# Gloria Hunniford reflects on grief and health as she celebrates her 85th birthday



Gloria Hunniford, renowned television presenter, is celebrating her 85th birthday on Thursday, April 10. The occasion is marked by a blend of joy and sorrow, as it coincides with the anniversary of the death of her daughter, Caron Keating, who succumbed to breast cancer in 2004. In memory of her daughter, Hunniford established a charity that provides support to smaller cancer organisations across the UK, ensuring Caron's legacy continues to impact those affected by the disease.

This year carries an additional layer of poignance for Hunniford as it is the first birthday she will observe without her late husband, Stephen, who passed away at the age of 85 in August last year. During a conversation with Dr Hilary Jones on his podcast, she spoke candidly about her profound grief, stating that the pain remains "very raw."

Reflecting on her daughter’s legacy, Hunniford remarked, "There have been a lot of tears with Caron; she's been gone 20 years. – but when it's raw, you're not too sure how to deal with it." In her books, 'Always With You' and 'Next To You: Caron's Courage', Hunniford has shared her experiences of mourning, acknowledging Caron’s talent as a writer. She noted, "She was a really good writer," highlighting the impact of Caron's narratives during her battle with cancer. Hunniford asserted that doctors consider Caron's detailed accounts of chemotherapy to be among the best analyses available, as they offer unique insights into the experience.

Alongside the emotional challenges, Hunniford has been grappling with her health. Recently diagnosed as pre-diabetic, she was initially alarmed when tests revealed sugar in her urine, a potential early indicator of diabetes. Health professionals typically respond to such diagnoses with dietary recommendations aimed at weight loss as a preventative measure. However, Hunniford’s situation took an unexpected turn following her husband's death, which led to significant, albeit unintentional, weight loss.

She remarked on the irony of her circumstance, saying, "Ironically, since Stephen passed, I have lost a lot of weight." The weight loss was not a result of intention but rather a reaction to the stress and anxiety accompanying her loss. Her unintended lifestyle change has yielded positive effects on her health, as her blood tests have been showing promising results. "Every time the GP will say 'Your blood sugars are great'," Hunniford shared, emphasising the unexpected benefits that emerged from a challenging phase in her life.

Hunniford's candidness about her grief and health highlights the complexities of navigating personal loss while facing health challenges, and her reflections resonate as she enters this milestone birthday.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://en.wikipedia.org/wiki/Gloria_Hunniford> - This URL provides background information on Gloria Hunniford's life, career, and personal experiences, including the passing of her daughter Caron Keating and her charity work in memory of Caron.
* <https://en.wikipedia.org/wiki/Gloria_Hunniford> - It also details her marriage to Stephen Way and his recent passing, aligning with the information in the article about Hunniford's first birthday without him.
* <https://www.nhs.uk/conditions/pre-diabetes/> - This webpage from the NHS explains pre-diabetes and its management, including dietary changes, which is relevant to Hunniford's recent health diagnosis and her efforts to manage it.
* <https://www.sciencedirect.com/topics/medicine-and-dentistry/grief> - It supports the discussion on the emotional impact of grief on physical health, which Hunniford experienced after losing her husband Stephen Way.
* <https://www.health.harvard.edu/staying-healthy/can-grief-affect-your-health> - This Harvard Health article discusses how grief can affect physical health, aligning with Hunniford's unintentional weight loss and health changes following her husband's death.