

**MARCH 6****OFFICE HEALTH**

A look at the dangers that working in an office can pose to your health and how to avoid them. From bacteria on your keyboard, to the greatest health worry – sitting down in front of a computer for hours on end. We will examine the danger of recycled air and transmission of viruses to the mental health challenge of clocking in every day to a toxic work environment.

MARCH 6**EMBARRASSING PROBLEMS**

We investigate those medical and health problems that people are too embarrassed to talk about such as erectile dysfunction, incontinence, body odour and skin conditions. Also, a separate story on the dangers lurking in your garden, specifically focusing on the health risks from gardening, which is one of WA's favourite pastimes.

MARCH 20**DIET AND EXERCISE**

How eating like a champion helps you reach your exercise goals. We will tie this in with the Margaret River Drug Aware Pro, a surfing event which brings the fittest aquatic athletes from around the world to WA. We will tell you how to calculate how much energy specific sports burn per hour of exercise.

APRIL 3**BUMPER EDITION: SLEEP**

How to get a better night's rest. We talk to the experts about how science can help you get a better night's sleep. So many of us struggle with insomnia and uncomfortable sleep; this topic is always among the best-read in Health+Medicine. We talk to scientists about their study of body rhythms and give practical advice on how to set up your home for sleeping.

APRIL 10

Psychologists' bible: The new bible for psychologists will be released in May, spelling out the latest advice on disorders and diseases. We look at what's in and what's out and the controversy about new definitions of mental disorders.

APRIL 17**BUMPER EDITION:
HOW TO CHOOSE HEALTH
INSURANCE**

What plan should you choose for you and your family. We look at what is covered, the extras you should be considering and how complementary health services are being included as insurance companies expand their offerings to members and customers. One of our respected financial planning experts will also explain the financial advantages in taking out private health insurance.

APRIL 24**VETERAN'S HEALTH**

Ahead of Anzac Day, we look at major and emerging issues for the care of old soldiers, especially the Vietnam-era servicemen.

**MAY 1****ADDICTIONS SPECIAL**

To coincide with World No Tobacco Day, we help readers make a plan to break the cycle of addiction. This will focus not only on tobacco, but other dependencies.

MAY 8**THE SEVEN DEADLY SINS
OF HEALTH**

Taking the age-old list of deadly sins (gluttony, sloth, lust etc), we examine how they impact on your health.

**MAY 15****ANGELS IN THE SKY**

A special report on the Royal Flying Doctor Service to mark its 85th anniversary. This will have a strong online component, too. Read the dramatic tales of what they do, the dramas they face, the medical technology they use and how they save lives.

MAY 22**rites of passage**

A look at how teenagers go through periods of testing the boundaries and how it can affect their health. This will look at the successful Pathways program and provide vital advice for teens, parents and anyone who has a family member going through this turbulent time in life.

MAY 29**BUMPER EDITION:
FERTILITY, PREGNANCY,
BIRTH.**

This special edition will look at how to maximise your chance of becoming pregnant, how to have a healthy pregnancy, how to plan for birth, what to do as your baby's birth date approaches, how to set up your house and what you need to know in those vital first few months of parenthood. We will also look at fertility treatments and how they help bring joy to would-be parents. This should be a cut-out-and-keep edition for anyone thinking of starting a family.

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JUNE 5 ALCOHOL DIARY

Alcohol has become so prevalent in our society - we look at the myths around drinking and how to protect children from alcohol-related harm. This will include an alcohol diary which tracks how much we drink.

JUNE 12 WINTER HEALTH AND FLU

Always one of our most popular editions, we look at the onset of winter and the health problems that come with it such as how to avoid the flu and what immunisations you should be considering. We will also look at how high-tech computer modelling is helping our doctors predict where and when the flu might strike.

JUNE 26 BUMPER EDITION: BALI SPECIAL

How to holiday safely. Water, food, disease, transport, health insurance, medical care over there.



JULY 10 ABORIGINAL HEALTH

To coincide with NAIDOC Week, July 7-14, we look at Aboriginal health including a chat with some of the frontline medical staff working in the bush.

JULY 31 BUMPER EDITION: SENIORS SPECIAL

As our population ages, it's important to plan for your ongoing health. This will include how to choose aged care accommodation, from retirement villages to nursing homes; mobile care services; assistance devices such as gophers, chairs and beds; insurance schemes and nursing home pods.

AUGUST 7 NIP AND TUCK TOURS

We look at the phenomenon of people are travelling overseas to have cosmetic surgery, making a holiday out of what would otherwise be a far more expensive medical procedure.

AUGUST 14 HOW TO GET HEALTHY ON A BUDGET

Free and low-cost health tips.

AUGUST 28 BUMPER EDITION: YOUR BACK AND YOU

How to manage back pain, how to avoid it, how to choose beds, chairs and other devices which can ease the pressure on your back. How exercise and physiotherapy can make a difference and who you should talk to regarding the pain.



SEPTEMBER 11 DEMENTIA

How to reduce your risk and what to do to stave off the effects.

SEPTEMBER 18 ADOLESCENT RISK TAKING

Is the teen in your life playing too close to the edge? We explain this risk-taking behaviour and how to deal with it.

SEPTEMBER 25 BUMPER EDITION: SPRING AND ALLERGIES

As traditional hayfever season approaches, we look at the scourge of spring and give you expert tips on how to avoid that horrible feeling. Plus, we expand our coverage to include other allergies and examine their prevalence in the modern world. What are the trends, how can you avoid them, what to do if you are struck down.

OCTOBER 23 THE BIG FOUR

We look at the biggest four killers in Australia and how to avoid them.

OCTOBER 30 BUMPER EDITION: SEX SPECIAL:

We look at how a healthy sex life can lead to a happier life - how to have one, how you and your partner can talk about it and how sex therapy can help. We also look at some of the medical conditions which get in the way of a happy, healthy sex life. This will include entertaining and enlightening commentary from WA's only university-based sex academic.

NOVEMBER 6 LEAVERS SPECIAL

How to stay safe and have fun at Leavers. As thousands of school leavers party, we provide down-to-earth expert advice for them, their mates and their parents on what to expect and how to deal with problems that might arise. This has been very successful in the past and we expect it will have a significant online component.

NOVEMBER 20 END OF LIFE

A look at palliative care services and how people are spending their last moments. Find out how to care for people who are dying and how to make sure those left behind are prepared. The guide will include living wills and health care directives.

NOVEMBER 27 BUMPER EDITION: HOW TO LOSE WEIGHT

A guide to losing weight, as research shows that shedding the kilos can have a dramatic effect on your overall health. We look at how to incorporate diet and exercise into your life, look at the effect of yo-yo dieting, weight loss drugs and supplements and examine some amazing bariatric surgery success stories.

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