

social scene



Each reader received a jam-packed goodie bag



Happy Longevity readers showing of their prizes

ANTI-AGEING BREAKFAST

Longevity magazine hosted a fact-filled anti-ageing talk with experts in the industry. Our readers enjoyed a scrumptious breakfast at Santorini, JHB



Longevity spoiling more readers with prizes



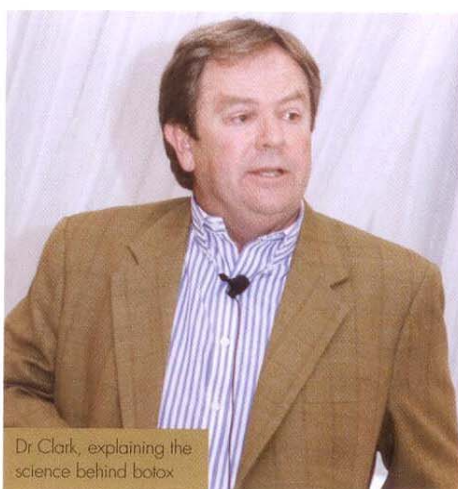
A delicious breakfast was served at Santorini in Hyde Park



Guest speaker, Dr Reddy, offers advice on cellulite



Dr Ching and Dr Presbury, skincare experts share their anti-ageing knowledge



Dr Clark, explaining the science behind botox



Longevity readers eager to find the secret to youthfulness

ask the experts

From facelifts to thyroid, our experts tackle your health concerns



DR PATRICIA OKEYO is a specialist obstetrician gynaecologist in private practice.



DR ANUSHKA REDDY is a medical doctor and anti-ageing and aesthetic treatment specialist in private practice



BRENT MURPHY is a pharmacist and director of Solal Technology Anti-ageing Specialists.



SHARON LEVIN is a stress management counsellor and healthcare consultant, in private practice.

SYMPTOM CHECKER

Q *What are the symptoms of anaemia?*

Anaemia mainly affects women during pregnancy or those who have heavy periods. Shortness of breath, fatigue, weakness, looking pale, light-headedness and palpitations (feeling your heart racing or beating irregularly) are all symptoms. Severe anaemia may include chest pain, angina and heart attack, dizziness, a rapid heart rate (palpitations) and fainting or passing out. - *Dr Patricia Okeyo*

FACELIFTS

Q *Since turning 50 my face seems to have "collapsed", making me look old and tired. Help.*

You can easily have the folds on either side of your nose rejuvenated with hyaluronic acid fillers. The common ones are Restylane, Perlane and Esthelis. These so-called "lunch-time" procedures are performed using topical or local anaesthesia and you can resume your daily activities straight afterwards.

(Be warned: there may be some inflammation, redness or swelling.) The treatment takes 30 minutes and you'll see immediate results. Expect to pay between R2 500 and R7 000 depending on the quantity of fillers used. Results can last for between 9 and 12 months, after which your face will gradually revert to its pre-treatment appearance and you will need a top-up, but this varies from person to person. Most fillers are safe, but make sure you go to a reputable expert. - *Dr Anushka Reddy*

THYROID TROUBLE

I have been diagnosed with

Q *hypothyroidism but don't want to use hormones. Any alternatives?*

There is nothing wrong with thyroid hormones if you need them. All thyroid hormone brands available locally are bio-identical (identical to what the body is supposed to produce naturally). However, once you start thyroid hormones, you usually can't stop, as your body's thyroid gland becomes lazy and may stop producing thyroid hormones naturally. This isn't normally a problem, as your thyroid gland is probably not producing much of these hormones anyway. There are 2 types of thyroid hormones: T4 and T3. Normally doctors put a person on T4 only. This, in most cases, is enough. But sometimes T3 (the more powerful thyroid hormone) is also required. However, before you go onto this treatment, I suggest you try a broad-spectrum thyroid support

supplement which contains iodine, tyrosine (an amino acid) and guggulipid (a gum extract from Indian Myrrh) which are all natural thyroid stimulators. I also suggest you take a multi-mineral supplement and either krill oil or fish oil as these nurture thyroid function. - *Brent Murphy*

TEMPER ALERT

Q *I have a terrible temper and it's getting me into trouble.*

Any tips?

Change occurs only when you really want the situation to improve. This is not an overnight task, but one that requires self-awareness – taking notice of what you are feeling and thinking; and self-control – using your ability to think before you act out so that you control your words before they come out of your mouth. Anger management classes will help, as will regular exercise, getting enough sleep, staying well-hydrated and eating a healthy diet high in omega 3s (which are scientifically proven to reduce temper and assist in combating the internal destruction that perpetual stress causes to organs). Also beneficial are relaxation techniques such as deep breathing, meditation and yoga. - *Sharon Levin*

FOR MORE ADVICE VISIT OUR WEBSITE AT WWW.LONGEVITYMAG.CO.ZA

Do you have a health query for our experts? E-mail kim@longevitymag.co.za with You Asked Us in the subject line. Unfortunately, our experts cannot enter into personal correspondence with readers.