

## Public Health Bulletin. 11 11 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. This Bulletin provides topical news and reports of relevance to public health teams, community health practitioners and anyone with an interest in health promotion. All content and links are provided for information only and we do not sponsor, endorse or otherwise approve of any mentioned website or the contents of the news items. Please refer to the terms and conditions of the relevant website should you wish to reproduce any of the information.

Details of alternative current awareness services which cover more academic/specialist sources of information can be found in the section *Other Bulletins*. Your local NHS library service can assist you in accessing other current awareness services/tailored alerts, locating peer reviewed journal articles and answer any other queries you may have regarding finding information.

The information about each news item only gives a brief overview so we recommend you view the original source by clicking on the title (or Ctrl+Click in the word document).

Please contact your local NHS library service 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 available on the Wessex Public Health Network website at:

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

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## **Black and ethnic minority groups**

### [Cancer awareness 'low in black and South Asian groups'](#)

Saturday 1 November 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

Black and South Asian people in England are less aware of the warning signs of cancer than white people, according to research led by King's College London.

## **Chronic conditions**

### [Weight loss surgery reduces diabetes risk](#)

Monday 3 November 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

Weight loss surgery can dramatically reduce the odds of developing type 2 diabetes, according to a major study. Doctors followed nearly 5,000 people as part of a trial to assess the health impact of the procedure. The results, published in the Lancet Diabetes and Endocrinology journal, showed an 80% reduction in type 2 diabetes in those having surgery.

### [Brain differences linked to chronic fatigue syndrome](#)

Friday 31 October 2014

Source: NHS Choices(<http://www.nhs.uk/news/>)

"Scientists find three differences in the brain [of people with chronic fatigue syndrome]," the Mail Online reports.

### [How to spot the signs of a stroke?](#)

Wednesday 29 October 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

Elaine Roberts from the Stroke Association told BBC Breakfast that "people need to know they have a healthy blood pressure".

## **Communicable diseases**

### [Ebola outbreak deaths pass 5,000](#)

Wednesday 12 November 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

The number of people killed by the worst outbreak of Ebola has risen to 5,160, the World Health Organization (WHO) says.

### [Norovirus returns: advice is to stay away from GP](#)

Friday 7 November 2014 Source: NHS Choices(<http://www.nhs.uk/news/>)

Public Health England, has issued a bulletin reminding everyone experiencing symptoms of norovirus to stay at home and to telephone 111 for advice, if necessary.

### [PHE investigating national outbreak of E. Coli](#)

Wednesday 5 November 2014

Source: Public Health England

<https://www.gov.uk/government/announcements?departments%5B%5D=public-health-england>

So far 75 people have been affected (primary cases): 67 in England, 3 in Wales and 5 in Scotland. Genetic analysis has shown that all these individuals have all been infected with the same E.coli strain.

### Antivirals in the fight against flu this winter

Wednesday 5 November 2014

Source: Public Health England

<https://www.gov.uk/government/announcements?departments%5B%5D=public-health-england>

Public Health England (PHE) has published updated guidance for healthcare professionals on the use of antivirals for the treatment and prevention of flu, confirming the drugs can reduce the risk of death in patients hospitalised with the virus.

### Ebola crisis: UN response team 'still needs resources'

Thursday 6 November 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

The United Nations mission charged with fighting Ebola does not yet have the capacity to defeat the disease, the operation's head has told the BBC.

Tony Banbury said the team had done "a pretty good job of mobilising resources" but that it was now focusing on achieving its targets, such as the number of patients receiving treatment.

### Inside UK-funded Ebola centre in Sierra Leone

Tuesday 4 November 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

An 92-bed Ebola treatment centre, funded by the UK and built by the British Army, is to open its door near Freetown, Sierra Leone's capital. The country has been badly hit by the outbreak in West Africa and more than 1,500 people there have already lost their lives to the virus. Clive Myrie reports.

## **Diet & nutrition**

### High milk diet 'may not cut risk of bone fractures'

Wednesday 29 October 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

Drinking lots of milk may not lower the risk of fracturing bones, a study in the British Medical Journal suggests. The research, conducted in Sweden, showed women who drank more than three glasses a day were actually more likely to break bones than those who had less.

