

# Health help

Health editor Mandy McDonald answers your questions and shares some top health tips



## Women just like you



**Sally Longson, 47, is married with no children and works as a life coach and on her website, [getactivewithanimals.com](http://getactivewithanimals.com). She keeps healthy by:**

- ✓ Walking every day to keep the kilos off and increase energy.
- ✓ Snacking on fruit as soon as her stomach starts to rumble.
- ✓ Using cocoa butter body lotion after a shower and as a hand cream.
- ✓ Taking echinacea (a herb known to boost immunity) when she feels a cold coming.
- ✓ Substituting high-fat biscuits with low-kilojoule alternatives.
- ✓ Spending time with animals – they are great stress-relievers.

## Q My son seems to get an inordinate amount of wax in his ears. What's the best way to get rid of it?

**A** Ears are self cleaning and aren't designed to need drops or syringing. If you're worried about his hearing, you can arrange a test through your GP. Don't let your son use cotton buds to clean out his ears as they only push the wax further into them. And using a dirty fingernail to prod around not only looks horrible, but can also set off an ear infection. If he's experiencing pain, or has an infection, take him to your GP.

## Q I have deep grooves from my nose to my mouth that make me look old and angry! My friend recommended filler injections. Where can I have them done? Will medical aid cover it? Is it safe?

**A** Dr Bradley Wagemaker, medical director of Lamelle Research Laboratories, says, 'The grooves that occur from the corner of the nose to the angle of the mouth are called naso-labial folds and are caused mainly by the loss of fat in the upper cheek. As the fat pads that are normally found in the face get smaller, the grooves get deeper. There are a few very safe and effective options that involve the use of injected filler solutions, some temporary (lasting a few months) and others longer lasting (a few years to permanent). The treating physician would need to determine whether the treatment may need cheek and fold filling or whether just the folds need to be augmented. Unfortunately, the procedure is regarded as cosmetic and isn't covered by medical aid. The procedure should be administered by a qualified doctor who is adequately trained.'

## TALKING POINT

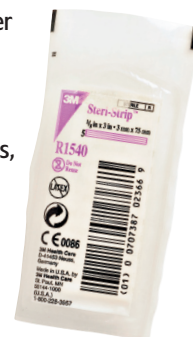
As the flu season encroaches, I'm often asked whether flu injections are really worth it. I'd certainly recommend one for anyone with a weak immune system or who'd be in danger if they got the flu. This includes anyone who is over 65; has heart, lung or kidney disease; is HIV-positive; or has diabetes. The jab protects against common strains of flu, but you may still get colds. There's a slight risk of allergic reactions and very rare neurological problems. You can't have the jab if you're allergic to eggs or have had a bad reaction in the past.



## Can I glue my own wound together?

You know the feeling. You're chopping veg for a dinner party when the knife slips and you cut yourself. You wash the cut, put a plaster over it and forget about it. Moments later, it starts up again. The last thing you need is a trip to the hospital, so try the new Steri-Strips, R22.75 for 10 from Dis-Chem. All you have to do is:

- 1 **Dry your finger well.**
- 2 **Stick the end of the strip at right angles to the cut, stretch it across the wound so the edges are together, and stick on the other side of the cut. Keep the wound dry and it should heal fine. Get medical help if the bleeding won't stop or the Steri-Strip won't hold.**



**Fillers are safe and cheaper than Botox – great for crow's feet or fine lines around the mouth**

**GET IN TOUCH!** Have you got a question for this page? Email Mandy at [essentials@caxton.co.za](mailto:essentials@caxton.co.za)