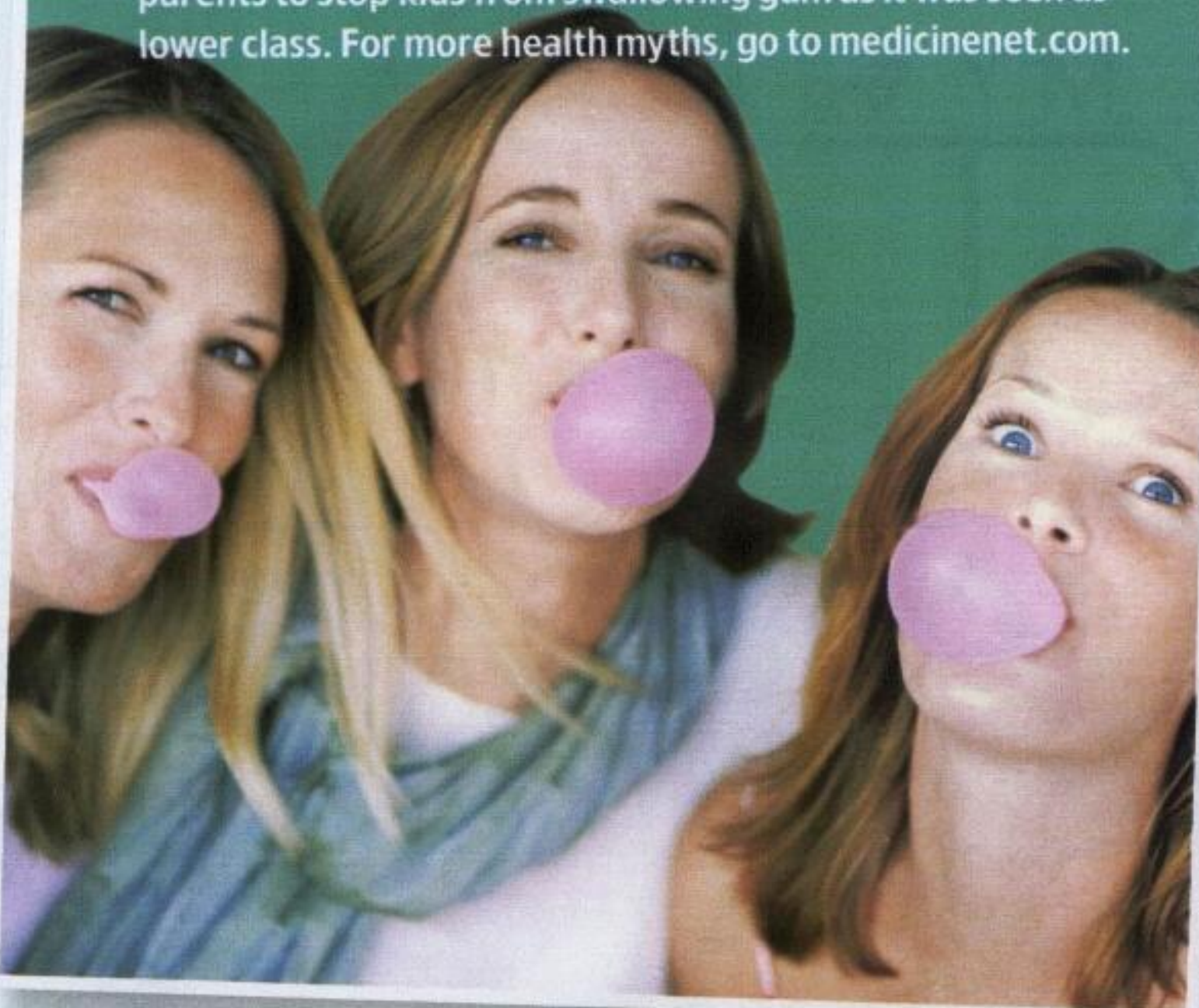


TRUE OR FALSE

CHEWING GUM TAKES SEVEN YEARS TO PASS THROUGH YOUR SYSTEM

FALSE The gum component is indigestible, but will 'pass' in a mass and won't stick your insides together. Probably started by parents to stop kids from swallowing gum as it was seen as lower class. For more health myths, go to medicinenet.com.



Health updates

All the latest news you need to know

PUT YOUR HEALTH FIRST THIS MONTH!

1-7 August is Cancer Prevention Week.

Dr Carl Albrecht, from CANSA, recommends six cups of Rooibos tea per day to boost the body's own antioxidant, glutathione which is known to prevent cancer.



9 August is National Women's Day, so you get the whole day to yourself! Pack a picnic and take the Sunday paper to the park... throw in a ball and the kids will happily tag along!

Ask Dr Ann



Q Lately I have noticed a bit of bleeding after sex. Should I be worried?

A Don't panic, but get it checked.

Chances are you have an erosion – a raw area on the cervix, which bleeds after sex – and can be easily treated with a cotton bud with silver nitrate on the end. A GP or gynaecologist can touch the raw area with the stick – just like cauterising your nose if you get nosebleeds. It's a quick and painless treatment. You'll be advised to have a smear test and should be referred to a gynaecologist if the bleeding continues.

Health notes

Ask the pharmacist... Dis-Chem now has an online pharmacist service so you can get expert advice online any time from home or at your desk at work. Visit dis-chem.co.za/ask.asp, fill out a form with your query and expect a prompt reply.

Are your headphones healthy?

Earphones could increase bacteria growth in your ear! If you're prone to infections, take the herb Echinacea regularly to boost your immune system.

Laser hair removal could be a real pain Like to know more about the risks of laser treatment? Go to www.mayoclinic.co.za.



Women like you



Linda Read, 52, had put up with the pain in her knees when she climbed the stairs for years, until she got some good advice...

'A friend recommended that I try Glucosamine Sulphate tablets (try Arthrochoice, R142.97 for 90 tablets, from Dis-Chem), which you can get from chemists or online. At first I felt no difference at all, but I continued taking the tablets and, after about eight weeks, my knees no longer hurt. What a relief! I can now climb the stairs pain-free.'

3 ESSENTIALS to beat nausea



SIP ON SYRUP If you're not that nauseous, try a spoonful of golden syrup – the sugar settles your stomach.



HAVE A CUP OF TEA But small sips only; try peppermint to relax your stomach.



TRY A FLAT FIZZY Pour out a carbonated drink and leave to get lukewarm and flat. Again, sip don't gulp!