Charles



▶ Diddy talks going 'buck full crazy' and 'getting some girls' with a 15-year-old Justin Bieber in troubling resurfaced clip



**EXCLUSIVE** Big Brother 2024 housemates have social media accounts kept private as producers hope to avoid a repeat of Trish Balala's racist tweets scandal



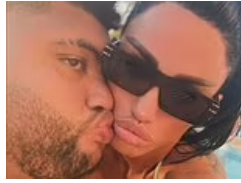
▶ Queen Sofia of Spain appears to lose her footing as she attends military event in Madrid



▶ Duke and Duchess of Edinburgh beam as they touch down in Malta for poignant trip to mark 60th anniversary of the island's independence



**EXCLUSIVE** Katie Price shares sweet selfie with son Harvey, 22, as she enjoys holiday in Cyprus - just weeks after being summoned to court



▶ Coleen Rooney's lawyers accuse Rebekah Vardy of 'deplorable conduct' in Wagatha Christie libel battle as pair return to High Court



▶ Pregnant Charlotte Dawson reveals troll has called social services AGAIN and accused her of drinking alcohol at spa day with Matthew Sarsfield



▶ Luke Bryan hits back at Beyonce fans after his CMA Awards snub comments sparked online fury



▶ Raye dresses down in baggy sweater and bold mini skirt alongside Sophia Culp as they lead fashion fails at American Music Awards 50th Special





▶ TV star, 52, looks completely unrecognisable as he shares a throwback snap taken after his arrival in Britain more than two decades ago



▶ Inside Vick Hope's giraffe-themed 35th birthday party: The presenter is joined by husband Calvin Harris as she celebrates with huge raspberry cake



▶ Rob Brydon's epic new TV gig revealed after Gavin and Stacey Christmas special - and it's worlds away from the BBC sitcom



▶ Hailey Bieber looks chic in trench coat in LA - amid claims husband Justin is 'stressed' over Diddy allegations  
Stepping out



▶ Telling look between Lady Gaga and Joaquin Phoenix when asked about box office dud Joker movie  
Awkward



▶ Love Showtrial? The five best legal dramas to stream right now as the BBC hit returns to screens



▶ Crown Princess Victoria of Sweden dons camouflage outfit as she resumes military training  
Fashed a smile



▶ Ashley James reveals son Alfie, 3, has been rushed to A&E after suffering a nasty fall - as presenter returns home following a 'child free' weekend



▶ Keith Urban reveals concerns he shares with wife Nicole Kidman over their daughter Sunday Rose making modelling debut



▶ Helen Flanagan, 33, reveals she wants to marry boyfriend Robbie Talbot, 43, as couple hint at having children after nine months of dating



▶ Big Brother ratings slump to lowest ever in fresh blow to ITV - but it's not all bad news



▶ **Knots Landing star Donna Mills, 83, reveals her daughter Chloe, 30, is pregnant: 'My baby girl is having a baby!'**



▶ **Perrie Edwards says 'life feels like a circus because she's struggling to juggle her career, long-distance relationship and feelings of mum-guilt'**



▶ **Danny Dyer says he doesn't trust Keir Starmer and wants Angela Rayner to lead Labour party as he wades into politics again**



▶ **Janet Street-Porter shares health update after stepping back from Loose Women to undergo a hip operation**



▶ **Charles Saatchi, 81, embraces his natural grey hair on outing to his beloved Mayfair restaurant Scott's for lunch**



▶ **Eva Longoria, 49, makes rare move of posing with her son Santiago, 6, on the red carpet**



▶ **Irina Shayk takes daughter Lea, seven, shopping for a pumpkin in the Hamptons**  
The model spent quality time with her daughter



EXCLUSIVE

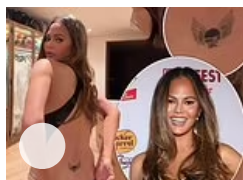
**Madonna's touching final gesture for her dying brother years after he branded her 'evil queen'**



▶ **Royal fans in stitches over Queen Mary of Denmark's hilarious reaction when she realises what she's about to eat as she's served lunch**



