

**MEDICAL GADGET OF THE WEEK: TERMOSHA**

Termosha is the first baby-smart thermometer that allows children to measure their temperature without the help of adults through a children's mobile app. We love the amusing little octopus, also named Termosha, that entertains kids in the process of measuring and tells them what to do to feel better. Visit [termosha.com](http://termosha.com).



**MEDICAL TERM OF THE WEEK: GUSTATORY RHINITIS**

When you're sniffing while you're eating spicy food, you've got gustatory rhinitis. Remedy this nuisance symptom by avoiding foods that make your symptoms worse. Easier said than done when presented with an irresistible spicy dish...



**MINDFULNESS TO DEAL WITH PTSD**

**B**ecause of the resilience and selflessness that their job requires, many social care professionals rely on yoga, meditation and mindfulness to cope. These activities give them the chance to take time for themselves so they can help take better care of others. 'Social workers are often over-scheduled, underpaid, exposed to traumatic stories and are therefore at risk of burnout and secondary trauma,' says Kristen Esposito Brendel, an assistant professor of social work at Aurora University, Illinois. Secondary traumatic stress is a form of post-traumatic stress disorder (PTSD) that has also been linked to burnouts. For Brendel, mindfulness is a way to simultaneously 'mediate the risks and heal the healer'. Dedicating time to meditative practices is crucial for those working in organisations where the cumulative effects of stress can lead to physical and psychological issues. An advantage of meditation and mindfulness is that these practices aren't time-consuming or expensive and don't require specific equipment. Experts say it will help you in your private life, too. You'll learn not to bring issues from home to work, and the other way around.

**21m**

people across the world have Alzheimer's or a related dementia

Source: Alzheimer's Disease International

**EARLY ALZHEIMER'S DIAGNOSIS ON THE**

Could a simple eye test at the opticians detect Alzheimer's? Neuroscience researchers at Cedars-Sinai Medical Center in Los Angeles have developed a retina scan that could help diagnose Alzheimer's disease years before other symptoms start to emerge. Early diagnosis could help sufferers access the appropriate medical and support services sooner. As the most common type of dementia, Alzheimer's disease is a debilitating, progressive condition that may contribute to 60 – 70 per cent of cases. Across the world, nearly 44 million people have Alzheimer's or a related dementia.



**Every Second Counts**

The idea of being in a position of having to save a child's life is terrifying. Be prepared for every eventuality by setting aside a few hours to learn the basics of first aid for choking, asthma care and CPR. Make today the day you sign up for a course! Visit [Ihstcuae.com](http://Ihstcuae.com).

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