

Public Health Bulletin 29th April 2014

Produced by NHS libraries in Thames Valley and Wessex

Please find below a list of news items from the past fortnight that may be of interest to those involved in public health on the afternoon of Tuesday 29 April 2014.

This service, in collaboration with other health libraries in Thames Valley & Wessex, provides topical news and reports of relevance to public health teams, community health practitioners and anyone with an interest in health promotion.

Please contact me if you no longer wish to receive this bulletin, or if you know of anyone else who would like to join the mailing list. The bulletins are also available on the Wessex Public Health Network website at:

<http://www.wessexphnetwork.org.uk/resources/public-health-updates.aspx>

Alcohol misuse

[Binge drinking 'link to overeating'](#)

Thursday 24 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

Drinking more than three large glasses of wine can push people over a "tipping point", meaning they consume about 6,300 extra calories in the following 24 hours, a report has said.

[In response to Slimming World's report on the link between alcohol and obesity](#)

Thursday 24 April 2014 Source: Drinkaware Trust: <https://www.drinkaware.co.uk>

In response to Slimming World's report on the link between alcohol and obesity Dr Sarah Jarvis, Medical Adviser to alcohol education charity Drinkaware, says.....

[Trend in alcohol-related deaths continues to decline](#)

Tuesday 29 April 2014 Source: Public Health England*: <https://www.gov.uk/>

New figures from Public Health England (PHE), published today, show a continued decline in alcohol-related deaths.

Chronic conditions

[PET scans may improve brain injury diagnosis](#)

Wednesday 16 April 2014 Source: NHS Choices: <http://www.nhs.uk>

"PET scans could predict extent of recovery from brain injury, trials show," The Guardian reports. Evidence suggests that the advanced scanning devices may be able to detect faint signs of consciousness in people with severe brain injuries.

[Skin cancer rates 'surge since 1970s'](#)

Monday 21 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

The incidence of the most serious skin cancer in Great Britain is now five times higher than it was in the 1970s, figures show.

Cheap holidays 'increased' melanoma rates

Tuesday 22 April 2014 Source: NHS Choices: <http://www.nhs.uk>

"Skin cancer rates 'surge since 1970s'," reports the BBC. The news is based on a press release from Cancer Research UK after the release of new figures for the number of people diagnosed with malignant melanoma, the most serious form of skin cancer.

Lung and pancreatic cancers may be on the rise

Thursday 24 April 2014 Source: NHS Choices: <http://www.nhs.uk>

"Lung cancer will soon become the biggest cancer killer among women," the Mail Online reports, while ITV News reveals that pancreatic cancer "poses [a] growing threat". Both headlines are prompted by a study that has estimated future cancer trends across the EU.

Breast cancer drug price reduction urged

Wednesday 23 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

Campaigners are urging pharmaceutical giant Roche to lower the cost of a pioneering new breast cancer treatment as the NHS drugs watchdog is set to reject its use on cost grounds.

Half of cancer sufferers 'live a decade or more'

Tuesday 29 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

Half of people in England and Wales now being diagnosed with cancer will survive at least a decade - double the rate in the early 1970s, figures show.

Action plan to cut lung disease in Wales

Tuesday 29 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

Sufferers of respiratory illnesses are being urged to take personal responsibility for their lifestyle choices in a bid to cut lung disease.

Dementia Facebook app to raise awareness of the illness

Tuesday 29 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

Facebook users are being invited to experience what it is like to live with dementia in a bid to raise greater awareness about the disease.

The life-threatening effects of Spinal Muscular Atrophy

Thursday 24 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

A woman believed to be the mother of three children found dead at a south-west London home has been arrested on suspicion of murder.

Thousands ignore signs of a mini-stroke, charity warns

Tuesday 29 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

Thousands of people are dismissing mini-strokes as a "funny turn," according to research by the Stroke Association.

Communicable diseases

[PHE publish guidance for managing the continuing increase in scarlet fever cases](#)

Thursday 17 April 2014 Source: Public Health England*: <https://www.gov.uk/>

Public Health England (PHE) has reported a continued substantial increase in scarlet fever notifications across England with 1,049 new cases reported from 31 March to 6 April.

