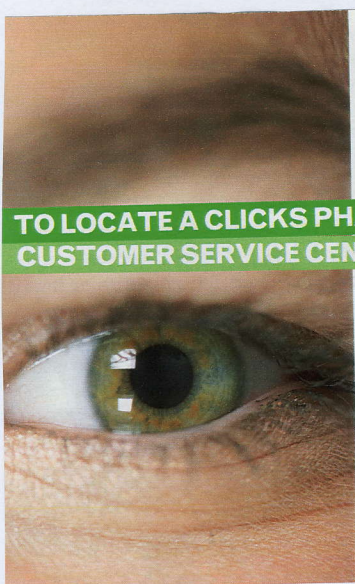


TO LOCATE A CLICKS PHARMACIST IN YOUR AREA, CALL THE CLICKS CUSTOMER SERVICE CENTRE: 0860-254-257, OR VISIT WWW.CLICKS.CO.ZA.



YOUR HEALTH +



**RAY OF LIGHT**

A gene-therapy trial being conducted by the University College London's Institute for Ophthalmology and Moorfields Eye Hospital may improve and preserve vision, it was announced in May 2007.

The trial involves adults and children who have a type of inherited retinal degenerative condition called Leber's congenital amaurosis (LCA). The trial involves inserting healthy copies of the gene responsible for the degeneration into the retinas, to help them operate normally. Previous trials with dogs with the defect showed that their vision was restored to the extent that they were able to walk through a maze without difficulty, which they previously could not do. Results of the human trial may be available in a few months.

South Africans can look forward to similar trials. Through the gene-tracking project it funds at the University of Cape Town, Retina South Africa is also trying to identify the precise genetic mutation in South African patients affected by LCA, retinitis pigmentosa and other retinal degenerative conditions. 'We need to use this window of opportunity before treatments become available to find out who will be eligible for these miraculous treatments,' said Claudette Medefindt, Director of Science at Retina SA.

**It costs more than R5 000 to identify the exact gene defect responsible in every family. For more info or to get involved with funding, call Retina South Africa on 0860-59-59-59.**

**15 000**

The number of lung-cancer deaths globally that are a result of indoor air pollution.  
Source: World Health Organisation

**HEALTH DATES**



**JULY**

- Mental Illness Awareness Month
- Men's Health - CANSA
- Colorectal Cancer Awareness Month - CANSA
- 6 National Multiple Sclerosis Awareness Day
- 11 World Population Day
- 16 Hepatitis Day
- 31/7-5/8 Cancer Prevention Week

**JUNE**

- National Oral Health Month
- National Women's Month
- 31/7-5/8 Cancer Prevention Week
- 1-7 World Breastfeeding Week
- 6-10 Rheumatic Fever Week
- 6-12 National Immunisation Awareness Week
- 9 National Women's Day
- 8-14 Organ Donor Week
- 11 National Cancer Survivors Day
- 24-30 Cerebral Palsy Week
- 24-30 Deaf Awareness Week

**Programme these numbers into your cellphone!**

- Mental Health info centre:** (021) 938-9229
- Multiple Sclerosis SA:** 0860-456-722
- La Leche League breastfeeding helpline:** (012) 345-4898
- Organ Donor Foundation:** 0800-22-66-11
- People Opposing Women Abuse:** (011) 642-4345
- Deaf SA:** (011) 482-1610

**BYE-BYE MIGRAINES**

If you suffer from severe headaches and migraines, a new treatment offers hope of relief.

Research by the medical director of The Headache Clinic and head of the South African Headache Society, Dr Elliot Shevel, suggests that the pain actually comes from small arteries in the scalp, not from inside the brain. Because these arteries are just under the skin (they have no connection with the brain), they are easy to find and it is a simple matter for someone with the proper training to diagnose exactly which ones are causing discomfort. When the responsible blood vessels are blocked with finger pressure, the pain lessens or disappears, only to come back when the finger is removed. Blocking the painful vessels can permanently prevent migraines.

Dr Shevel says the scalp has such a good blood supply, that it is possible to block many scalp arteries without there being any harmful results.

Source: The Headache Clinic: 0861-678-911

