

Sylvia's Sky-dive

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Sufferers are advised to act quickly, reducing their alcohol consumption, especially on their late night, and sleeping back. Mrs Yardley said: "Patients need suitable for surgery if they fail to respond to this conservative treatment and their smoking causes disturbance to their lives or personal relationships."

Most of those who have tried treatment are middle-aged men many of whom are obese.

Before a patient has surgery, they are usually assessed. Doctor Wardle said: "A patient will suffer severe pain in the throat for up to two weeks. Around 80% of them find that after three months they are not snoring or snoring much less. Many also report better sleep and requires a different treatment to stop breathing during sleep apnoea, which causes them to wake frequently at night." They also need to ensure the condition is under control before a patient has surgery.

Afterwards the patient will undergo a further three months treatment and report better sleep and reduced daytime sleepiness. Many also report better sleep and reduced daytime sleepiness. Improved day time alertness.

BY KATE LAHIVE

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War on Litter

BY KATE LAHIVE

SOURCEBOOKS and their long-suffering partners are being offered the chance of silent nights through a new surgical technique being used

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The adds. "I want to shock people and to raise money to hopefully help find a cure for MS." Sylvia returned to Sheffield after gaining a first in Chemistry with honours at Sussex University, especially having become quite ill. Her academic success was the result of "subbomess," she says. Since then she has worked for her six months for a project in Redditch helping homeless people, but is now looking for appropriate part-time work, perhaps using her translating skills in German. "It is a case of learning to live with the disability," she says. "It is very important I do something with my life, to give something back, even if it is only a small contribution. I am hoping I shall be able to fight the disease from the end of the world."

So far Sylvia has raised £350 for the Multiple Sclerosis Society and is aiming to more than double it. Donations, made payable to the Multiple Sclerosis Society, can be made through Sylvia at 30, Bolycote Street, Wakeley, Sheffield, S6 3JS.

have their strongest campaign for years. This year's election hasn't looked like the精英 particularities where Count Bouwer is defended by his seal. Some observers believe some of the friction between the two parties can be ascribe to personal animosity between the two group leaders. Last year the local Liberal Democrat leader Peter Moor was forced to pay about £25,000 in damages to Mikhael Power after losing a libel action stemming from the 1992 election by the party that had won the constituency of Ashdown visit, page 8.

truth it, our friends must more often experience instability, than most of us. Even the most dutiful election officials, if I may say so, are often hard-pressed to keep their political rivals from attacking them. The police force, which is the backbone of our society, is often faced with difficult decisions. In such cases, they must make choices that are not always popular or easy. The media, on the other hand, has a much easier task. They can simply report the facts as they see them, without having to worry about pleasing anyone. This is why I believe that the media is an essential part of our democratic process.