## **Disability**

### Microsoft headset to help blind people navigate cities

Thursday 6 November 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

A headset that talks visually impaired people around cities has been designed by Microsoft. It works with a Windows phone and uses location and navigation data with a network of information beacons in urban locations to describe routes.

## **Drug Misuse**

### Claims cannabis 'rewires the brain' misleading

Tuesday 11 November 2014

Source: NHS Choices(<http://www.nhs.uk/news/>)

"Cannabis use 'shrinks and rewires' the brain," reports The Daily Telegraph, with much of the media reporting similar "brain rewiring" headlines.

### One in five drug users 'unaware they have hepatitis C'

Wednesday 5 November 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

About 20% of people in England who inject drugs do not know they have hepatitis C infections, according to Public Health England (PHE).

### Government report: Tough laws 'do not stop drug use'

Thursday 30 October 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

There is "no obvious" link between tough laws and levels of illegal drug use, a government report has found. Liberal Democrat Home Office minister Norman Baker said the report, comparing the UK with other countries, should end "mindless rhetoric" on drugs policy. But Prime Minister David Cameron said the research did not offer "specific conclusions" and that he did not "believe in" decriminalising drugs.

### K bladder: The UK's secret ketamine epidemic

Wednesday 29 October 2014

Source: BBC News([www.bbc.co.uk/newsbeat](http://www.bbc.co.uk/newsbeat))

K bladder, caused by excessive ketamine use, is a bigger problem in the UK than anywhere else in Europe, according to the country's leading expert. Mr David Gillatt, a urologist, told Newsbeat it has led to some young people having their bladders removed.

## **Emergency planning**

### Life-saving liquid: Inside the world's biggest blood bank

Thursday 13<sup>th</sup> November 2014

Source: BBC News([www.bbc.co.uk/newsbeat](http://www.bbc.co.uk/newsbeat))

Shops across Britain have begun to stock up for Christmas, but they are not the only ones worried about supplies. The NHS Blood and Transplant centre in Bristol - the world's biggest - is working hard to ensure it has enough to get through the festive period.

## **Health promotion**

### NHS plans 'kitemark' for health apps

13 November 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

An NHS "kitemark" for health-related smartphone apps is one of a number of new technological initiatives being backed by NHS chiefs in England.

## **Health protection**

## [Polio vaccine recommendations updated for travellers from the UK](#)

Tuesday 4 November 2014

Source: Public Health England

<https://www.gov.uk/government/announcements?departments%5B%5D=public-health-england>

Public Health England (PHE) and the National Travel Health Network and Centre (NaTHNaC) have issued further advice for travellers from England, Wales and Northern Ireland who are visiting countries either currently exporting wild polio virus or countries known to be infected, but not exporting wild polio virus.

## **Health services administration**

### [Joined-up care: The elephant in the room](#)

Thursday 30 October 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

The idea of getting social care workers to join up with health staff, such as district nurses, physiotherapists and occupational therapists, to provide seven-day-a-week support in England has been widely welcomed. But there is an elephant in the room that no-one in government wants to talk about in much detail. It's the funding situation.

## **HIV & AIDS**

### ['Elite controllers' may provide clues for HIV cure](#)

Wednesday 5 November 2014

Source: NHS Choices(<http://www.nhs.uk/news/>)

"Scientists have uncovered the genetic mechanism which appeared to have led two HIV-infected men to experience a 'spontaneous cure'," the Mail Online reports.

## **Infant & child health**

### [Anxiety affects children in different ways](#)

Monday 10 November 2014

Source: NHS Choices(<http://www.nhs.uk/news/>)

"Teenage anxiety: Tailored treatment needed," BBC News reports, saying a "one-size-fits-all approach to treating teenagers with anxiety problems may be putting their futures at risk."

### [Child mental health services 'unfit'](#)

Wednesday 5 November 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

There are "serious and deeply ingrained problems" with child and adolescent mental health services, officials warn.

### [Study points to new genetic risks for autism](#)

Thursday 30 October 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

A massive international study has started to unpick the "fine details" of why some people develop autism, researchers have said. They looked at thousands of DNA samples from children with autism and their parents.

## Men's health

### Movember founder: Men can end up 'mentally broken'

Saturday 1 November 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

Men have become used to growing interesting facial hair during November to raise funds for men's cancers. Now, the organisation behind the moustache-growing challenge is tackling another taboo - mental health.

