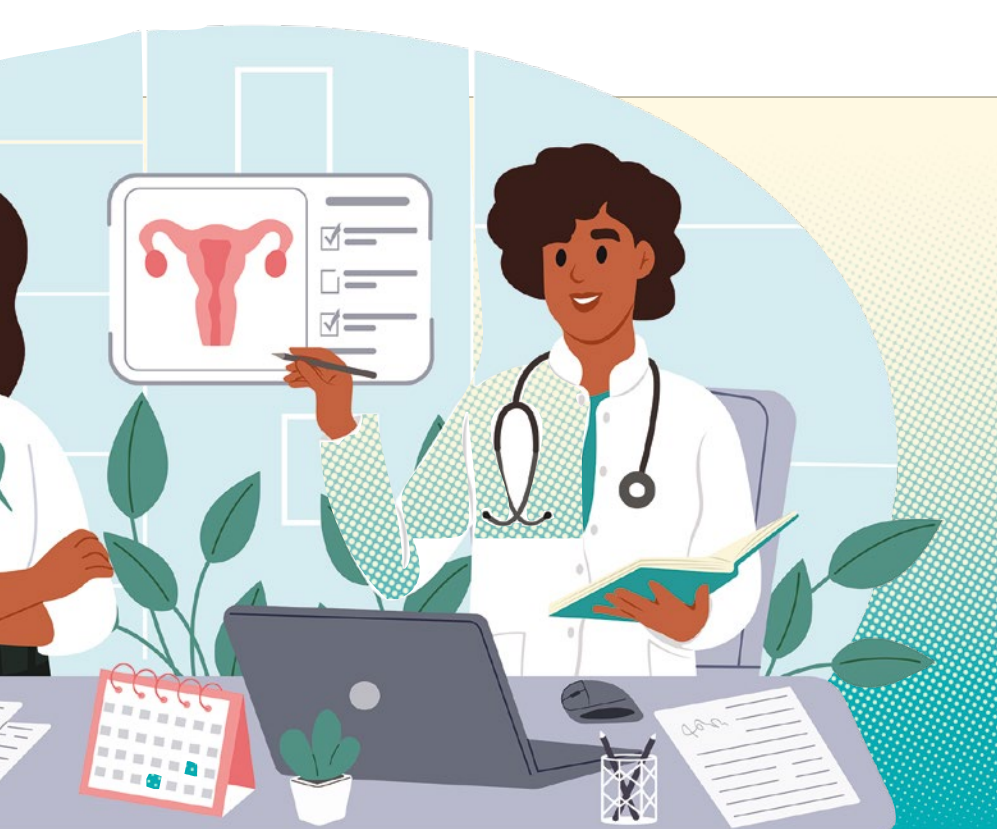




emphasis that the previous name placed on it is misleading because it completely overlooks the overall effect of the syndrome on a woman's health," says Dr Jackson Ndhlovu, a gynaecologist and obstetrician from Netcare Pholoso Hospital in Polokwane.

Women with PMOS experience metabolic and endocrine-related issues such as type 2 diabetes, hypertension, cardiovascular diseases, dyslipidaemia and sleep apnoea. They also have an increased risk of mental health conditions.

The new name helps patients as well as medical practitioners, says Dr Nomaphelo Mbungu from Mediclinic Louis Leipoldt in Cape Town.

"It helps patients understand that it's a condition that affects different systems, and the implications extend beyond just reproductive or dermatological features," she says.

"For doctors, it will help them not only

'THERE IS MUCH MORE TO THE SYNDROME THAN JUST OVARIAN CYSTS – THE PREVIOUS NAME IS MISLEADING'

focus on reproductive outcomes, but also on the broader metabolic and psychological complications associated with the condition."

Between now and 2028, steps will be taken to update the name in all international clinical guidelines and medical codes.

MYTH OR FACT?

SALT IN YOUR WATER KEEPS YOU BALANCED

It's a popular trend on TikTok recently – people adding a pinch of salt to their drinking water in a bid to maintain their fluid and electrolyte balance. But does it really help?

1 WHEN AND WHY WOULD IT BE USEFUL TO ADD SALT TO YOUR WATER?

If you exercise in hot conditions or for long periods at a time (more than two hours), you lose electrolytes through sweating, says Carey Seady, a dietitian at Christiaan Barnard Memorial Hospital in Cape Town.

"This also happens when it's very hot, when you have a stomach virus and experience vomiting or diarrhoea, and in people who have abnormally low sodium levels in their blood (hyponatraemia) due to a medical condition. In such cases, adding salt to your water can help. The better alternative is to drink an electrolyte replacement.

"For daily water intake, it's not necessary to add salt to your water. Excess sodium can be harmful, especially if you have high blood pressure, heart disease, kidney failure, or if your kidney function is impaired."

2 WHAT ARE THE SIGNS THAT YOUR SODIUM LEVELS ARE LOW?

Nausea, vomiting, loss of energy and confusion, Seady says. "A blood test can help determine whether you actually have a sodium deficiency."

3 HOW DO I MAKE A REHYDRATION SOLUTION?

The World Health Organization recommends using the following guidelines to make an oral rehydration solution: half a teaspoon (3g) of salt and six teaspoons of sugar dissolved in one litre of water.

There are slight differences in the sodium chloride concentration of table salt, sea salt and pink salt, but they're not significant enough to make a difference, so 2,5-3g of any type is fine.

PARENTING

WATCH YOUR WORDS

IT MIGHT be intended as a joke or you may think it will motivate your child to lose (or gain) weight, but a new study warns that teasing a child about their weight can have serious negative consequences for their

emotional wellbeing.

It can also lead to negative consequences for their physical health, says Rebecca Puhl, one of the researchers of the study from the University of Connecticut's Rudd Center for Food Policy and Health.

The study, which looked at 1 073 adolescents between the ages of 10 and 17, found that children who are teased about their weight are more likely to struggle with symptoms of depression, anxiety, stress, low self-esteem and a poor body image.

The same group also showed a higher risk of developing eating disorders and weight gain, as well as lower levels of physical exercise.

It was teasing from mothers that was especially harmful, the researchers say.

The study also examined the effect of teasing from other family members, including fathers, siblings, uncles, aunts, grandparents and cousins.

"Mothers are usually the family member to whom children are most attached, and they are also

closely involved in daily meals, how children feel about their bodies and health experiences," Puhl says.

"That is why it feels so much more personal and emotionally heavy when the teasing comes from a mother."

The researchers caution that any interaction related to weight can leave a lasting impression on young people, and that any conversation about the topic should be approached with compassion and respect.