



WITH EILISH O'REGAN
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DID YOU KNOW?

On long-haul flights you should get up and walk around. Stretch your legs whenever you can. Drink regularly but avoid alcohol. Wear loose, comfortable clothes.

Obesity is a complex thing

OBESITY is increasingly recognised as a disease but most of us still think it is due to individual lifestyle choices, said Dr Grace O' Malley, a chartered physiotherapist in Temple St Dublin. She said we are paying little regard to the role of factors in obesity such as genetics, medications, inadequate sleep, hormone imbalances or mental health.

She was speaking on new research, marking European Obesity

Awareness Day, which was launched by the European Association for the Study of Obesity (EASO).

- Many are not aware that obesity causes many serious illnesses like cancer, stroke, heart disease and osteoarthritis.
- Some 56pc think that obesity is less dangerous than smoking. Moderate and severe obesity can reduce life expectancy by between five and 20 years.



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THE NUMBER OF DAYS IT TAKES FOR A NEW HABIT TO FORM. IT CAN VARY BETWEEN TWO MONTHS AND 254 DAYS. WHEN WE WANT TO DEVELOP A HABIT LIKE EATING A PIECE OF FRUIT EACH DAY, IT COULD TAKE OVER TWO MONTHS. SOURCE: UNIVERSITY OF LONDON

HANGOVER SURVIVAL TIPS

DIET drinks may help if you're counting calories, but not if you're trying to avoid a hangover. Research suggests that having fruits, fruit juices, or other sugar-containing liquids can make for a less intense hangover.

Eating at bedtime after you're already drunk is also no help. Food has to be in your stomach before Happy Hour to have any impact.

Second, although any food can slow down how fast your body absorbs alcohol, fat does it best. So go for steak or pizza before your first martini, and you might escape a hangover. One bedtime tip that does help —

drink water to fight dehydration. While a nightcap may help you doze off more quickly, too much undermines the quality of your sleep. You don't spend as much time in REM cycles and you tend to wake up too soon.

If you've been drinking heavily, a hangover might strike in the last part of the night, leaving you too uncomfortable to get back to sleep.

More alcohol in the morning does nothing but postpone a hangover. The worst symptoms hit when blood-alcohol levels drop to zero. If you have a drink at breakfast, this moment will just come later in the day.



Whatever your Summer brings...

Lymphoedema after breast cancer treatment

HUNDREDS of women across the country suffer in silence with lymphoedema, a chronic swelling that can occur in the arm, chest or back after breast cancer treatment. Europa Donna Ireland, the patient advocacy group, has now produced a very useful free leaflet on how to manage the condition which is available free on its website www.europadonnaireland.ie. (phone 01 4960198).

Dympna Watson, chairperson of Europa Donna Ireland, said: "Approximately one third of those who undergo treatment for breast cancer will develop lymphoedema. Lymphoedema is a condition which is not yet well understood here in Ireland."

Signs include:

- Swelling in the arm, chest or back. This can improve after a night's sleep but worsen as the day goes on. Some of the first signs may be clothes or jewellery getting tight or one area looking larger than the other side. Swelling can be hard or soft depending on how long it is present.
- Thickening and dryness of the skin.
- Sensation of fullness and heaviness.
- Discomfort when using the arm for everyday tasks.



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