[Legionnaires' disease: Technical guidance](#)

Wednesday 16 April 2014 Source: Health and Safety Executive*: <http://www.hse.gov.uk/>

The final section of HSE's Legionella technical guidance (HSG274: Part 2 – Hot and cold water systems) was published on 8 April 2014. Each section is now available to download. This guidance is for duty holders, which includes employers, those in control of premises and those with health and safety responsibilities for others, to help them comply with their legal duties.

[This year's flu plan and covering letter now available](#)

Tuesday 29 April 2014 Source: Public Health England*: <https://www.gov.uk/>

The public flu vaccination programme starts from September 2014. The [2014 to 2015 Flu plan](#) and accompanying [letter to health and social care professionals](#) has been published and can be found on the Public Health England website with links from the Department of Health and NHS England websites.

Diet & nutrition

[Edible flowers not proven to prevent cancer](#)

Wednesday 23 April 2014 Source: NHS Choices: <http://www.nhs.uk>

"Eating flowers grown in British gardens could help to reduce the risk of heart disease and cancer, according to a new study," The Daily Telegraph reports. However, the study the news is based on did not actually involve any humans.

[A 'third of UK adults struggle' to afford healthy food](#)

Wednesday 23 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

High food prices mean a third of UK adults are struggling to afford to eat healthily, warns a charity.

[Upping coffee intake may reduce diabetes risk](#)

Friday 25 April 2014 Source: NHS Choices: <http://www.nhs.uk>

"Three cups of coffee a day could help keep diabetes away," The Independent reports. A US study has found a link between increased coffee intake and a small – but significant – reduction in type 2 diabetes risk, but not proof that drinking coffee prevents diabetes.

Disability

[More and more disabled people following their career dreams](#)

Wednesday 23 April 2014

Source: Department for Work and Pensions*: <https://www.gov.uk/>

The number of disabled people taking advantage of support to get or keep a job is up by over 10% on last year.

Drug Misuse

[Cannabis linked to brain differences in the young](#)

Wednesday 16 April 2014 Source: NHS Choices: <http://www.nhs.uk>

"Using cannabis just once a week harms young brains," the Daily Mail reports.

[Why do people take ayahuasca?](#)

Tuesday 29 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

British student Henry Miller, 19, died in Colombia after apparently consuming the traditional hallucinogenic drink ayahuasca, or yage. Emma Thelwell, who took the drug herself, explains why it has become a rite of passage for some backpackers.

Health services administration

[Should drug firms make payments to doctors?](#)

Thursday 17 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

Gifts and payments to US doctors from drug firms are seen by some as encouraging unnecessary prescriptions. Do such transfers make any difference and will President Obama's healthcare reform help, by forcing companies to disclose them?

[Foreign doctors should face tougher exams, study says](#)

Friday 18 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

Tests taken by foreign doctors who want to work in the NHS should be made harder to pass to bring them in line with UK standards, a study has said. Research by University College London found a "performance gap" between international and UK medical graduates.

[NHS Care.data information scheme 'mishandled'](#)

Friday 18 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

The chair of the panel set up to advise the NHS and ministers on the governance of patient information has told the BBC the Care.data programme was mishandled.

[PHE publishes end of life care profiles for clinical commissioning groups](#)

Monday 28 April 2014 Source: Public Health England*: <https://www.gov.uk/>

Over 170 indicators on place and cause of death give a picture of local end of life care needs for each CCG in England.

Infant & child health

[UK Health Forum submission to Department for Education consultation on revised standards for food in schools](#)

Wednesday 23 April 2014 Source: ukhealthforum: <http://www.ukhealthforum.org.uk/>

This document issued by UK Health Forum comments on the Department for Education consultation on revised standards for school foods.

[Scientists study how babies develop ADHD](#)

Thursday 17 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

Scientists at a laboratory in central London are carrying out tests to try to discover how and why some people develop Attention Deficit Hyperactivity Disorder (ADHD).

[Asthma inhalers could go into schools](#)

Thursday 24 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

Plans to allow schools to keep spare asthma inhalers could reduce the risk of emergency hospital admission or even death for more than a million pupils, according to campaigners.

