

Public Health Bulletin. 28th June 2016

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 also available on the Thames Valley Public Health Network at: <http://www.oxsph.org/bulletins.html> and the Wessex Public Health Network at: <http://www.wessexphnetwork.org.uk/resources/public-health-updates.aspx>

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Alcohol misuse

[Euro 2016: Football alcohol adverts seen 'once a minute'](#)

27th June 2016

Source: BBC: <http://www.bbc.co.uk/>

People who watched Wales' Euro 2016 game against England on television saw alcohol marketing almost once every minute during play, a study has found.

Chronic conditions

[Sickle cell disease: Nurses need better training, says health union](#)

18th June 2016

Source: BBC: <http://www.bbc.co.uk/>

The NHS needs nurses to be better trained in dealing with sickle cell disease, a union has warned.

[Could 5:2 diet play a role in preventing breast cancer?](#)

17th June 2016

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

A small study found some women who followed the diet experienced breast cell changes thought to be protective against breast cancer. But the study was too small and too short to prove this is definitely the case.

[Updated NICE quality standard identifies areas for breast cancer improvement](#)

15th June 2016

Source: NICE: <https://www.nice.org.uk/>

NICE's latest quality standard says people who have been diagnosed with a type of early breast cancer and who are at risk of the cancer spreading should be offered a test called Oncotype DX.

[First 10 sites of Healthier You: NHS Diabetes Prevention Programme ready to make referrals in coming weeks](#)

15th June 2016

Source: NHS England: <https://www.england.nhs.uk>

Thousands of people at high risk of Type 2 diabetes in ten areas will start to benefit from the first ever national NHS diabetes prevention programme in the next few weeks.

[Almost half of all UK adults may be living with chronic pain](#)

21st June 2016

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

A major new review suggests that around 28 million adults in the UK are affected by some type of chronic pain (pain that lasts for more than three months).

[Diabetes drugs may be useful for Alzheimer's, mice research finds](#)

22nd June 2016

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

"Drugs prescribed to treat diabetes could cure Alzheimer's disease" is the significantly over-hyped headline in The Daily Telegraph.

[Hard-and-fast prostate radiotherapy 'a win-win for NHS'](#)

21st June 2016

Source: BBC: <http://www.bbc.co.uk/>

The NHS could save money and patients' time by giving fewer but stronger doses of radiotherapy treatment for prostate cancer, say experts.

GP's highly trained to care for patients with asthma, says RCGP

21st June 2016

Source: RCGP: <http://www.rcgp.org.uk/>

RCGP Chair, Maureen Baker, says GPs are highly trained to care for patients with asthma, but need more investment to meet demand.

Cost of cystic fibrosis treatment too high for benefit offered

17th June 2016

Source: NICE: <https://www.nice.org.uk/>

NICE has said it will not be able to recommend Orkambi (lumacaftor-ivacaftor, Vertex Pharmaceuticals) for treating cystic fibrosis.

Spotlighting continence needs – Sarah Elliott

20th June 2016

Source: NHS England: <https://www.england.nhs.uk/>

The Regional Chief Nurse for NHS England in the South examines the work being done to support commissioners and providers to give excellent continence care.

More than 500 children and young people have Type 2 diabetes

15th June 2016

Source: Diabetes UK: <https://www.diabetes.org.uk/>

New figures taken from the National Diabetes Paediatric Audit show that there are now 533 children and young people living with Type 2 diabetes in the UK.

Cancer Research UK - Less educated women less likely to spot breast cancer symptoms

17th June 2016

Source: Cancer Research UK: <http://www.cancerresearchuk.org/>

Women with fewer qualifications are less likely to recognise potential breast cancer symptoms, according to a Cancer Research UK-funded study in Psycho-Oncology.

Health matters: improving the prevention and diagnosis of bowel cancer

27th June 2016

Source: Public Health England: <https://www.gov.uk/>

Resources to help improve the prevention and diagnosis of bowel cancer.

Heart attacks linked to media statin reports ... reports media

29th June 2016

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

"Don't give up your statins: Experts say warnings that made patients stop taking vital drug have put lives at risk," the Daily Mail reports.

Playing card games aids stroke recovery

28th June 2016

Source: BBC: <http://www.bbc.co.uk/>

Playing simple card games, such as snap, can help stroke patients with their recovery, say Canadian researchers.

How liquid aspirin could kill brain tumours

28th June 2016

Source: BBC: <http://www.bbc.co.uk/>

Researchers think that aspirin in its true liquid form could be a breakthrough treatment to help tackle brain tumours.

