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## Health News

It's that time of the year again, when the cold sets in and the germs start to spread. But there is some good news for the winter season. The Commonwealth Government has announced it has made the flu vaccine (or influenza as it's known in medical circles) free to people aged under 65 years. And you can walk into your doctor and get it now. The catch? You must have an underlying medical condition, be pregnant, or of Aboriginal or Torres Strait Islander descent. Even so, this will mean that about 2.2 million Australians will be vaccinated against influenza, helping to stop the flu from spreading. National data shows that 80 per cent of those hospitalised annually with suspected or confirmed influenza are under the age of 65, all the more reason to get your jab. For more info, visit [influenzaspecialistgroup.org.au](http://influenzaspecialistgroup.org.au).

Former NSW Leader of the Opposition Kerry Chikarovski has, in an unexpected career move, started up her own health company, called Chika Health. The first

product to be released from the

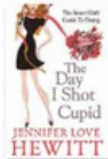
company is called Supprexxa, which supports metabolism and nutrient requirements during weight loss programs, \$64.98, [chikahealth.com.au](http://chikahealth.com.au)



**GET PHYSICAL**  
**LORNA JANE**, is set to launch two new Sydney stores in Burwood and Pitt Street Mall and a new and improved store at Westfield Bondi Junction. To celebrate, Lorna Jane is giving two lucky readers a stylish gym pack valued at \$250. [lornajane.com.au](http://lornajane.com.au). To enter: [alinetofive.com.au](http://alinetofive.com.au)

### Book Club

This is for all the broken hearts and the hopeful hearts out there. She's been getting a lot of press lately, but we're not sure whether it's for the right reasons or not. Need we talk about Vagazzing? (Google it if you haven't heard of it). In any case, Jennifer Love Hewitt's debut book, *The Day I Shot Cupid*, is actually pretty impressive. We're thinking it's the celebrity version of *He's Just Not That Into You* but with dating advice in between. Instead of just telling us that dudes simply don't like us, J.L.H. gives us her expert tips on 20 things to do before a date, and the perils of text flirting. What can we say? Her middle name is Love! Head to [allennandwin.com.au](http://allennandwin.com.au).



### ASK DR TOM

**NINETOFIVE** would like to introduce Dr Tom, a cosmetic physician from Laserclinics Australia. Each week, Dr Tom Goyer [m3a.us/10c](http://m3a.us/10c)

is on board to answer all your questions relating to your cosmetic inquiries.

This week, **Jolynn** from **Surry Hills** asks: "Hi Dr Tom, could you please explain to me the difference between a cosmetic physician and a cosmetic surgeon?"

**Dr Tom says:** "Very simply, down one end we have the surgeons who use "the knife" to surgically remove skin from the face to give the most amount of skin tightening possible. This normally comes with a high price tag and needs to be done under general anaesthetic in a hospital environment. Cosmetic

physicians fill the area in between this. They use relatively non-invasive procedures such as anti-wrinkle injections to soften lines of expression, fillers to rejuvenate areas of the face that have lost volume over time, and lasers to rejuvenate the skin from the inside out by stimulating collagen and decreasing red spots and brown spots etc. The relatively non-invasive procedures in cosmetics are becoming increasingly popular due to the fact that they give long lasting, natural results."

*We'd like to hear from you. If you have a question that you would like Dr Tom to answer, send it to [edit@alinetofive.com.au](mailto:edit@alinetofive.com.au).*



### Fitness Find

Just when you thought you had seen it all, out comes another piece of exercise equipment that blows its competitors out of the water. We introduce to you, the **Power Plate**.

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