

HEALTH BULLETIN

The latest research, breakthroughs and remedies tested



The new Murine Bright & Moist Eyes, £3.99, with a brightener and two moisturisers, revives tired eyes with soothing fluids and leaves them looking super-sparkly, too. We also love Murine Irritation & Redness Relief Eye Drops, £3.59, which give fast-acting relief for peepers that have been irritated by dust, wind, chlorine, smoke, pollution and staring at a computer screen all day.



ARE YOU CYBERCHON?
USED WELL, THE IS A GREAT SOURCE OF INFO – BUT A NEW FOUND WE TEND TO SELF-DIAGNOSE WITH THE WORST CASE SCENARIO. ALWAYS USE A REPUTABLE WEBSITE, SUCH AS WWW.NETDOCTOR.CO.UK – OR SEE YOUR GP!

Psst! Good news for anyone considering pain-relief options in childbirth – a new audit has revealed that epidurals (used in 25% of UK labours) are far safer than previously thought, with the risk of complications being at the most one in 80,000 – and possibly as low as one in 300,000.

The last taboo?

You're happy to gossip about everything from period pains to your sex life over a bottle of wine with the girls, but when was the last time you had a chat about your mental health? One in four of us will experience a mental health problem, yet fear and prejudice mean few own up to it or seek help. In fact, a shocking one in eight of us still say we wouldn't want to live next door to someone with a mental health problem. The Time To Change campaign (supported by Mel C) is seeking to end this discrimination. Do your bit by visiting www.time-to-change.org.uk.



TESTING ●

Boots is offering a new chlamydia service. You can now buy the Clamelle Chlamydia Test Kit, £24.47, send off a urine sample and get a result within seven days. If you test positive, you can then buy the antibiotic azithromycin, £19.57, over the counter.

3 ON TEST Thermometers

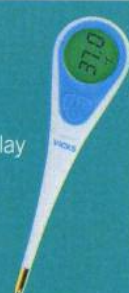
HI TECH
Braun Infrared Ear Thermometer, £42.99

Very accurate; with a pre-warmed tip to prevent inaccuracy. Verdict: 'This is a fiddle to use, but I like the memory-recall function.'



PORTABLE
Vicks SpeedRead Digital Thermometer, £12.99

Has a colour-coded temperature display for fast readings. Verdict: 'It's small enough to fit in your bag, and quick, so great for wriggly young children.'



VERSATILE
Brother 3-in-1 Thermometer, £34.99

Measures ear, forehead and room temperatures in just one second. Verdict: 'I can't believe how quick it is! The temperature function is handy for my baby's room.'



Words: Radhika Holmström, Wendy Golleddge Photographs: Camera Press, Getty Images