

## Five ways to ... improve conception

- 1 **Many healthy couples take at least a year to fall pregnant** because there is only a small window of opportunity in which you can conceive each cycle. That's why knowing when you ovulate can help you fall pregnant.
- 2 **Pinpointing ovulation** can be done through measuring basal body temperature, cervical mucus, blood analysis, endometrial biopsy and saliva testing.
- 3 **This rise in oestrogen** that occurs two to three days before ovulation can be measured in your saliva. Chemists sell saliva ovulation kits, such as Maybe Baby ([www.maybebaby.com.au](http://www.maybebaby.com.au)), which help determine which days you are ovulating and therefore most likely to conceive.
- 4 **Maintain a healthy weight.** It's important to neither be too heavy or too thin. Avoid slimming or low-fat diets, which can cause menstrual irregularities.
- 5 **Avoid alcohol and cigarettes** for four months before conception to ensure you're as healthy as possible.



## Did you know?

Hypnotherapy can be a successful way to overcome addictions to cigarettes, alcohol, marijuana, ecstasy, cocaine ... and chocolate.

"About 50 per cent of the people who come to see me do so for weight loss," says Dr Julie Kidd, a GP who uses hypnotherapy extensively in her practice.

"It's about making mental, emotional or behavioural habit changes."

**DID YOU KNOW?** A new treatment for coeliac disease could be worming its way to us. Trials are underway to see if hookworms can inhibit the immune response that causes coeliac disease. Experts believe the lack of intestinal parasites in humans may be responsible for the upsurge in coeliac and Crohn's disease.

## WOMEN'S KILLER

Heart disease is the number one killer of Aussie women, and the Heart Foundation says many women are unaware they're at risk. It's why June 13 is Go Red for Women Day. So host a local event, hold your own do, or support one of the corporate partners carrying the Go Red for Women logo. "The campaign will help women understand their risks of



heart disease so that they can take the appropriate action," says the Heart Foundation's CEO Tony Thirlwell. Visit [www.heartfoundation.org.au/goredforwomen](http://www.heartfoundation.org.au/goredforwomen) for more information.

## NEWS NEWS NEWS



## DVT

We already know that sitting or lying in the one position for a long time (such as being in a hospital bed) and being relatively motionless for six or eight hours (such as on a long flight) increases the risk of developing blood clots – or deep vein thrombosis (DVT).

Now doctors believe people with sedentary jobs may be more at risk of DVT, too. "A study published this year showed that people sitting for more than 12 hours a day were more likely to present with clots," says Professor Paul Torzillo of the Thoracic Society of Australia and New Zealand.

"Sedentary jobs are an increasingly modern phenomenon ... and if you are obese as well, it's likely that your chance of having a clot is even higher. This is still a theory however, and ongoing research will reveal more."