



DID YOU KNOW?

Giving to others makes us happier – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering, can improve mental wellbeing.

Act FAST when stroke strikes

FAST is a simple way to remember what to look for, and what to do, if you think someone is having a stroke. Look for weaknesses in the person's: Face.Arm. Speech.

Time is vital – dial 112 immediately. More than 10,000 people in Ireland suffer a stroke every year and it is the the biggest cause of acquired disability.

One third of strokes happen in people under 65 years of age. Dr Martin Mulroy, geriatrician at Our Lady of Lourdes Hospital, says: "The FAST campaign has improved the rapid diagnosis of patients with stroke attending hospitals in Ireland. This campaign has also contributed to reducing the disabilities associated with stroke. Stroke is one of the top three causes of death in Ireland. Act FAST, dial 999."



1,000

THE NUMBER OF PEOPLE IN A STUDY SHOWING MAJORITY OF CONSUMERS RATED VEG AND FRUIT AS BETTER AT SATISFYING HUNGER THAN SWEETS, BISCUITS AND CRISPS. SOURCE: EUROPEAN CONGRESS ON OBESITY

EU HEALTH INSURANCE

ONE of our kind readers has asked us to warn others that they do not have to pay for the European Health Insurance Card (EHIC).

This card allows residents to access health services in any EU country as well as in Switzerland, Iceland, Liechtenstein and Norway if they become ill or injured while on a temporary stay in that country.

The reader unfortunately logged on to a website which charged him. The EHIC is free.

The card can take some of the expense out of falling ill abroad. There is no charge to apply for or renew an EHIC. You can apply for it at your local HSE health office or on the website www.ehic.ie.

To obtain healthcare with the card, go to the nearest public system doctor, public hospital, or other public treatment centre and present your card.

Treatment in a private setting is not covered by the card.

See the www.ehic.ie website for details of services available in each EU State, or ask at your local Health Office. You can check where this is by ringing 1850 24 1850.



Whatever your Summer brings...

Asthmatic? Make sure you've an action plan

ASTHMA sufferers have been told to ensure they have an action plan to manage the disease which kills one person in Ireland every week.

Asthma affects 470,000 people in Ireland, said Sharon Cosgrove, of the Asthma Society of Ireland.

Studies have shown that having an action plan in place reduces hospital admissions and emergency room visits. 79pc of visitors to asthma nurse clinics did not have an action asthma in place.

Ireland has the fourth-highest incidence of asthma in the world affecting one in 10 people and one in five children.

You are four times more likely to go to hospital with your asthma if you do not have an asthma action plan. This places additional strains on already overstretched hospitals that could be reduced substantially through improved access to asthma care at a community level.

Boots Ireland is offering to help people with the disease to draw up an action plan.

Boots healthcare development manager Susan O'Dwyer said: "Many parents and children could benefit from readily available asthma support services, including their local pharmacist or the Asthma Society of Ireland's Asthma Adviceline to better improve their asthma."



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