

CIAP news

Man Flu — Apparently It’s A Thing...

Do men really suffer more than women? Or are they a bunch of wimps exaggerating the severity of their symptoms?!

A recent article in the [British Medical Journal \(BMJ\)](#) explores the much-debated phenomenon of “man flu”. Canadian academic, Dr. Kyle Sue, investigates whether there is any truth to the claims. Interestingly (annoyingly), Dr. Sue’s team identified several potential factors that suggest males *may actually* experience worse flu symptoms.



The study also explores possible evolutionary causes, with one research team suggesting that man flu might actually be a vital survival tool as “it promotes energy conservation and reduces the risk of encountering predators.”

The authors kindly elaborate on energy conservation techniques that the modern man might employ such as, “lying on the couch”, “not getting out of bed”, and “receiving assistance with basic activities of daily living”. All of which could prove effective for avoiding predators in today’s unruly and unpredictable climate. You never know what’s going to hop across the Harbour Bridge on your morning stroll!

Click [here](#) for the full article.

The Question

This month’s question was “Is Coconut oil effective in lowering cholesterol?”

The correct answer is: **No.**

Coconut oil actually contains more saturated fat than most other dietary fats, including animal fats such as butter and lard, and can also increase total and LDL cholesterol levels! For this reason, the American Heart Association now recommends that people with high cholesterol avoid using coconut oil to lower cholesterol or prevent heart disease.

The best bet is to use polyunsaturated fats (e.g., safflower oil, sunflower oil) or monounsaturated fats (e.g., olive oil) in place of saturated fats.

This question was taken from a news article in the Natural Medicines database. Read the [Full Monograph](#) to gain a more in-depth understanding of Coconut Oil.



Can You Diagnose This Patient?



This image was taken from [BMJ Best Practice](#) and for any of our readers who were Australian Open Fanatics, it is displaying **Lateral Epicondylitis (commonly known as Tennis Elbow!)**

Epicondylitis of the elbow is a condition associated with repetitive forearm and elbow activities. Both Lateral Epicondylitis and Medial Epicondylitis (commonly known as golfer’s elbow) are characterised by elbow pain during or following elbow flexion and extension.

To find this or another image, enter your search term in to [BMJ Best Practice](#) and then select Images and videos under resources, if apparent.

Have You Seen These Mobile Apps?

Royal Children's Hospital (RCH) Clinical Practice Guidelines

The RCH Clinical Practice Guidelines contained in this app provides quality, up-to-date health information. It is not only a resource for medical practitioners in the Royal Children's Hospital, Melbourne but for the wider community too.



Paediatric Intensive Care Guidelines

Paediatric Intensive Care Guidelines was developed by the Paediatric Intensive Care Unit at The Royal Children's Hospital, Melbourne. The app provides essential clinical information to manage the wide spectrum of patients in a busy cardiac and general paediatric intensive care unit.



For more information, visit CIAP's [Mobile help page](#).

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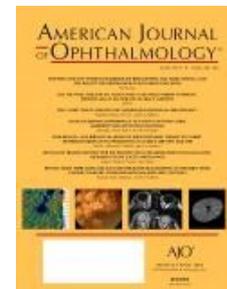
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CIAP's Journal of the Month - American Journal of Ophthalmology

The [American Journal of Ophthalmology](#) is a peer-reviewed, scientific publication that welcomes the submission of previously unpublished manuscripts directed to ophthalmologists and visual science specialists.

To read the [American Journal of Ophthalmology](#) and more, go to Journals, which can be found on CIAP's home page.



We'd love to hear from you...

[Tell us](#) what we should discuss in the upcoming CIAP newsletters.

Upcoming CIAP Events

Live Online Training

2 February | 15:00—16:00

Introduction to Ovid

7 February | 14:30—15:30

CIAP Essentials

[Register Here](#)

Workshops

1 February | Essentials

Orange Health Service

19 March | Evidence-Based Practice

Nepean Hospital

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12 February | CIAP Essentials

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