World class stroke care is achievable: Latest quarterly Sentinel Stroke National Audit Programme (SSNAP) results

27th June 2016

Source: The Royal College of Physicians: <https://www.rcplondon.ac.uk/>

The thirteenth report from the Sentinel Stroke National Audit Programme (SSNAP) reveals that 25 stroke services scored an overall 'A' score for the quality of care they provide for patients, demonstrating that a world class service is achievable.

[A randomised placebo-controlled trial of oral and topical antibiotics for children with clinically infected eczema in the community: the ChildRen with Eczema, Antibiotic Management \(CREAM\) study](#)

27th June 2016

Source: National Institute of Health Research:

<http://www.journalslibrary.nihr.ac.uk/>

This UK double-blind, randomised controlled trial (RCT), aimed to determine the clinical effectiveness and cost-effectiveness of the most commonly used oral and topical antibiotics, in addition to topical corticosteroids, in the management of clinically suspected infected eczema in children.

Communicable diseases

[Zika virus: advice for women returning from areas with active Zika virus transmission](#)

17th June 2016

Source: Public Health England: <https://www.gov.uk/>

Advice for women who are pregnant or planning a baby, who are pregnant and diagnosed with Zika, and for women whose baby is possibly affected.

[Yellow fever vaccine: UN backs lower doses amid shortage](#)

17th June 2016

Source: BBC: <http://www.bbc.co.uk/>

UN health experts have recommended cutting the standard dose of yellow fever vaccine by 80% in emergencies, amid a global vaccine shortage.

[Abortion demand 'soars' amid Zika fear](#)

23rd June 2016

Source: BBC: <http://www.bbc.co.uk/>

Fears over the Zika virus have contributed to a "huge" increase in the number of women in Latin America wanting abortions, researchers say.

[Rio 2016 boss: Zika 'blown out of proportion'](#)

27th June 2016

Source: BBC: <http://www.bbc.co.uk/>

There are less than 40 days to go until the Olympics get underway in Rio de Janeiro, but so far issues other than sport have dominated the agenda.

[Zika vaccine 'works very well' in mice](#)

28th June 2016

Source: BBC: <http://www.bbc.co.uk/>

A single dose of an experimental vaccine can protect mice against the Zika virus, raising renewed hope of a vaccine for humans, say scientists.

[Measles outbreak hits 13 pupils at Devon school](#)

28th June 2016

Source: BBC: <http://www.bbc.co.uk/>

Thirteen cases of measles and another 10 probable cases have been found at a Devon secondary school.

[Zika-damaged babies could appear normal, says study](#)

30th June 2016

Source: BBC: <http://www.bbc.co.uk/>

Babies with brains damaged by the Zika virus might still appear normal, a large study of Brazilian babies shows.

Ibuprofen 'disables' Ebola virus

30th June 2016 Source: BBC: <http://www.bbc.co.uk/>

The painkiller ibuprofen and the cancer drug toremifene can disable the Ebola virus, say researchers.

Diet & nutrition

Three servings of wholegrains a day 'cuts risk of early death'

15th June 2016 Source: NHS Choices: <http://www.nhs.uk/news/>

"Eating Weetabix for breakfast 'can slash your risk of dying early from any cause'," the Daily Mirror reports.

Coffee's cancer risk downgraded (as long as you don't drink it hot)

16th June 2016 Source: NHS Choices: <http://www.nhs.uk/news/>

"Very hot drinks may cause cancer, but coffee does not, says WHO," The Guardian reports.

Philadelphia to bring in 'soda tax' to fight obesity

16th June 2016 Source: BBC: <http://www.bbc.co.uk/>

Philadelphia has introduced a levy on carbonated sugary drinks, despite a multimillion-dollar campaign by the beverage industry to block it.

Office cake culture is 'danger to health'

24th June 2016 Source: BBC: <http://www.bbc.co.uk/news/>

Having cake at work to celebrate colleagues' birthdays, engagements or just surviving the week is a danger to health, a senior dentist argues.

Broccoli compounds may help combat chronic disease

24th June 2016 Source: NHS Choices: <http://www.nhs.uk/news/>

"Eating broccoli could lower your risk of having coronary heart disease, type 2 diabetes and several types of cancer, a new study suggests," the Daily Mail reports.

Drug Misuse

Health bodies call for drugs to be decriminalised

16th June 2016 Source: BBC: <http://www.bbc.co.uk/>

Two leading public health organisations have called for the possession and personal use of all illegal drugs to be decriminalised in the UK.

