



**DID YOU KNOW?**  
A good dieting trick is to break the day into morning, midday, afternoon and evening. If you blow one quarter, get back on track with the next.

## More women get arthritis

AROUND three quarters of people with rheumatoid arthritis are first diagnosed when of working age. And women are three times as likely as men to have the disease. It is an autoimmune condition in which the immune system attacks the joint tissue causing inflammation, stiffness, pain and extreme fatigue. If left untreated, the joint can lose

its shape and alignment and lead to permanent disability. Rheumatoid arthritis is an often misunderstood disease, confused with osteoarthritis which is commonly a wear and tear disease generally affecting the older population. Medication can reduce inflammation and slow down, or even stop, joint damage.



**65%**

THE PROPORTION OF IRISH PENSIONERS WHO ARE SUFFERING FROM MORE THAN ONE ILLNESS. SOURCE: ROYAL COLLEGE OF SURGEONS

## ECZEMA DURING EXAMS

STUDENTS with eczema who are sitting exams should keep the skin well moisturised with ointments and lotions specifically for skin with eczema. Avoid products with a high alcohol content as these can irritate sensitive skin.

**Asthma:** Be extra careful in using inhalers correctly. Preventative inhalers should be used regularly. Carry an inhaler with you at all times so that it can be used during an exam, if required.

**Insomnia:** Make sure to get enough sleep. Avoid products containing caffeine. Take some light exercise or a bath or shower in order to relax before bedtime. Don't study in bed as the brain will become over stimulated.

**Headache:** Drink plenty of water to avoid dehydration. Study in a well ventilated room and take regular breaks.

**Stomach upsets:** Try to eat well. Eat small amounts regularly and avoid junk and spicy foods.

## Advice for couples hoping to conceive

COUPLES trying to conceive for one year should seek further advice and treatment if they are over 35 years.

The advice also applies if there are any additional conditions affecting their health, said Prof Simon Fishel, who is a leading expert in the area of fertility. He will speak at a free information event in Dublin tomorrow evening.

He will focus on the range of treatment options available for those struggling with infertility including, CAREmaps, Array CGH (PGS), Egg Freezing and Fertility Assessments, including a potentially new option for those with recurrent miscarriage or failed IVF ('C4M2').

The talk will take place at the Beacon CARE Fertility centre in Beacon Court, Sandyford, Dublin 18. He said: "The problem of infertility is complex, and although many still mistakenly perceive it as predominantly a female problem, we are seeing a huge amount of men present with fertility issues also; indeed, with expert assessment we often find problems arising in both couples when it was assumed to be in only one of the partners.

"It is therefore extremely important that both partners are checked."

Reserve a space by calling (01) 293 2955 or e-mail info@beaconcarefertility.ie.



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