[Secret to happy kids - a bit of TV and the odd takeaway](#)

Thursday 24 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

Seven-year-olds are happier when they are allowed some sweets, snacks and television time, rather than none at all, suggests a study of children's well-being.

[Admiring Autism: Busting 'autism myths' with a camera](#)

Monday 28 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

Since her young son was diagnosed as autistic, Sara Dunn has been attempting to help "challenge the myths surrounding autism" with a camera.

Men's health

[How many middle-aged men need HRT?](#)

Monday 28 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

Prescriptions for testosterone drugs have shot up around the world over the last decade. But there is growing concern that they are being over-used and may not be safe.

Mental health

[Under 16s 'refused access to mental health safe havens'](#)

Wednesday 16 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

Children suffering a mental health crisis are forced into police custody because 35% of NHS "places of safety" in England ban under 16s, figures show.

[Apathy unproven as early warning sign of dementia](#)

Thursday 17 April 2014 Source: NHS Choices: <http://www.nhs.uk>

"Elderly who lose interest in pastimes could be at risk of Alzheimer's," reports The Daily Telegraph, with other papers reporting similar headlines. These incorrect headlines are based on the results of a study that looked for a link between symptoms of apathy and structural brain changes (on brain scans) in over 4,000 older adults who did not have dementia.

[Child bullying victims still suffering at 50 - study](#)

Friday 18 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

Children who are bullied can still experience negative effects on their physical and mental health more than 40 years later, say researchers from King's College London.

['Silver surfers' may have lower depression risk](#)

Tuesday 22 April 2014 Source: NHS Choices: <http://www.nhs.uk>

"Silver surfers are happier than techno-fogies [sic]: Internet use cuts elderly depression rates by 30 per cent," the Mail Online reports after the results of a US study have suggested that regular internet use may help combat feelings of isolation and depression in older adults.

[Surgery 'won't cure confidence issues'](#)

Thursday 24 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

Cosmetic surgery will not cure all issues related to image confidence, psychologist Emma Kenny has said.

[Can mental trauma be passed on through sperm?](#)

Thursday 24 April 2014 Source: NHS Choices: <http://www.nhs.uk>

"Traumatic experiences can be inherited, as major shocks alter how cells in the body work," The Daily Telegraph reports. But before you start blaming Mum and Dad for your problems, the research it reports on only involved mice.

[Apps for attacks: Software to combat anxiety disorders](#)

Tuesday 29 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

From phobias to panic attacks, anxiety disorders can cause major disruption to sufferers' lives. Could smartphones and tablets offer a solution?

[Woman from Sunderland could have caesarean without consent](#)

Tuesday 29 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

A court has ruled a pregnant woman who suffers from a psychotic disorder can be given a caesarean section without her consent.

Obesity

[Does fat 'disappear' into thin air?](#)

Monday 28 April 2014 Source: NHS Choices: <http://www.nhs.uk>

"It really is thin air! Living in a high-altitude city nearly halves your risk of being obese," the Mail Online reports.

[PHE launch weight management economic assessment tool](#)

Monday 28 April 2014 Source: Public Health England*: <https://www.gov.uk/>

Public Health England has launched a new [Weight Management Economic Assessment Tool](#) for public health professionals today.

Older people

[New £2m fund to help older people stay healthy next winter](#)

Wednesday 23 April 2014 Source: Cabinet Office*: <https://www.gov.uk/>

The new funding will help community and volunteer-led projects provide extra support to older people next winter.

[Pensioners could get life expectancy guidance](#)

Thursday 17 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

Retirees could be issued guidance on how long they are likely to live, a government minister has said.

[Elderly care demand to 'outstrip' family supply](#)

[Elderly care: 'Who will care for me?'](#)

Thursday 24 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

The number of older people in England needing care will "outstrip" the number of family members able to provide it by 2017, a think tank has warned.

[Cost of free personal care up by 162% in a decade](#)

Tuesday 29 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

The cost of providing free personal care to elderly people in their homes has increased by 162% in the last decade.

Screening

[Bowel cancer screening uptake 'must improve'](#)

Wednesday 16 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

Bowel cancer screening uptake needs to improve, campaigners say, after figures showed just over half of those eligible in England come forward for the test.

