



**UPDATE**  
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## Teen vapers more likely to smoke

E-CIGARETTES continue to have their fans and critics. Now new research suggests teens who use e-cigarettes are more likely to try the real thing a year later than those who don't vape.

The journal *Tobacco Control* said, however, that subsequent regular smoking is linked only to those who smoke a lot of e-cigarettes in the first place.

It suggests it may be beneficial to restrict teens' access to e-cigarettes. Researchers carried out their study in light of the ongoing heated debate about the public health benefits of e-cigarettes and their potential impact on teen smoking prevalence. Factors known to influence uptake of smoking, such as home environment, parental educational attainment, and degree of rebelliousness were also assessed by the survey.



# 3,600

THE PARTICIPANTS  
IN A STUDY SHOWING  
DEBILITATING  
HEADACHES INCREASE  
AS MENOPAUSE  
APPROACHES.  
SOURCE: HEADACHE  
JOURNAL

## CAN PILATES PREVENT FALLS IN ELDERLY?



NUI Galway is currently recruiting participants for a new study to find out how effective the exercise Pilates is in falls prevention in healthy adults over 65 years old. The outcomes assessed will include questionnaires and tests of physical activity, balance, foot pressure, mobility, gait, cognition and falls.

One-hour classes will take place in Áras Moyola twice weekly for three months with three participants in each class. There will be a total of 24 sessions for each group for the main study and participants are advised to wear comfortable clothes for exercises. There will be a further smaller study of 12 sessions for six weeks with two groups of four participants.

For more detail or to participate in the study contact Larissa Donatoni da Silva at 089 459 2533, laridonatoni@gmail.com

## Smarter weight loss

A free smartphone app to help people to lose weight in a healthy way has been launched today by the All-Ireland body, Safefood.

Around one in three Irish adults are trying to lose weight and the new Weight-mate app has the advantage of offering unbiased advice.

Dr Cliodhna Foley-Nolan, Director of Human Health & Nutrition in Safefood said: "When it comes to weight loss, the facts of the matter are that quick-fix, fad diets are unsustainable and ineffective and we know that it only leads to people 'yo-yo' dieting and regaining the weight they've lost or in some cases, even becoming heavier.

"Our free weight-mate app helps people to set goals, make realistic plans to eat better, exercise more and monitor progress.

"We know from behaviour change studies that these techniques help people to stick with healthier habits for the long-term.

"Our app is aimed at the general adult population, not associated with any commercial product and developed by qualified nutritionists"

"Whatever your starting weight losing 5-10pc of your total body weight and keeping it off will lead to definite improvements in blood pressure, blood cholesterol, and blood sugars.

Weight-mate is free to download for both iPhone and Android and is available in the App Store and Google Play.



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