

health updates

All the latest news you need to know to help you and yours stay healthy

FITNESS NEWS

Ditch the gym and get outside
Exercising in green space for just five minutes can boost mental health, according to a new study. In trials of 1 250 people, researchers saw a rapid upswing in both mood and self-esteem.



BREAST CANCER UPDATES

Four ways to reduce your breast cancer risk

1 Start jogging Women who run the equivalent of 3.25 hours per week have a 23% lower incidence of breast cancer.

2 Eat tofu Japanese women in their 30s and 40s seem to be protected by eating food rich in isoflavones, which are abundant in soybeans.

3 Keep your weight down Women who gain 25kg or more after the age of 18 have a 45% increased risk of the disease compared with those who manage to maintain a steady weight.

4 Reduce your alcohol intake Drinking two units per day every day of your adult life increases your breast cancer risk by about 12%.



Surgery news

A pioneering radiotherapy treatment for breast cancer that cuts six weeks of therapy into a single procedure is showing success. Doctors hope that a single dose of intraoperative radiation therapy (IORT) might become more widely available. Currently, there is only one centre in Africa that offers IORT, headed up by Professor Apffelstaedt of the University of Stellenbosch.

SPAR RACE

LAST CHANCE TO ENTER!

With the arrival of spring, there's no better time to dust off your running shoes and get back into shape. The Joburg SPAR Ladies Race takes place on 9 October at the Old Parktonian Sports Club, Randburg and it's an excellent opportunity to team up with your girlfriends and walk for health. Visit www.essentials.co.za or www.spar.co.za

for entry forms, or pop in at your local SPAR, SUPERSPAR or KWIKSPAR store. You can also enter through the Race Office on 011 442 8256.



NEWSFLASH

Four out of five children aren't getting their 5-a-day, potentially storing up health problems for the future, according to the World Cancer Research Fund. Try making your own fruit ice lollies, sneak vegetables into pasta sauces and casseroles by blitzing first and offer chopped fruit for snacks, advises leading nutritionist Anita Bean.

True or false?

Reading in dim light can damage your eyes

FALSE 'If there's enough light to read then, by definition, there's enough light!' says Dr Japie Grové, ophthalmologist (eyedoctor.co.za). Reading in poor light may give you a headache because your eyes get tired, but it won't do any lasting damage to your eyes or the quality of your vision.

