

LIFESTYLE

Chairperson: N Persad

Alcohol Intake and your Health

L Alfred, MD Anduze

The word ‘alcohol’ is used to refer to that too often used delightful spirit that relieves the effects of stress, while granting feelings of well-being and grandeur, imparting some health benefits to the moderate user and grotesquely conferring damage and doom to the abuser. To tolerant users, small-to-moderate amounts are positively healthy. Its detrimental effects occur from large amounts and frequent intake in highly susceptible individuals as well as the consequences of their actions.

In small amounts, its benefits include relaxation, reduced social inhibitions, decreased risk of Type 2 diabetes and death from cardiovascular disease and ischaemic stroke; reduced risk of gallstones, common cold, and dementia; and increased libido and longevity.

In large amounts, the damaging effects are many: drunkenness, loss of motor and cognitive control, central nervous system (CNS) damage, alcoholic neuropathy, liver cirrhosis, hepatitis, pancreatitis, cholecystitis, gastritis, renal failure, anaemia, cancer, cardiomyopathy, hypertension, accelerated dementia, depression, seizures, gout, complicated infections, alcohol poisoning; poor choices leading to sexually transmitted diseases, unplanned pregnancies, motor vehicle accidents and death.

If you drink alcohol, keep it moderate, be responsible.

If you do not drink, do not start.

The risks outweigh the benefits.

“When the Blind Sees” – Charles Bonnet syndrome

CF Holder

The Trinidad and Tobago, Society for Charles Bonnet syndrome

In 2014, The Trinidad and Tobago Society for Charles Bonnet syndrome, (CBS) a non-governmental organization (NGO) was founded to bring awareness of CBS to victims, caregivers and the public at large. Charles Bonnet syn-

drome has been described “as a common condition among people who have lost their sight and see things that is not really there, known as visual hallucinations” (RNIB). Visual hallucinations range from simple repeated patterns to the more complex ones. Distressing hallucinations could lead to panic, fear, confusion and sometimes bodily injury. Persons suffering from aged related macular degeneration, glaucoma, cataract and any other retinal problems could be at risk of experiencing CBS. In the absence of a cure, the best therapy is letting victims know that CBS is not a mental illness.

In May 2014, The British Journal of Ophthalmology published online the results of the largest phenomenological survey on CBS conducted by Dr Dominic ffytche and Thomas M Cox. That survey showed 39% being identified with CBS, 32% had negative effects and 75% had the condition for five years and continuing. It also suggested that the need for education prior to CBS onset may reduce negative outcomes. With this in mind, general practitioners, optometrists, ophthalmologists and psychiatrists are ideally positioned to educate persons at risk and assist in changing the *status quo*.

Bounce Forward: The 3-Step Formula to overcome Adversity No Matter What

K Onu

Have you ever fallen down in life? Do you want to eliminate worry and stress from your life?

As medical doctors, we are faced with stressful situations on a daily basis. The situations can be either personal or career based. Sometimes they can be so huge that we end up suffering. The toll on our health and well-being can be catastrophic if we do not learn how to turn adversity into opportunity.

Imagine turning things around very quickly? Bouncing forward faster than ever before. Living a life of joy, love, and peace while achieving good health, relationships and abundance. Turning adversity into opportunity and success.

This talk outlines various ways to bounce forward in the face of adversity whether they be health, career, relationship or money based.

Dr Onu highlights a proven three step formula that can help us bounce forward no matter what the challenges may be.

Simple but powerful tools that can be used to propel us forward, making our lives simpler, happier, easier and more enjoyable!

By following the formula we should be able to overcome adversity, eliminate our limiting beliefs, release negativity, master our emotions and shift our energy to live a life of peace, joy, gratitude, love and fulfillment.