## Mental health

### Happiness 'dips in midlife in the affluent West'

Thursday 6 November 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

Using world survey data, the Lancet study authors found life satisfaction followed a predictable trajectory depending on where people lived.

### Short height 'linked to dementia death risk'

Tuesday 4 November 2014

Source: NHS Choices(<http://www.nhs.uk/news/>)

"Short men more likely to die from dementia," The Daily Telegraph reports, though the results of the study it reports on are not as clear cut as the headline suggests.

### People asked to blog about their mental health illness

Saturday 1 November 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

People with mental health conditions such as depression, anxiety or schizophrenia are being asked to write about their lives online. The idea is that the blogs will make it easier for others to spot the signs of mental illness.

### Local authorities must invest in public mental health

Thursday 30 October 2014

Source: Mental Health Foundation

<http://www.mentalhealth.org.uk/content/rss/news-rss>

'The revelation obtained by Mind under the Freedom of Information Act showing local authorities' spending on public mental health is only 1.4% of their public health spending is of great concern,' says Jenny Edwards, Chief Executive of the Mental Health Foundation.

## Obesity

### Have the Danes cracked childhood obesity?

Saturday 8 November 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

Childhood obesity has become a global epidemic, but it is not easy to treat. Now a scheme proven to help children shed pounds by asking them and their families to make numerous lifestyle changes has been adopted across Denmark.

### Alcohol calorie content: Labels needed, say doctors

Friday 31 October 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

Alcohol should have a calorie content label in order to reduce obesity, according to public health doctors.

## Physical activity

### [Can you cheat your way to fitness?](#)

Wednesday 29 October 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

If you're not that keen on going to the gym or playing sport (and surveys suggest less than 20% of us are), then can you cheat your way to 150 minutes of moderate-intensity physical activity by doing regular weekly chores? And if so, which ones count?

## Prison health

### [Rare glimpse inside Broadmoor in new documentary](#)

Wednesday 5 November 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

Broadmoor is one of the most famous institutions in Britain and has housed some of the most dangerous criminals. For the first time it has opened its doors to TV cameras for a two-part documentary. The hospital, in Berkshire, which treats high dependency psychiatric patients, has looked after the likes of Charles Bronson, Ronnie Kray and Peter Sutcliffe during its 150 year history.

## Screening

### [Dentist Desmond D'Mello investigation: Screening for blood-borne viruses begins](#)

Thursday 13 November 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

More than four hundred people have visited a health centre for screening for blood-borne viruses after 22,000 dental patients were recalled. Nottinghamshire dentist Desmond D'Mello has been suspended by the General Dental Council over serious hygiene concerns. Patients are being offered tests for HIV and hepatitis.

### [The NHS needs to get better at highlighting the dangers of screening for diseases such as cancer, say MPs.](#)

Wednesday 29 October 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

Screening picks up diseases early to improve the odds of survival or improve quality of life. But the practice also leads to "overdiagnosis" and people having treatment for conditions which would never have caused harm.

## Sexual health

### [Antibiotic resistance in gonorrhoea remains a concern](#)

Thursday 30 October 2014

Source: Public Health England

<https://www.gov.uk/government/announcements?departments%5B%5D=public-health-england>

A new report from PHE has revealed that resistance is continuing to emerge to the antibiotics currently used to treat gonorrhoea.

## Smoking

### [First e-cigarette 'vaping' appear on TV](#)

Monday 10 November 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

The first UK TV adverts featuring the use of an electronic cigarette - vaping - are being shown. While e-cigarette adverts have been on television for some time, showing the device itself was banned until a change in advertising rules which came into force on Monday.

### [Smoking 'increases risk of chronic back pain'](#)

Wednesday 5 November 2014

Source: NHS Choices(<http://www.nhs.uk/news/>)

"Smokers are three times more likely to suffer from back pain," the Mail Online reports. The headline was prompted by the results of a recent study, which involved observing 68 people with sub-acute [back pain](#) (back pain lasting for 4 to 12 weeks with no back pain in the previous year) over one year.

### [Tobacco firms win legal right to challenge EU rules](#)

Monday 3 November 2014

Tobacco firms have won the right to challenge new European Union rules on cigarette packaging.

