

## Don't drive with a headache

You know not to drink and drive – but driving with a headache can be just as hazardous. Dr Eliot Shevel, medical director of The Headache Clinic, says that headaches compromise road safety for several reasons, including loss of concentration while driving because of pain and drowsiness from sleepless nights and overuse of medication. Driving while tired or after taking strong medication can be as dangerous as driving under the influence of alcohol.



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## Aids watch

Africa is still the continent worst affected by HIV/Aids. According to UNAIDS in 2006, 63 per cent (almost two-thirds) of those infected with HIV were living in sub-Saharan Africa. That's a whopping 24,7 million people! An estimated 2,8 million adults and children became infected with HIV in 2006, more than in all other regions of the world combined. Last year, more than 2,1 million people died from Aids in sub-Saharan Africa, which amounts to 72 per cent of global Aids deaths. Women are also more likely to be infected than men in this region. Safe sex is the key to controlling this pandemic, so make sure you always use a condom.

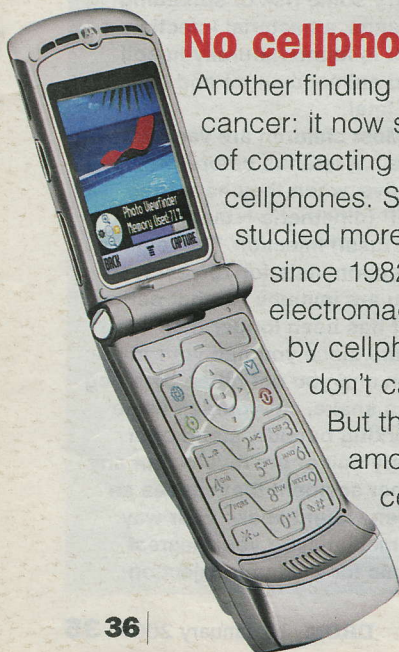


## Did you know?

Women who've passed menopause and drink alcohol (in moderation) have stronger bones.

25

The percentage of men who'll start to lose their hair by age 30.



## No cellphone cancers

Another finding in the debate over cellphones and cancer: it now seems there isn't a greater risk of contracting cancer from frequent use of cellphones. So say Danish researchers who studied more than 420 000 cellphone users since 1982. The researchers say the electromagnetic fields emitted by cellphones can penetrate the brain but don't cause tumours in the head or neck. But they caution parents to limit the amount of time children spend on cellphones, as their young brains and nervous systems are still developing.



## Amazing avocados

The health benefits of avocados seem endless. Packed with vitamin E and the essential fatty acids Omega 3, 6 and 9, they're known to help prevent heart disease and even slow the ageing process. The high folic acid content benefits pregnant women especially as it assists in the healthy development of the unborn baby. Research is underway to prove their effectiveness in treating age-related blindness and certain cancers. If you can't find fresh avos, try avocado oil which is now readily available in most supermarkets. Use it as a healthy alternative to butter, margarine or sunflower oil when cooking, or as a delicious salad dressing.