

Health & wellbeing

Great advice to keep you happy and healthy

Q. I've noticed that I'm suffering from frequent headaches which come on at the end of the working day. I think it's caused by glare from the computer – what can I do?



Consultant oculoplastic and ophthalmic surgeon Dr Elizabeth Hawkes is here to help.

HEV light is the blue/violet band of the visible sunlight spectrum. Unlike UV light, it can be seen, and it's given out from things like your computer screen. Extended periods of time

in front of a screen can result in headaches, blurred vision, dry eyes and fatigue.

You can filter a large proportion of this out by fitting a special screen on to your laptop or tablet, which prevents some of the HEV light and therefore reduces the side effects. You should also try to have regular screen breaks, at least every two hours.

Adjusting the screen brightness can reduce blue light by up to 70% and help to reduce headaches. Also, try to work further away from your screen and keep devices at eye level.



In The News

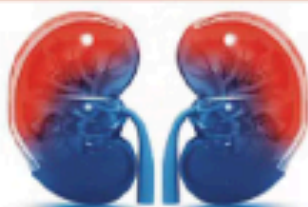
Pollution Study

Air pollution has long been known to affect lung health, but now research from Peking University shows it could trigger kidney disease.

The researchers found cases of kidney disease were highest in people living in the most polluted urban areas.

It is thought that tiny particles of pollution may trigger an inflammatory response in the airways that moves to other parts of the body, including the kidneys.

Although extreme results might be expected in China's notoriously polluted areas, the results echo findings from the USA last year.



Probiotic Benefits

You might think of probiotics as being useful for gut health, but taking steps to improve the microbiome in your gut by eating probiotic foods such as live yoghurt and sauerkraut, and ensuring your diet is packed with the green leafy vegetables your gut bacteria loves, has surprising extra benefits, too:

- Improved sleep
- More stable moods
- Better concentration and memory
- A stronger immune system
- A healthy heart
- Reduced risk of Type 2 diabetes
- Weight loss



Health Bite

If you spot starfruit in your supermarket, give it a try. This sweet and sour fruit from south-east Asia takes the shape of a five-point star.

It is a good source of fibre and vitamin C, and is packed with healthy plant compounds, including quercetin, gallic acid and epicatechin. What's more, starfruit tops the charts as the most hydrating fruit because it is made up of 91.4% water.

However, it does have a high oxalate content, which means it could interact with some prescription drugs and is not suitable for people with kidney problems, so consult your doctor before trying it.