Mother: 'We need more dialogue around drugs'

20th June 2016 Source: BBC: <http://www.bbc.co.uk/>

Three 12-year-old girls who became seriously ill after taking ecstasy on Saturday are now said to be in a stable condition.

Environmental health

Severe hay fever costs the UK 29 million days of work each year, according to a new survey from the Met Office.

13th June 2016 Source: The Met Office: <http://www.metoffice.gov.uk/>

The research found that more than one in ten (11%) UK adults of working age suffer from hay fever to the extent that it stopped them going into work, causing them to miss an average of 8.4 working days per year.

Call for evidence on Air pollution - outdoor air quality and health

22nd June 2016 Source: UK Health Forum: <http://www.ukhealthforum.org.uk/>

NICE invite registered stakeholders, and other individuals and organisations with an interest to send any relevant published or unpublished information.

Health services administration

BMA warning over family doctor shortage

20th June 2016 Source: BBC: <http://www.bbc.co.uk/>

The lack of GPs in Scotland has been described as "extremely concerning" by the British Medical Association (BMA).

Let workers self-certify illness for 14 days, say GPs

22nd June 2016 Source: BBC: <http://www.bbc.co.uk/>

Workers should be able to self-certify sickness for up to two weeks to help reduce the number of unnecessary GP appointments, doctors say.

EU referendum: UK science wakes up to new future

24th June 2016 Source: BBC: <http://www.bbc.co.uk/>

UK science will have to fight to make sure it is not an after-thought as Britain renegotiates its relationship with the EU, say research leaders.

Infant & child health

Butterfly effect - how a mother's loss opened the conversation on baby death

21st June 2016 Source: BBC: <http://www.bbc.co.uk/>

Millie Smith gave birth to twin girls, knowing that one of them would soon die. The idea of sticking purple butterflies on to the cots, indicating a loss of a sibling was adopted by her local hospital.

Improving Health and Wellbeing Outcomes in the Early Years

22nd June 2016 Source: UK Health Forum: <http://www.ukhealthforum.org.uk/>

The Institute of Public Health in Ireland partnered with the Centre for Effective Services to produce a volume linking research and practice relating to the early years.

The Impact of the First 1,000 Days on Childhood Obesity

22nd June 2016 Source: UK Health Forum: <http://www.ukhealthforum.org.uk/>

The Impact of the first 1,000 Days on Childhood Obesity briefing, has been published by the Healthy Eating Research. The first 1,000 days, or the period from conception through age 2, is increasingly recognized as a critical period for the development of childhood obesity and its adverse consequences.

Children's plastic toys can 'harbour viruses for hours'

27th June 2016

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

"Plastic toys 'can harbour nasty viruses for hours, raising risk of infection'," the Mail Online reports. New research suggests that enveloped viruses, which have a protective shell, may survive on toys for up to 24 hours.

'Bath daily' advice for eczema children

29th June 2016

Source: BBC: <http://www.bbc.co.uk/>

If your child has eczema it is fine to give them a dunk in the bath every day, as long as you apply lots of moisturising emollient cream to their skin afterwards, say US researchers.

First UK hospital gives baby boxes to parents

29th June 2016

Source: BBC: <http://www.bbc.co.uk/>

A hospital in London is the first in the UK to give out baby boxes to all new parents.

Men's health

Prostate laser therapy recommended to NHS

14th June 2016

Source: BBC: <http://www.bbc.co.uk/>

Some 13,000 men in England could benefit from a laser treatment to manage symptoms from an enlarged prostate, the NHS is being advised.

Mental health

Brain scans find differences in 'badly behaved' teen boys

16th June 2016

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

"'Striking' structural differences seen in study which compared brain scans of young men with antisocial behavioural problems with their healthy peers," The Guardian reports.

'A massive shock' - suffering from anorexia in later life

17th June 2016

Source: BBC: <http://www.bbc.co.uk/>

New research by the BBC's Breakfast programme shows a rise in the number of people in England and Wales who are middle-aged or elderly and struggling with eating disorders.

Is 'Disney Princess culture' a bad influence on young girls?

28th June 2016

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

"Disney princesses such as Elsa from Frozen can damage young girls' body esteem," the Daily Mail reports – inaccurately.

All in the Mind award winners

29th June 2016

Source: BBC: <http://www.bbc.co.uk/>

You've spent half your life in prison, now you're released, but the world has changed - who can you trust, how can you put your life back together and re-join society?

