



GREAT HEALTH STORIES THIS FORTNIGHT

// Stay warm on the coldest day of the year:

January 13 is traditionally the coldest day and Help the Aged's Cold Can Kill campaign highlights the fact that last winter 25,000 people over 65 died from cold related illnesses. The risk of stroke, heart attack and hypothermia increase if room temperature falls below 16°C. They urge people to keep homes warm (21°C or above) dress in layers, stay active and claim fuel allowances. For details on allowances call Seniorline on 0808 800 6565.



GPs penalised for poor availability

Posters for a survey to find out what patients think of GPs go up in surgeries this week.

Five million random patients will be asked to fill out a questionnaire called Your Doctor, Your Experiences, Your Say, asking about surgery opening hours and if they are seen by a GP within two days.

Surgeries that score badly could lose £8,000 a year in incentive payments.

// Coffee could shed Christmas pounds:

A new coffee that claims to help you lose weight is being launched. CoffeeSLENDER(r), contains Svetol(r) an extract of green Robusta coffee beans, which reduces the sugar converted from carbohydrate foods. An Italian trial showed volunteers who dieted and took Svetol lost twice the weight in 60 days than those who just dieted. Available mail order on 0845 094 6284 or www.CoffeeSlender.co.uk from £11.95 for 21 sachets.



// More could benefit from statins.

The cholesterol-lowering drug simvastatin has the potential to benefit a much wider range of patients than it is currently being prescribed for, according to a major study. The Heart Protection study found people aged 35-85 with risk factors for heart disease could increase their life expectancy by between 1.67 and 2.49 years by taking a daily 40mg dose of simvastatin.

PICS: GETTY IMAGES, MASTERFILE