## Social & economic issues

### [St Mary's Hospital in Paddington targets gang victims](#)

Saturday 8 November 2014

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

A major trauma unit in west London is trying to reduce the number of young people being admitted with gang related injuries, by using youth workers in its wards.

### [Respect and relationships just as crucial as food and shelter for international aid](#)

Thursday 6 November 2014

Source: Economic and Social Research Council (ESRC)  
<http://feeds.feedburner.com/ESRCPressReleases>

Aid programmes need to recognise that relationships, respect and pride are just as important to people living in poverty as food and shelter, according to research presented at the Economic and Social Research Council's (ESRC) 2014 Festival of Social Science.

### [Does having a hobby help you live longer?](#)

Wednesday 5 November 2014

Source: NHS Choices(<http://www.nhs.uk/news/>)

"Having a hobby can add YEARS to your life," The Daily Express reports. The headline is prompted by an international study that looked at ageing and happiness.

### [Battle metaphors for cancer can be harmful](#)

Monday 3 November 2014 Source: Economic and Social Research Council (ESRC)  
<http://feeds.feedburner.com/ESRCPressReleases>

'War' metaphors are commonly used to describe people's experiences of cancer - by the media, by charities raising awareness of the disease, and by cancer sufferers themselves. However this approach is not helpful for many patients, according to Elena Semino, Professor of Linguistics and Verbal Art from the ESRC Centre for Corpus Approaches to Social Science based at Lancaster University.

### [Right-to-die advocate Brittany Maynard ends life](#)

Monday 3 November 2014 Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

Brittany Maynard, the terminally ill cancer patient whose viral YouTube video reignited the debate on assisted-suicide, ended her life on Saturday.

### [Ebola: When health workers' duty to treat is trumped](#)

Wednesday 29 October 2014 Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

The president of the World Bank has urged thousands of health workers to volunteer in the battle against Ebola, invoking their duty under their oath to help patients. But is there such an obligation? Medical ethicist Dr Daniel Sokol says we should expect some healthcare staff to refuse to go to work, wherever Ebola patients are being treated.

## **Statistics**

### [Cancer survival rates 'continue to improve'](#)

Thursday 30 October 2014 Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

Most people diagnosed with cancer in England in recent years are surviving for longer, according to the latest statistics. Eighty per cent of those with breast, prostate and skin cancer are living for five years after diagnosis. The figure is 90% for testicular cancer.

### [Dementia is leading cause of death for women](#)

Wednesday 29 October 2014 Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

Dementia is the leading cause of death for women in England and Wales, official figures show.

## **Women's health**

### [Pregnant women told to avoid malaria-risk countries](#)

Wednesday 12 November 2014

Pregnant women should visit countries with a risk of malaria only if their trip is essential, experts are warning. Mothers-to-be are more likely to get malaria as their immunity is lowered, [says the Royal College of Obstetricians and Gynaecologists \(RCOG\)](#).

## [New research shows women are often unaware of the risk of a stroke](#)

Wednesday 29 October

Source: BBC News([www.bbc.co.uk/news](http://www.bbc.co.uk/news))

Stroke is the third leading cause of death for women in the UK. A recent survey conducted on behalf of the Stroke Association found that women were often unaware that they too could suffer.

### **Local news: []**

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### **Other Bulletins**

#### **Big Four Bulletin**

This is a weekly Bulletin that details original articles in the BMJ, JAMA, New England Journal of Medicine and The Lancet.

<http://cash.libraryservices.nhs.uk/cash-service/rss-newsfeed-menu/medicine/big-four-bulletin/>

#### **Daily Health Bulletin**

The Daily Health Bulletin is produced by the Knowledge Service of the West and South Yorkshire and Bassetlaw Commissioning Support Unit.

<http://cash.libraryservices.nhs.uk/cash-service/daily-health-bulletin/>

#### **NICE Public Health Awareness Bulletin**

This is a monthly update highlighting 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>

#### **PHE Bulletin (Public Health England)**

The PHE Bulletin is issued monthly and contains public health news and information.

<https://www.gov.uk/government/collections/phe-bulletin>

#### **Public Health and Social Care Bulletin**

This is published weekly and created by Kent & Medway Public Health Observatory. It provides an update on what is new in public health and social care, both nationally and locally.

<http://www.kmpho.nhs.uk/events-and-updates/bulletins/bulletins-archive/>