Obesity

Obesity boom 'fuelling rise in malnutrition'

14th June 2016

Source: BBC: <http://www.bbc.co.uk/>

Malnutrition is sweeping the world, fuelled by obesity as well as starvation, new research has suggested.

Should we 'eat breakfast like a king and dinner like a pauper'?

23rd June 2016

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

"We should 'eat breakfast like a king' to fight obesity, scientists claim," the Daily Mirror reports.

Oral health

Sports drinks may have adverse effects on teens' dental health

29th June 2016

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

"High numbers of younger teenagers are risking tooth decay and obesity by regularly having high-sugar sport drinks," BBC News reports.

Physical activity

Exercise four hours after learning 'boosts memory'

17th June 2016

Source: BBC: <http://www.bbc.co.uk/>

Intensive physical exercise four hours after learning is the key to remembering information learnt, say Dutch researchers.

Physical Activity and Lifestyle announced as a clinical priority by the RCGP

27th June 2016

Source: Royal College of General Practitioners: <http://www.rcgp.org.uk/>

The RCGP has announced that Physical Activity and Lifestyle will be a clinical priority for the next three years, running from 2016-2019.

Screening

Government to review 12-month deferral period for gay men donating blood

14th June 2016

Source: BBC: <http://www.bbc.co.uk/>

On World Blood Donor Day, the government says it's going to review a law which means that gay men can't donate for 12 months after having sex.

Sexual health

Falklands widow fights for frozen embryos

20th June 2016

Source: BBC: <http://www.bbc.co.uk/>

The widow of a Falklands veteran is going to the High Court to try and prevent their frozen embryos being destroyed.

Human rights ruling appeal begins in Northern Ireland

20th June 2016

Source: The Family Planning Association: <http://www.fpa.org.uk/n>

In November 2015 Northern Ireland's abortion law was deemed incompatible with

human rights legislation by the High Court in Belfast. That decision is being appealed.

Smoking

Teens who vape e-cigs 'six times more likely to smoke cigarettes'

14th June 2016

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

"Vaping is a gateway to smoking," the Mail Online reports, seriously overstating the evidence of a new US study.

Over half of children in most deprived areas live with a smoker

14th June 2016

Source: BBC: <http://www.bbc.co.uk/>

Over half of children living in Northern Ireland's most deprived areas are living with an adult smoker.

Women's health

Pregnant women with epilepsy 'need specialist care'

20th June 2016

Source: BBC: <http://www.bbc.co.uk/>

Pregnant women with epilepsy should be treated by a specialist healthcare team to prevent unnecessary deaths, according to new national guidelines.

Cranberry juice 'useful' for women with recurring UTIs, claims study

20th June 2016

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

"Drinking cranberry juice could reduce the worldwide use of antibiotics," is the somewhat optimistic headline in The Daily Telegraph.

Drugs, ginger and acupuncture 'best for morning sickness'

22nd June 2016

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

"Hundreds of thousands of pregnant women with morning sickness should be given drugs to ease their symptoms," the Daily Mirror reports.

Second baby for womb transplant mum

20th June 2016

Source: BBC: <http://www.bbc.co.uk/>

One of the first women to receive a womb transplant is expecting a second child, a medical conference has heard.

Study suggests that inflammation is behind period pain

23rd June 2016

Source: BBC: <http://www.nhs.uk/news/>

"Scientists have finally discovered why periods hurt so much, following a ground-breaking study into menstrual pain," The Independent reports.

Workplace health

Is tech addiction making us far more stressed at work?

14th June 2016

Source: BBC: <http://www.bbc.co.uk/>

The Quality of Working Life 2016 report from the Chartered Management Institute earlier this year found that this obsession with checking emails outside of work hours is making it difficult for many of us to switch off.

Parents need to be supported to balance care and work needs

June 2016

Source: Local Government Ombudsman: <http://www.lgo.org.uk/>

Parents of children with disabilities should be supported to balance their care and working needs, the Local Government Ombudsman (LGO) has said.

Local news: []

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Other Bulletins

Super Six Bulletin

This is a weekly Bulletin that details original articles in the BMJ, JAMA, New England Journal of Medicine and The Lancet, Annals of Internal Medicine and Annals of Emergency Medicine
<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/>

Healthcare Public Health

Monthly bulletin containing news and information about key public health issues including health service commissioning, updates from Public Health England, local authorities, Faculty of Public Health and others agencies, resources and good practice.
<http://www.healthcarepublichealth.net/newsletters.php>

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.kpho.org.uk/library-services/keeping-up-to-date/e-bulletin-archive>



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