▶ **Chrissy Teigen** discovers her White Castle 'temporary' tattoo will last EIGHT days: 'Oh my god!' Unexpected



▶ **Sabrina Carpenter** nails autumnal style in a plaid skirt and black sweater vest as she steps out in NYC amid the US leg of her sold out Short n' Sweet tour



▶ **Reese Witherspoon** looks ready for Legally Blonde 3 as she models a pink suit at her Hello Sunshine event All set



▶ **Nicky Hilton** reveals the marriage rule she has with her husband of almost 10 years James Rothschild



▶ **Millie Mackintosh** sets pulses racing as she poses topless for Breast Cancer Awareness Month



▶ **Mystery of Taylor Swift and Travis Kelce's 'break up date'** deepens after she misses his birthday - but will they reunite at tonight's game?



▶ **Madonna's brother's death** marks end of the only 'real' relationship she's ever had: How Christopher Ciccone turned singer into an 'evil queen'



▶ **This Morning fans slam show for 'glorifying criminal as a superstar'** as stars of Joan defend the ITV drama



▶ **Emily Atack's bumpy path to fame:** Actress was pasted on the cover of lads' mags at 17 - before taking aim at misogyny in her 30s (but she's still stripping off on her own terms!)



▶ **Meghan Markle is the ultimate supportive BFF** as she affectionately holds hands with Kelly McKee Zajfen at charity gala



**Emily Atack channels countryside glamour on set of sex-filled**

▶ Disney+ series Rivals for hunting scenes with Danny Dyer and David Tennant



EXCLUSIVE King Charles set to 'pause' his cancer treatment for 11 days during high-profile royal visit to Australia later this month

▶ Emily Atack reveals 'getting her kit off' in sexy new role doesn't undermine her message about violence against women as she insists 'it shouldn't matter'



▶ How This Is England star Michael Socha put his 'chav phase' behind him to become one of the hottest actors on TV in Showtrial



▶ Chloe Madeley is in high spirits as she visits a toy shop with her daughter Bodhi, two, and blows bubbles outside



▶ Bukayo Saka celebrates his 23rd birthday with teammates at Mayfair restaurant hours after scoring the winning goal for Arsenal



▶ Downton Abbey star looks unrecognisable as they film new TV show The Talamasca in Liverpool - but can YOU guess who it is?



▶ Heidi Klum gets soaked after trading red carpets for rafts during fun day out at California's Disneyland Park with husband Tom Kaulitz



▶ Showtrial viewers switch off just minutes into BBC premiere after seriously gory car crash scene with exposed bone sticking out of leg



Chappell Roan sets pulses racing as she performs at music festival gig after cancelling tour and

▶ threatening to QUIT fame



▶ A Question of Sport star's Sue Barker, Matt Dawson and Phil Tufnell set to reunite after BBC bosses axed long-running quiz show

▶ Rebekah Vardy 'set to drag Coleen Rooney back to court over ludicrous £1.8million legal bill which included lawyer's £2,000 hotel and £225 mini-bar tab'



▶ One Direction star who 'threw Liam Payne against a wall' during heated altercation is 'revealed'



▶ Orange Is The New Black star Natasha Lyonne, 45, sizzles in a racy lace satin dress as she steps out for the BAFTA NYC Tea Party



▶ Olympics star reveals why selling racy photos on OnlyFans for \$20 a month is 'completely changing her life for the better' - with LA 2028 on the horizon



▶ Daniel Craig continues to show off his quirky new look as he rocks long hair and a green suit for Queer screening at New York Film Festival



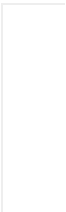
▶ Big Brother fans slam show for turning into Love Island with line-up of mostly contestants in their 20s' and demand 'whoever did the casting needs the sack'



▶ Ellie Bamber goes braless under a very low cut suit as poses on the red carpet at the Zurich Film Festival



▶ Raye stuns in a lace satin slip dress for performance at American Music Awards 50th Anniversary Special



► **Dancing On Ice 2025 full line up REVEALED** as Paralympic grand champion is announced as final contestant



► **RHOSLC star Whitney Rose asks for prayers for her daughter Bobbie, 14, after she's hospitalized for 'severe asthma exacerbation'**



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