

STATS & FACTS

MEDICAL CERTIFICATES NOW AVAILBLE ONLINE

Australia's newest medical e-consultation website Dr Sicknote, has announced they now offer carers' leave certificates. In a move set to ease the stress levels of primary carers across the nation, Dr Sicknotes latest technology innovation allows quicker and more convenient access to medical certificates online. The website provides a 100 per cent confidential, secure and convenient way for patients to gain a medical certificate for minor ailments and carers leave without having to attend a medical clinic. In Australia, it is estimated that nearly 5.5 million people between the ages of 15 and 64 years have unpaid caring responsibilities for relatives or friends. Dr Sicknote's founder, Dr Sachin Patel, recognised the need to set up a system that allows for more convenience for carers to obtain certificates and documentation for routine and minor medical procedures. Dr Sicknote can be accessed at www.dricksnote.com.au and medical certificates or repeat referrals are available for \$19.99.

IS STRESS CAUSING HAIR LOSS?

According to new research, one in three young people are suffering hair loss and most believe stress is to blame. The évolis® hair loss study of 1,245 Australians aged 18+ showed:

- One in three 18 to 24-year-olds have experienced hair loss.
- While the majority of older Australians attributed their hair loss to aging, seven in 10 (67 per cent) said stress was a factor, with the young and women most affected.
- Losing their hair made almost three in 10 (29 per cent) people feel anxious and 22 per cent feel depressed. Those aged 18 to 34 were more likely to feel depressed about it than older sufferers.
- While the majority of those surveyed had experienced some degree of hair loss, two in three (64 per cent) had done nothing to disguise their thinning hair, such as changing hairstyles or using styling products.

There are solutions available, including the new natural alternative évolis®. Suitable for men and women, évolis® tonics treat the most common types of hair loss by blocking the FGF5 protein that research shows is the key trigger for hairs to go from the growth to the resting phase and fall out sooner than they would otherwise. To find out more visit www.evolisproducts.com.au



88 PER CENT OF AUSSIE PARENTS ARE UNABLE TO HELP THEIR KIDS WITH HOMEWORK

The average Australian parent finished high school at least 14 years ago, so it's not surprising that 88 per cent of mothers and fathers admit they're unable to always help their children with school homework. A new study from Yoututor.com.au, an online tutoring service offering one-on-one expert study help, reveals that although one third of Australian children struggle with homework at least weekly, 88 per cent of parents aren't able to offer a solution. Lack of time, inadequate levels of knowledge, and an inability to afford support services were the main reasons for the barrier, with 62 per cent of parents with teens stressing that times had drastically changed since they were their children's age. Yoututor.com.au is a one-to-one tutoring service that connects students with some of the country's best, brightest and rigorously screened teachers, lecturers and PhD students. The program is open six days a week from 3pm to midnight, giving students unprecedented access to education professionals when they need it most.

1 IN 3 AUSSIES WITH POOR VISION ADMIT TO REDUCED PHYSICAL HEALTH AND WELLBEING

Over one in three Australians with sight problems may be the unhealthy and unhappy poor cousins of those with 20/20 vision, according to new research released by Australia's leading network of eye clinics, PersonalEYES. After surveying over 780 Australians who have, or have had vision issues, 35 per cent of respondents admitted to reducing their exercise and some cut back on social activities due to poor sight. One in three (32 per cent) women have had to reduce their exercise, while 38 per cent of men cut back physical activity due to sight problems. More alarming still, close to three in four (73 per cent) contact lens wearers said they exercised less because of sight problems before getting help with their vision. The study also found that Australians with poor sight may go out less to see friends, with one in five (20 per cent) women reducing their social activities because of sight issues and 13 per cent of men curbing their social lives because of sight problems. Find out more at www.personaleyeyes.com.au