

health news

## Down with diabetes!

Could you be at risk of type 2 diabetes? If you're over 40, with a family history of the disease and have a tendency to carry weight around your middle, you could become resistant to insulin. A new study by supermarket Asda found that over half of Brits don't consider type 2 diabetes to be a health concern. In fact, according to the NHS, there are 850,000 people in the UK who are living undiagnosed with diabetes. However, you can prevent it with a few simple lifestyle changes; and Asda Pharmacy is offering a free blood glucose test in store so you can find out if you could be at risk. Find out more at [your.asda.com](http://your.asda.com).



### HEALTH BULLETIN

#### → QUIT NOW!

Still a smoker? You could die 10 years younger than non-smokers, according to a study at the University of Toronto in Canada. Researchers found that persistent lifetime smokers lost an average of about a decade of life compared to those who'd never smoked. However, smokers who quit by the age of 40 avoided nearly all of the excess smoking-related risk of death from lung cancer and chronic obstructive pulmonary disease. So go on, bin those cigarettes for good!

#### → BEAT THE SNORE

Snoring could be a warning sign for heart disease. Researchers at the Henry Ford Hospital in Detroit found that snorers are more likely to have a thicker lining of their main vascular arteries, a precursor for heart disease. If snoring is keeping you or your partner awake at night, consult your GP.

#### → PROTECT YOUR BREASTS

A new study confirms a possible link between low vitamin D levels and breast cancer. Researchers at the University of California found women who had the lowest vitamin D levels were three times more likely to be diagnosed with the disease. During the three months prior to diagnosis, vitamin D levels were at their lowest, suggesting supplementation may reduce or slow the growth of tumours.

WORDS: SARA LEWIS PHOTOGRAPHY: CORBI SHUTTERSTOCK

## HEALTH news



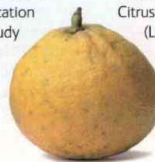
*Every hour, someone in the UK is told they have Parkinson's disease.*

*Help raise vital funds to find a cure during Parkinson's awareness week,*

*April 15-21; [parkinsons.org.uk](http://parkinsons.org.uk).*

### BIG CHEER FOR BERGAMOT!

Statins, used to lower blood pressure, are the most prescribed medication in the world, according to a study in the journal *Exercise & Sport Sciences Reviews*. However, side effects include muscle pain and weakness. New research to be published in the *International Journal of*



*Cardiology* shows the Italian fruit Calabrian Citrus Bergamot also helps lower levels of bad (LDL) cholesterol, without the side effects. Patients taking 1,000mg of bergamot extract saw a 31 per cent reduction in LDL. If your GP gives you the go-ahead, buy natural supplement BergaMet at [bergamet.co.uk](http://bergamet.co.uk); £42 for a month's supply.

Health & Fitness 45

HEALTHY YOU