

just zip it!

Carrying an emergency supply of jelly beans or glucose tablets is essential if exercise is liable to send your BGLs low. Finding somewhere to tuck these little treasures can be a challenge – all the more reason to equip yourself with a Fly Active Wrist Pocket. As well as doubling as a sweatband, this stretchy wristband, \$10, is the perfect place to store your supplies, with room to spare for a key, credit card and cash. Also comes in black, blue and grey. Visit www.flyactive.com.au or call (03) 9696 0022.

FAST FACT

Open your eyes... they could offer vital clues to heart disease or stroke, according to the Centre for Eye Research Australia, which is developing a non-invasive test (via a retina scan) to show that damage to the retina could reflect changes in blood vessels in the brain, kidneys and heart.

DID YOU KNOW?

Sunshine, summer and socialising are all good reasons for a drink, or three – the trick is finding a way to enjoy a tippie without derailing your diabetes. There is a range of lower-alcohol wines available – Yellowglen sparkling Jewel Yellow and Pink, Lindemans Early Harvest Sparkling Rosé and the lower-alcohol Nine Below Shiraz, Chardonnay and Rosé. For a low-alcohol beer, just look for those labelled 'light'.



*hi-tech diabetes breath test

Imagine going to your doctor for a routine check-up, and being able to do a diabetes test on the spot with a breathalyser-style sensor. Futurists predict such a device may not be too far away, following the development of a prototype by counter-terrorism security firm MSGI Security Solutions. The device will apparently use carbon-based chemical sensors to detect the level of acetone in the breath. And because people with diabetes often have higher levels of this compound, this hi-tech 'breath test' could provide a way to detect the condition in people who are unaware they have it. Watch this space.

For your diary dates, see *What's on*, page 140.

WORDS RACHEL SMITH