

During periods of extended inactivity in cramped conditions such as on long flights, normal blood flow to your extremities can be restricted. This can cause leg fatigue and discomfort and may contribute to the more serious condition, Deep Vein Thrombosis (DVT). Without activity, blood can pool in the veins of the legs and in some cases form a blood clot in the deep veins. DVT can even strike men and women in good health, such as Australia's cricket

ECONOMY CLASS SYNDROME

captain Steve Waugh, and gives very little warning. Risk of DVT is increased if you are pregnant, obese, suffer from chronic heart conditions, use hormone medications, have a history of blood clots or varicose veins or have had recent trauma or surgery.

Wearing compression stockings on long flights is one way of reducing the risk. Jobst Gradient Compression Hosiery deliver pressure to the ankle that gradually decreases as it extends up the leg, helping move blood back to the heart and reducing blood pooling in the legs. For more information, phone (02) 9888 0971.



Australians and Melanoma

Dr Andrew Penman, CEO of The Cancer Council, says that no matter how old you are, you can reduce your risk of skin cancer by making sun protection a part of your daily routine. "Many older Australians are good at protecting their families from the sun, but tend to forget that they too will always benefit from proper sun protection behaviour. It's never too late for anyone to Slip, Slop and Slap." Research shows that men aged 70 and over are more than twice as likely to develop skin cancer than women of the same age. Australia has the highest rate of skin cancer in the world, resulting in 1,300 deaths each year, 80% of which are from melanoma.

Clean Cleaning

Cleaning with common household cleaning products can actually harm your family's health and harm the environment, according to a study at Murdoch University led by Dr Peter Dingle. The incidence of asthma, allergies, common airway infections and other hypersensitivity reactions are on the rise. Accordingly, cleaning has become imperative for protecting your family's health. However, a lot of cleaning products contain chemicals that may actually bring on an asthma attack or allergic reaction. A Perth-based company, Enjo, has developed a range of cleaning cloths and gloves using advanced fibre-based technology that eliminate the need for up to 90% of detergents and chemicals that are currently used for home cleaning. For further information, phone (02) 9426 0561.

TINNITUS EPIDEMIC

Tinnitus, or ringing in the ears, affects approximately 20% of Australians. To date, treatment has been varied in its effectiveness. However, one new technology has had startling results. This treatment is known as Sound Therapy and is based on the work of Dr Alfred Tomatis, a leading Ear, Nose and Throat Specialist. The therapy involves high frequency sounds that are used to stimulate and rehabilitate the ears and stimulate the brain.

Rafaele Joudry, Director of Sound Therapy International and a leading author, lecturer and expert on hearing problems, believes that tinnitus is caused from damage to the hearing 'hairs' (or cilia) in the inner ear. She says that when the cilia are damaged, they lie flat and in touching each other they 'short circuit' and create a noise.

Dr Tomatis developed a recording system whereby classical music is played through special equipment so that the high frequencies are enhanced. This stimulates the hair cell to become erect again. The music is specially recorded through a device called the Electronic Ear, which transforms the music into a highly enjoyable and therapeutic medium.

For further information or advice on Sound Therapy International, phone (02) 9665 1777 or browse their website at www.soundtherapyinternational.com.