[MPs call for newborn muscular dystrophy test](#)

Tuesday 29 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

A group of MPs is urging the government to allow the testing of newborn boys for a deadly muscle wasting disease.

Smoking

[E-cigarette age restriction push by US regulators](#)

Thursday 24 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

The US Food and Drug Administration (FDA) wants minimum age restrictions and health warnings on e-cigarettes.

[Non-smokers shunning e-cigarettes](#)

Monday 28 April 2014 Source: NHS Choices: <http://www.nhs.uk>

"E-cigarette users have tripled to 2 million since 2012," The Guardian reports. This is just one of the findings from a survey by anti-tobacco public health charity Action on Smoking and Health (ASH). It also showed there is little evidence that non-smokers are using e-cigarettes, although this could change in the future.

[E-cigarette users in UK have 'tripled' since 2010](#)

Monday 28 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

The number of people who use electronic cigarettes in the UK has tripled over the past two years to 2.1 million, a health charity estimates.

Social & economic issues

[How can music make your ears bleed?](#)

Wednesday 16 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

A concert by reggae veterans UB40 in Cambridge has hit the headlines after fans walked out, complaining it was too loud. One woman even claimed the volume made her ear bleed. So how dangerous are noisy gigs?

[Government's first foster-friendly employer](#)

Thursday 24 April 2014 Source: Department of Education*: <https://www.gov.uk/>

The Department for Education becomes government's first foster-friendly employer.

[Plastic surgeons 'worried' young want procedures](#)

Thursday 24 April 2014 Source: BBC Newsbeat: <http://www.bbc.co.uk/newsbeat>

Plastic surgeons say they are worried about the number of young people who want cosmetic procedures.

[Human skin grown in lab 'can replace animal testing'](#)

Thursday 24 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

Skin grown in the laboratory can replace animals in drug and cosmetics testing, UK scientists say. A team led by King's College London has grown a layer of human skin from stem cells - the master cells of the body.

[Violent crime in England and Wales falls again, A&E data shows](#)

Wednesday 23 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

Violent crime is continuing a long-term fall in England and Wales, according to annual figures from NHS hospitals.

[Dog bites highest in deprived areas](#)

Thursday 24 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

Hospital admissions for dog bites are three times as high in the most deprived areas of England as in the least, official figures show.

[Is marriage a recipe for 'trouble and strife'?](#)

Tuesday 29 April 2014 Source: NHS Choices: <http://www.nhs.uk>

"Being married can make you depressed, study finds," The Independent reports. Perhaps a more accurate summary of the research the paper reports on is "being unhappily married is associated with different responses to positive pictures" (admittedly, not such a catchy headline).

Statistics

[Health atlas allows online search of risk by area](#)

Friday 25 April 2014 Source: BBC Health: <http://www.bbc.co.uk/news/health>

A new online map of England and Wales allows people to enter their postcode and find their community's risk of developing 14 conditions, such as heart disease and lung cancer.

Workplace health

[European campaign - Healthy workplaces manage stress](#)

Tuesday 22 April 2014 Source: Health and Safety Executive*: <http://www.hse.gov.uk/>

EU-OSHA's Healthy Workplaces Campaign 2014 - 2015 is 'Healthy workplaces manage stress'.

Workplace falls and dangerous machines top reasons for prosecutions

Tuesday 22 April 2014 Source: Health and Safety Executive*: <http://www.hse.gov.uk/>

Workplace falls and dangerous machines have been named as the two most common reasons for companies being prosecuted over health and safety breaches in the North West.

Local news: []

Other relevant bulletins – in order to avoid duplication we leave DH and NICE publication to Public Health Awareness Bulletins.

Other South East Public Health news update services:		
Title	Focus areas	Contact details/ Website
NICE Public Health Awareness Bulletins:	A monthly update containing national public health news and information from NICE.	https://www.evidence.nhs.uk/about-evidence-services/bulletins-and-alerts/whats-new-in-public-health/public-health-bulletin-archive
Health Intelligence Bulletin	Fortnightly email update containing public health news, publications and information from government and other relevant websites.	Jill Rutland Kent & Medway Public Health Network jill.rutland@nhs.net

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