

NO TURNING BACK!!

The biggest single cause of sickness absence in the United Kingdom is back pain. It can cripple both the employee and employer in lost wages and revenue, not to mention the burden to the taxpayer of welfare benefits.

7 out of 10 people, most commonly between 35-55 years old, will be affected by lower back pain ("lumbago") at some time. This is a pain or ache between the bottom of the ribs and top of the legs, anywhere across the back. It can be acute (lasting less than 3 months) or chronic.

If accompanied by other symptoms, then urgent medical attention should be sought, but in isolation back pain can be treated relatively simply:

- continue normal activities
- use over-the-counter analgesia or anti-inflammatories
- restrict bed rest to a minimum
- exercise to strengthen muscles
- apply a cold compress to reduce initial inflammation
- use heat rubs after a few days.

For more sustained injury, a Physiotherapist, Osteopath or Chiropractor can provide an assessment and treatment. It is advisable in many circumstances that a person with muscular back pain returns to work. Your Occupational Health Nurse will be able to advise a plan to help your recovery and keep you working which will help in the long run.

Don't forget to look at all lifestyle aspects - your car seats, computer chair and how you sit when relaxing at home. All help in preventing back pain; and remember when moving heavy objects - no turning back!

EVERYMAN MALE CANCER AWARENESS MONTH (June 2008)

The two main male cancers are **prostate** and **testicular** cancer.

The Prostate is the muscular gland which is situated at the base of the male urethra. It secretes a fluid which is a major constituent of semen.

Prostate cancer is the second biggest cause of male cancer following lung cancer. Over 10,000 men die each year from prostate cancer in the UK. Most of these are men over the age of 60 years and it is rarely seen in men under 50 years (everyman-campaign 2007).

THE SIGNS AND SYMPTOMS OF PROSTATE CANCER ARE:

- Frequent urination especially at night;
- Difficulty starting urination or holding back urine;
- Weak or interrupted flow of urine;
- Painful or burning urination;
- A feeling of not having emptied the bladder;
- Difficulty in having an erection;
- Painful ejaculation;
- Blood in urine or semen; or
- Frequent pain or stiffness in the lower back, hips, or upper thighs.

These symptoms can also occur as men get older as their prostate enlarges, but it is advisable to still seek medical advice.

The contributory factors of prostate cancer include; age, strong family history, race (more common in men of African descent), diet and exposure to radio active substances. These factors are not all areas that can easily be changed, although diet can be altered. The research shows high fat and low green vegetable intake can increase the risk.

Prostate cancer is treated with a variety of treatments including surgery, chemotherapy, hormone treatment, etc. The type of treatment is usually dependant on the type and size of the cancer.

Testicular cancer is the most common form of cancer in men aged 14-45 years. It is still quite rare with about 2,000 cases in the UK. The Everyman-campaign (2007) states that the cure rate is around 95% and this increases to 99% if it is caught early.

The risk factor include; age as stated above, undescended testes at birth, strong family history, previous testicular cancer and race (much more common in Caucasians).

SIGNS AND SYMPTOMS INCLUDE:

- A lump in either testicle
- Any enlargement of the testicle
- A feeling of heaviness in the scrotum
- A dull ache in the abdomen or groin
- A sudden collection of fluid in the scrotum
- Growth or tenderness of the upper chest

Therefore regular self examination is essential and if any of the above symptoms are detected then medical advice should be sought immediately.

Treatments vary depending on the type and size of cancer. There is usually no long term side effects and after treatment most men usually regain full sexual and fertility health.



Friday 16 May 2008

Why not get involved and raise funds for this worthy cause organised by the World Cancer Research Fund whilst at the same time encouraging your employees' and their families to eat a healthier diet? For an information pack visit: www.fruityfriday.org

6 WAYS TO A HEALTHY HEART:

- WATCH YOUR WEIGHT AND TRY TO REMAIN WITHIN THE RECOMMENDATIONS FOR YOUR HEIGHT.
- AVOID FOOD RICH IN SATURATED FAT.
- TRY TO EAT FISH AT LEAST 2-3 TIMES PER WEEK AND EAT AT LEAST FIVE PORTIONS OF FRUIT & VEGETABLES EACH DAY.
- REMOVE VISIBLE FAT FROM MEAT OR SAUCES.
- KEEP YOUR SALT INTAKE TO A MINIMUM.
- KEEP YOUR ALCOHOL INTAKE BELOW OR TO A MAXIMUM OF 28 UNITS (MALE) OR 21 UNITS (FEMALE) PER WEEK.

