

PRESS CLIPPING SHEET

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Health tips



Hot weather

THE hot weather the country is experiencing at this time of year could expose people to sunstroke. The Ministry of Health has called on everyone, especially elderly people and children, to drink large quantities of water and to avoid being out in the sun for too long, during a heat wave. One other preventive measure is not to go out in the rush hour. If going out cannot be avoided, then people should wear a hat and try to walk in the shade. They should drink a lot of water and natural juices and have regular meals, so as to maintain an adequate level of mineral salts in their body.

Elderly people should stay at home in a cool environment, even if they have to use an air conditioner or a fan, to achieve this. They should shut the windows during the day and open them at night.

The Ministry also recommends consulting a doctor if certain symptoms present themselves such as vomiting, headache, fever or dehydration in children and the elderly.

The Ministry urges people not to drink too many hot drinks such as tea and coffee that could increase nervous tension and

body heat. It advises people to reduce their intake of fizzy drinks which raise glucose levels in their blood and add to their feelings of thirst.

Feet protection

IN the summer, many women prefer to wear open shoes or sandals and they abandon closed footwear. Beauty expert Laila H. Hini has some recommendations for keeping one's feet looking good: Massage your feet using warm olive oil, then wrap them in gauze for 15 minutes. Remove the gauze and rinse the feet well, to remove any excess oil. This step is very important since it helps make the skin more elastic and soft.

If the skin of your feet looks yellow, Ibrahim's advice is to soak your feet for a few minutes in a basin filled with a mixture of water and a little alkaloetis to clean the feet and remove the yellowness. Always remember your feet when spreading protective sun lotion or sunblock on the rest of your body, since the whole of your skin surface needs to be shielded from the harm that can be caused by the sun's rays, especially in the summer season.

MANAGING the complex emotional response to a cancer diagnosis is one of the hardest aspects of the 'journey' – not only for the patient, but for family and friends too. Stress, anxiety, panic attacks and pain can force a loneliness which eats away at confidence. Some people simply travel through on autopilot; some find help from the GP in the form of medication; others turn to the arts. Using art as therapy, each person was encouraged to paint "in the moment" to express their anger, worries or determination. The result was an exhibition of paintings created by the group of patients, their families or carers – some of whom had never before lifted a crayon, pencil or paintbrush. The result was extraordinarily moving. *The Independent*.

