



MEDICAL GADGET OF THE WEEK: UPRIGHT GO

Upright Go can correct your 'screen-slouch'. This habit-changing self-apply wearable sits on your back and vibrates to make you aware when you slouch. You can train to improve your posture and reduce upper-back pain while tracking your progress on the app. The gadget retails at \$79 (Dh290) uprightgo.com.



PEANUT ALLERGY BREAKTHROUGH

A peanut allergy is a distressing condition for anyone, especially for children. Australian researchers have come up with a fresh strategy to treat peanut allergies. Combining oral immunotherapy - which means eating tiny doses of the peanut allergen - with the probiotic *Lactobacillus rhamnosus*, they say, gives the immune system an additional nudge to tolerate peanuts. The study showed that 80 per cent of the children who received the combined probiotic therapy could eat peanuts four years later.

MEDICAL TERM OF THE WEEK: MUSCAE VOLITANTES

Ever wondered what those flying threads that float across your eyes are? Nothing more than 'muscae volitantes' (or 'flying flies'), which is the name for cells or cell fragments in the jelly inside your eye. Harmless, if not a little strange.

1 in 160

children has an autism spectrum disorder.

Source: World Health Organization

Q&A

AUTISM ROCKS SUPPORT CENTRE OPENS IN DUBAI

UK-based charity Autism Rocks has opened a support centre in Dubai Healthcare City to provide therapy for children on the autism spectrum and training to teachers and parents to help them learn how to address challenging situations. The Centre's Founder Sanjay Shah tells us more about the centre's services:

What made you launch the centre in the UAE?

We want to offer world-class facilities and services which give back to the community we live in. My wife and I also wanted to provide a place for our youngest son, Nikhil, who was diagnosed on the autism spectrum in 2011, to be able to attend therapy at the centre and receive expert care when he is not at school. In addition, we have witnessed a demand for services in the UAE. The Autism Rocks Support Centre will fill this need in the emirate.

What are the main services you offer?

The centre offers occupational therapy, speech language pathology, psychology and applied behaviour analysis (ABA) services. Through our ABA service, parents can elect to have registered behaviour technicians work in the capacity of school shadows, as well as have their children attend our school readiness programme in which prerequisite skills required to attend a school environment are taught.

What training or support do you offer parents?

We provide a variety of training to parents through our speech, occupational therapy and ABA departments. Currently, a free workshop series on ABA is open for parents to attend.

Call 04 442 7012.

GO SMOKE-FREE

With the Anti-Smoking International Alliance (ASIA) having voted to make Dubai its regional headquarters, now might be the perfect time for you to quit smoking for good.



HERE'S WHERE YOU CAN FIND HELP FOR FREE:

Al Kheir Clinic in Mirdif City Centre offers free medical tests and advice on how to quit. Contact the clinic at 04 502 3939.

DHA runs a free Smoking Cessation Clinic at the Al Barsha Health Centre on Monday from 3pm-8pm and Tuesday from 7.30am-2pm. Call 04 502 3301 to contact the clinic.

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