# Tom Parker Bowles reveals his battle with severe health anxiety



Tom Parker Bowles, the son of Queen Camilla, has publicly discussed his ongoing struggles with intense health anxiety, also known as hypochondria. Speaking on Gabby Logan’s Mid Point podcast, Parker Bowles revealed the depth of his fears around illness and death, describing a persistent conviction that common symptoms point to serious diseases.

"I’m a total hypochondriac, I’m always convinced that I’m dying of something, like a headache is always going to be brain cancer, a cough is always going to be lung (cancer)," he said during the podcast interview. His admissions highlight the significant impact hypochondria has on his day-to-day life.

He also spoke about the frequency with which he visits his general practitioner, indicating the extent to which his health anxiety affects him. "I do go to my doctor, who is a magnificent man, rather a lot, saying 'this is it doc, this is the big one,'" he added, illustrating how his fears often compel him to seek medical reassurance.

Hypochondria, or health anxiety, is defined by the National Health Service (NHS) as a condition where a person spends so much time worrying about being ill or becoming ill that it begins to dominate their life. The NHS notes that it is related to obsessive-compulsive disorder (OCD).

The Express is reporting that Tom Parker Bowles’s openness about this condition helps shed light on how health anxiety can affect individuals, even those in the public eye. His experiences bring attention to a mental health issue that can often be misunderstood or overlooked.

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

## Bibliography

1. <https://www.nhs.uk/mental-health/conditions/health-anxiety/> - The NHS defines health anxiety as a condition where a person spends so much time worrying about being ill or becoming ill that it begins to dominate their life, noting its relation to obsessive-compulsive disorder (OCD).
2. <https://www.mayoclinic.org/diseases-conditions/illness-anxiety-disorder/symptoms-causes/syc-20373782> - The Mayo Clinic describes illness anxiety disorder, formerly known as hypochondriasis, as a condition where individuals worry excessively about having a serious illness, even without significant physical symptoms.
3. <https://www.ocduk.org/related-disorders/health-anxiety/> - OCD-UK explains that health anxiety, previously called hypochondria, involves a preoccupation with having or developing a serious illness, leading to significant life disruption.
4. <https://www.britannica.com/science/illness-anxiety-disorder> - Britannica outlines illness anxiety disorder, formerly known as hypochondriasis, as a mental disorder characterized by excessive preoccupation with illness and a tendency to fear or believe one has a serious disease based on insignificant physical signs or symptoms.
5. <https://www.nidirect.gov.uk/conditions/health-anxiety-hypochondria> - Nidirect provides self-help strategies for health anxiety, including keeping a diary, challenging thoughts, staying busy, returning to normal activities, and practicing relaxation techniques.
6. <https://www.verywellmind.com/hypochondriasis-2671689> - Verywell Mind discusses hypochondriasis, now termed illness anxiety disorder, highlighting its elimination from the DSM-5 due to negative connotations and its reclassification to reduce stigma.
7. <https://www.express.co.uk/news/royal/2048858/tom-parker-bowles-convinced-hes-dying> - Please view link - unable to able to access data