



5

THE NUMBER OF ADDED YEARS LIVED BY ELDERLY MEN WHO DID THREE HOURS EXERCISE A WEEK
SOURCE: BRITISH JOURNAL OF SPORTS MEDICINE

Look after your feet

THE warmer weather can be particularly tough on the feet of older people. Skin is thinner and less elastic. But painful or uncomfortable feet aren't a natural part of ageing, and can be alleviated.

Your feet will remain in better condition if you have a regular foot routine. This includes:

- cutting and filing toenails and keeping them at a comfortable length
- smoothing and moisturising dry and rough skin
- checking for cracks and breaks in the skin and inflammation such as blisters
- looking for signs of infection like nail fungus or other obvious early problems, and seeking professional advice
- choosing suitable socks and footwear



Cholesterol and the menopause

IRISH women in the menopausal years (aged 45-54) are the least likely to have their cholesterol checked and yet this is the time when their risk of heart attack and stroke is significantly increased.

The concern has emerged in a survey of over 500 adults to find out how aware they are of their cholesterol levels, a major risk factor for cardiovascular disease.

While half said they have their cholesterol checked every year, women, and those aged between 45 and 54, were the least likely to have undergone testing.

"Menopause is strongly associated with an increase in total and LDL (bad) cholesterol and a decline in HDL (good) cholesterol levels," said Irene Gibson of the heart and stroke charity, Croí.

Steps to reduce cholesterol:

- maintain a healthy, balanced diet. It is important to keep your diet low in fatty food. Try to swap food containing saturated fat for fruit, vegetables and wholegrain cereals
- do regular exercise
- quit smoking



DRUG TRIALS 'HELP OTHER PATIENTS'



AROUND 13,000 patients were involved with tests for new drugs to treat cancer in 2013.

The drugs offer new hope to people with the disease and patients in around 16 hospitals were involved.

Hundreds of patients voluntarily participate in clinical trials every year. Research carried out among almost 100 found that 50pc signed up because they believed they would receive the best possible medicine. Meanwhile, 46pc agreed because they wanted to help others in the future.

Dr Ray McDermott of ICORG which oversees the trials said: "Participating in clinical trials is not something to fear. I'd encourage anyone who is newly diagnosed or currently receiving treatment for cancer to ask their consultant oncologist about clinical trials that might be available to them."

DID YOU KNOW?
Meat cooked in a barbeque should be cut at the thickest part to ensure none of it is pink on the inside. This is because raw or undercooked meat can contain germs causing food poisoning

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