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THE PERCENTAGE OF CHILDREN WHO WALKED IN THEIR SLEEP IF THEIR PARENTS ALSO DID SO WHEN THEY WERE YOUNG. RESEARCHERS FOUND CHILDREN ARE SEVEN TIMES MORE LIKELY TO SLEEPWALK IF BOTH THEIR PARENTS HAVE A HISTORY OF TAKING NOCTURNAL STROLLS. SOURCE: JAMA PAEDIATRICS

Beware of poultry bug

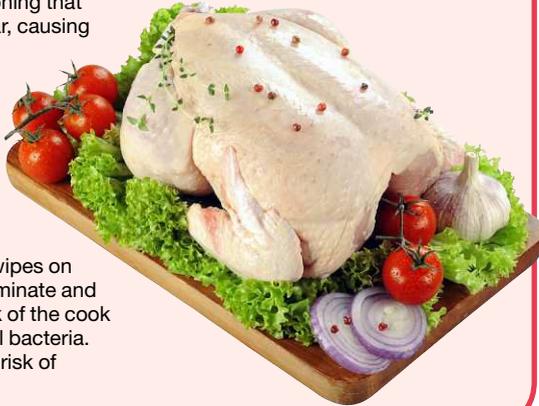
CAMPYLOBACTER is a form of food poisoning that affects thousands of Irish people every year, causing vomiting and diarrhoea.

It can be very dangerous for young children, older people, and anyone with a compromised immune system.

New research shows one way of reducing risk from the bug in the kitchen is to use disinfectant wipes after preparing poultry.

The research in the journal *Applied Microbiology* involved using antibacterial wipes on typical counter-top materials — granite, laminate and ceramic tile — to see if they reduce the risk of the cook and their family or guests ingesting harmful bacteria.

The result was a reduction in the annual risk of infection by up to 99.2pc.



Patients suffer due to leaflets blunder

■ MEDICINE information leaflets which are failing to highlight the benefits of taking a drug — and not just the side effects — are contributing to worrying numbers of patients abandoning their treatments, a senior hospital pharmacist has warned.

■ It is estimated up to half the people who are prescribed a medication for a long-term physical or mental illness are not taking the treatment as recommended, said Caroline Hynes of St John of God Hospital in Dublin.

■ Another study found up to three quarters of patients prescribed drugs for their mental health stop within a year.

■ While the reasons for non-adherence are complex, the lack of detail on the benefits of taking the medication in the information leaflets accompanying the box of tablets is one factor which is causing people to jettison the treatments, she said. "People are not fully aware of the positives. The leaflet is obliged to provide all the details about the associated risks and side effects but they may see only the warnings and precautions."



THERE'S SOMETHING FOR ALL THE FAMILY



A FREE festival aimed at celebrating families in all their forms will be held in Dublin on Sunday.

The annual Family Day Festival will be held at 11am-5pm in Wolfe Tone Square, Jervis Street, Dublin.

Family Day is inspired by United Nations International Day of the Family, held on May 15 annually. Organised by the organisation One Family, the Family Day Festival promises entertainment, arts, crafts, workshops and activities to wow children and grown-ups alike.

There will also be family services organisations to share information and answer questions. Those who cannot make it are being urged to have their own mini-celebration with games in the park or back garden, a picnic or some other outing.

DID YOU KNOW

Eating foods high in fibre will help you feel fuller for longer — good news for weight watchers.

Good sources are bananas, apples, carrots and potatoes.

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- ✓ Electrolytes
- ✓ Stevia
- ✗ Sugar
- ✗ Caffeine
- ✗ Calories
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- ✗ Artificial Sweeteners
- ✗ Artificial Anything!

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