



HRT FOR DEMENTIA

Hormone therapy can reduce a woman's risk of developing dementia after the menopause – but it has to be the right type. In a study at Stanford University School of Medicine, researchers found that, started soon after menopause, estradiol (one form of oestrogen) prevented degeneration in key brain regions of women who were at heightened dementia risk. With the right hormone treatment (eg an estradiol skin patch or gel together with Utrogestan – progesterone – capsules) new long-term studies show women live longer with a better quality of life and lower risk of heart disease, cancer and osteoporosis.

Who knew?

Stressed baby boys are more likely to grow up to be **snorers**. Experiences such as **separation anxiety** disrupt the development of **hormone regulation** systems, leading to **respiratory problems** in later life.



Splash cola on a **wasp sting** to soothe it – its **phosphoric acid** counters an **alkaline** wasp sting but won't work for a bee sting, which is **acidic**

New on the shelves

Tiger Balm Neck & Shoulder Rub (£7.99 for 50g from Superdrug, Holland & Barrett and independent pharmacies) is quickly absorbed, stimulating circulation and relaxing tense muscles.



Dr Falk Pharma UK

'**you...track**' is a new app (free from drfalk.co.uk) to help anyone with ulcerative colitis (over 140,000 in the UK) to record their symptoms and medication to update their healthcare professional.



Solve Sunburn Relief (£9.95 for 100ml from Boots and independent pharmacies) is the only licensed medicine to combine the painkiller ibuprofen with a skin-soothing emollient – perfect for painful sunburn.



Wartie (£13.99 for 18 applications from Boots) uses a cryotherapy (freezing) technique comparable to a GP treatment to get rid of warts and verrucas.

