

Noticeboard

Our roundup of the latest news and research, from quitting smoking to winter sunshine solutions



PROTECT YOURSELF

Cases of syphilis have risen 22% in the last two years among heterosexual men and women in England, to the highest levels since 1948**. While the spike is in part down to an increase in testing, there does seem to be more transmission in general within the population. The best way to reduce your risk of STIs is to practice safer sex, so use a condom for vaginal, anal and oral sex, such as Mates SKYN Original Condoms, £10.60, and visit your GP or a sexual health clinic if you're concerned. Boots Online Doctor Sexual Health Service* can also treat several common STIs, as well as provide at-home test kits.



ALLERGY AWARENESS

Meals out, work parties, festive markets... Christmas is a time for food, but if you're one of the 2.4 million people in the UK with a food allergy, the festivities can be trickier to navigate. Allergy UK suggests making sure you have your medication with you at all times, checking labels before eating food-based gifts and ensure a friend or work colleague knows what to do in an emergency. If you've had a previous prescription, Boots Online Doctor can provide support through its Anaphylaxis Treatment Service*.

Visit onlinedoctor.boots.com for more information.



Winter walking

Let it snow

Did you know 'walking in a winter wonderland' can improve how you feel about your body image? Walking in nature has long been known to have positive health and wellness perks, but a recent study by Anglia Ruskin University has revealed that women who walk for 40 minutes in snowy surroundings have a boost in appreciation for their bodies. Here's hoping it's a white Christmas!

Super supplements

Sourcing sunshine

It's known as the sunshine vitamin, but between October and March, the body doesn't make enough vitamin D from sunlight. The vitamin helps keep our bones, teeth and muscles healthy and eating oily fish, eggs and fortified breakfast cereals can help top up levels, but the government also recommends taking a daily supplement containing 10mcg of vitamin D. Consider Boots Everyday Vitamin D Tablets, £4.50, or vegan-friendly Bontanycl Vegan Vitamin D3, £19.95.



Nicorette Icy White 2mg Nicotine Gum¹, £27

DID YOU KNOW? According to the NHS, after just one year of quitting smoking, your risk of a heart attack will have halved. If you want to give up cigarettes this Stoptober, or any time of the year, Boots is here to support you. The NHS Stop Smoking Service*** is available in selected Boots pharmacies, and the Boots Online Doctor Stop Smoking Treatment* offers support and treatment to help reduce cravings.

Words: Maggie Gammon. Photography: Alamy, Getty Images and Plain Picture. *UK Health Security Agency

Shop now at boots.com

*Access to treatment and test kits is subject to an online consultation with a clinician to assess suitability. Subject to availability. Charges apply. ***Eligibility criteria and charges may apply. ¹Contains nicotine. Requires willpower. Always read the label

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