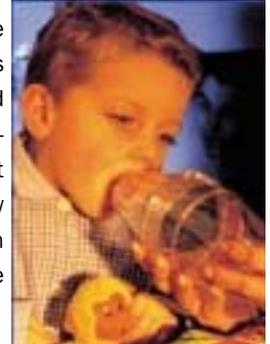


MENTORING MINUTES**CHILD ASTMA OR OTHER ALLERGIC CONDITIONS****INSIDE THIS ISSUE:****CHILD ASTMA
OR OTHER AL-
LERGIC CONDI-
TIONS** 1**NO EXERCISE
PUTTING
OLDER PEOPLE
AT RISK** 1**LOWER BACK
PAIN LINKED
TO VITAMIN D
DEFICIENCY** 1**SPOT THE NAR-
CISSIST** 2**FACT OR FIC-
TION?** 2

Mothers who suffer from depression or anxiety are at increased risk of having children with asthma or other allergic conditions. An analysis of 9000 families found mothers who had major depression were 67% more likely to have children with allergies. Among women with panic attacks,

the increased risk was 46%. The survey found 6% of the parents overall had major depression, and 3% of the children had allergy problems. The Californian psychiatrist who conducted the survey told New Scientist that inherited mutations in mitochondrial DNA could be the mechanism for the association.

**NO EXERCISE PUTTING OLDER PEOPLE AT RISK**

Older people who can still do exercise but don't are putting themselves at increased risk of reduced mobility later, and may in time develop problems walking or climbing stairs, researchers say. A study in the Journal of the American Geriatrics Society followed 3,075 black and white men and women aged 70 to 79 years over several years. While

none of the participants had mobility problems at the start of the study, after 4 1/2 years 34% of the men and 47% of the women had difficulty walking 400m or climbing 10 steps. "The results show the importance of an active lifestyle in old age", says lead author Marjolein Visser. "Health care providers should be aware of the benefi-

cial effects of physical activity and communicate this to their patients".

**LOWER BACK PAIN LINKED TO VITAMIN D DEFICIENCY**

More bad news for users of common painkillers classed as non-seroidal anti-inflammatory drugs (NSAIDs): a new study suggests they double the risk of acute urinary retention in men.

NSAIDs include aspirin, ibuprofen and the more recently introduced Cox-2 inhibitor family of drugs such as Celebrex used for arthritis. They work by blocking the

action of prostaglandins, which promote inflammation.

The drugs have suffered bad publicity recently, with one study last month (BMJ 2005;330:1366-9) suggesting both ibuprofen and diclofenac (commonly sold under the brand name Voltaren) increased heart attack risk. A separate study shortly afterwards in the British Journal of Clinical Pharmacology found an increased incidence of adverse reactions in children to drugs such as ibuprofen.

The latest study published this week in Archives of Internal Medicine, researchers studied a group of 72,114 Dutch men and identified 536 cases of urinary retention and 5348 control cases. Those who used NSAIDs were at double the risk of urinary retention, and the highest risk was in those who had recently started using the drugs and at doses equal to, or higher than the recommended maximum.

Arch Intern Med 2005;165:1547-51

**HEAS CONSULTANT
PSYCHOLOGISTS**

Level 2, 414 Hunter St,
PO Box 1148
Newcastle NSW 2300

Tel. (02) 4925-3333
Fax (02) 4925-3933

Website:
www.heas.com.au

Email:
heas01@ozemail.com.au



SPOT THE NARCISSIST

- A grandiose sense of self-importance. The person exaggerates his or her own abilities and accomplishments, and expects to be recognized as “special”.
- The belief that only he (it is usually he) has unique problems and that these could be understood only by other people as elevated as he thinks he is.
- A need for excessive admiration: they are forever waiting to hear the compliments they think they deserve.
- A sense of entitlement not justified either by their attain-

ments or situation. For example, they expect the best table in the restaurant as of right, the best room in the hotel, quick and deferential service, and can think of no reason they should queue even if everyone else is having to.

- The belief that if only their hitherto unhonoured achievements and ability were noted, their success and power would be limitless.
- Reacting to criticism with inappropriate rage or unnecessary humiliation. The per-

son has feelings that either they are hopeless and a criticism was more than justified, or that it was unjustified and displayed a lack of understanding of the circumstances.

- A lack of empathy (or they may fake it if their job and promotion requires it). This means that the person with a narcissistic personality disorder either doesn't understand someone else's needs, or if they do, so indifferent to them.
- Arrogance and haughtiness.

- Willingness to exploit other people to achieve their own goals. They are, therefore, prepared to sacrifice others for the greater good of somebody who matters—they themselves.



FACT OR FICTION?

Dr Know is a real doctor (Dr Paul Trotman) who likes to investigate medical myths and mysteries. When he's not healing the sick, he's conducting tests to find answers to your deepest, darkest medical concerns—like how safe is your bathroom, is it true you can catch nasty bugs from public restrooms, and does mixing your drinks really give you a worse hang over? You need to know!

Myths Debunked:

Myth: It's dangerous to swim after eating.

Fact: This myth was disproved in the 60's, but still gets trotted out. The very worst you can expect is a stitch, i.e., a short, sharp pain in the side, in which

case you should stop swimming and get out of the water.

Myth: Carrots help you see in the dark.

Fact: No, this myth possibly stems from British World War II propaganda aimed at concealing the invention of radar. Beta found in carrots is converted to vitamin A, which is needed for healthy eyesight.

Myth: You only use 10 percent of your brain.

Fact: Which 10 percent? Untrue. This myth is based on studies of rare people who have undetected hydrocephalus, a condition involving the abnormal accumulation of cerebrospinal fluid in and around the brain.

Myth: You can catch syphilis from toilet seats.

Fact: The worst you could catch from a toilet seat is

gastroenteritis, and even then you'd have to try pretty hard.

Myth: You should drink six pints of water a day to stay healthy.

Fact: Wrong! This is based on the requirements for intravenous fluids of someone who is getting nothing by mouth, and even then they also need various salts and sugar.

Myth: The human body is 98 percent water.

Fact: It's actually about 70 percent.

Myth: Masturbation makes you blind/impotent/have hairy palms/sickly and pale.

Fact: Yeah right, show me a pale, blind, hairy-palmed, masturbator and I'll believe you.

Myth: Women have a higher pain threshold than men.

Fact: Apparently only during the third trimester of pregnancy.

Myth: Sitting on concrete gives you piles (i.e., hemorrhoids).

Fact: Nope, sorry, this one's wrong too.

Myth: The bathroom is the dirtiest room in the house.

Fact: That honor goes to the kitchen, especially the chopping board and sink.