HEALTH AWARENESS DATES FOR THE DIARY

April	Bowel Cancer Awareness Month www.bowelcanceruk.org.uk/	12-18 May	Cancer Prevention Week & Fruity Friday (16 th) www.fruityfriday.org
7 April	World Health Day www.who.int/world-health.day/2007/en/	19-23 May	National Allergy Week http://www.allergyuk.org/
7-13 April	Parkinson's Awareness Week www.parkinsons.org.uk	June	Everyman Male Cancer Month www.icr.ac.uk/everyman
8-14 April	Mental Health Action Week www.mentalhealth.org.uk	June	National Osteoporosis Month www.nos.org.uk
14-18 April	Arthritis Care Awareness Week www.arthritiscare.org.uk	4-12 June	Help a Heart Week www.bhf.org.uk
14-18 April	National Depression Week www.depressionalliance.org	8-14 June	Diabetes Week www.diabetes.org.uk
21-28 April	National MS Week http://www.msociety.org.uk/	9-15 June	National Men's Health Week www.menshealthforum.org.uk
1 May	World Asthma Day www.asthma.org.uk	9-15 June	Bike Week www.bikeweek.org.uk
4-11 May	Dystonia Awareness Week www.dystonia.org.uk	14 June	World Blood Donor Day www.blood.co.uk
10-17 May	Lymphatic Cancer Awareness Week www.lifesite.info/start.html	14-22 June	MND Week www.mndassociation.org
11-18 May	ME Awareness Week www.afme.org.uk	21-28 June	UK Myeloma Awareness Week www.myelomaonline.org.uk/

DIABETES WEEK – 8 – 14 JUNE 2008

Diabetes happens when the level of glucose (sugar) in the blood is too high because the body is unable to use it properly. This is because the body's method of converting glucose to energy is not working as it should.

In type 1 diabetes symptoms develop over a few weeks. However, in type 2 diabetes the symptoms often develop gradually over many years. Different people develop different combinations of symptoms.

THE RANGE OF SYMPTOMS FOR BOTH TYPES OF DIABETES ARE:

- Thirst
- Passing more urine than usual, particularly at night
- Extreme Tiredness
- Unexplained weight loss
- Blurred vision
- Itching in the genital area (or regular episodes of thrush)
- Slow healing of wounds

In both types of diabetes, the symptoms are quickly relieved once the diabetes is treated. Early treatment will also reduce the chances of developing serious health problems.

MEASURE UP – ARE YOU AT RISK OF DIABETES?

<http://www.diabetes.org.uk/MeasureUp-areyouatriskofdiabetes/> has a simple two minute test which can assess your individual risk factor of developing diabetes.

(References: BHF - Diabetes and your heart Number 22 and www.diabetes.org.uk)

BABY NEWS

We would like to pass on our *congratulations* to *Abi Chantry-Price* who gave birth to a beautiful baby girl, '*Gabrielle Jo*' on 10th March weighing 7lb 7.5 oz.

PTH IS DELIGHTED TO ANNOUNCE THE FOLLOWING PROMOTIONS AND APPOINTMENTS:

Kay Merrick, previously our Financial Controller has been promoted to Finance & Operations Director.

Mike Brown has been appointed as a Non-Executive Director.

Lee Woodhams has joined us as Operations Manager.

Sandra Weaver and Liz Baldock are the new OH Nurses at our client site in Cardiff

Lynne Glazzard is our new OHA at Head Office and at a client site in Birmingham.

Annette Smith is our new OHA looking after clients in the Northampton area.

PTH would like to take this opportunity to 'Welcome' all new members of staff to our team.