

More kids fewer teeth

There might be truth in the old wives' tale that for every baby a woman has she loses a tooth. US researchers have found a strong link between pregnancy and dental problems. The study found the more children a woman had, the more at risk she was of mouth disease, missing teeth and untreated holes in her teeth. Some doctors say pregnant women and young moms are less likely to visit the dentist while others say pregnancy interferes with calcium absorption and increases hormones that affect dental health.

Did you know?

Men sweat about 40 per cent more than women – that's why it's essential they use anti-perspirant.



Breast cancer risk for drinkers

Women who drink two bottles of wine over a weekend significantly increase their risk of breast cancer, says a new study. The study looked at 17 000 women and found those who had between 22 and 27 drinks a week doubled their risk of breast cancer compared with women who had one to three drinks a week. The risk was greatest when drinks were consumed in a short period – for example, regularly having two bottles of wine over a weekend. Experts say higher alcohol intake may increase levels of oestrogen, a hormone associated with the development of breast cancer.

Back pain can make you forgetful

If you suffer from chronic back-ache it could affect your short-term memory. UK researchers say your recall of things you need to do in the future, such as remembering to make a doctor's appointment or pick up dry-cleaning, could be affected because of the link between pain and stress.

Stop being nasty

If you're constantly in a bad mood it could be because you're not getting enough "healthy fats", the ones that provide your body with essential fatty acids to enable your brain to function properly and produce the hormones that affect your moods. Increase these good fats in your diet by eating oily fish like salmon or pilchards and eating eggs and yoghurt that contain omega-3.



120

Days is the life-span of a red blood cell



Aids Watch

Those with HIV have more than double the risk of suffering a heart attack than those who are HIV-negative, a new study has found.

Researchers aren't sure if it's the virus itself that increases the risk or the medications used to treat HIV.

HIV-positive women were also found to be at greater risk of heart attacks than HIV-positive men – which is just another reason it's so important for those with HIV to eat healthy food such as fruit and vegetables and get moderate exercise.

Also tell your doctor or caregiver if you are experiencing any chest pains or shooting pains down your left arm.



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