

Public Health Bulletin. 23rd August 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

[Alcohol Concern response to call for new alcohol consumption guidelines consultation](#)

9 Aug 2016

Source: Alcohol Concern <http://www.alcoholconcern.org.uk/news/>

Alcohol is linked to over 60 medical conditions including cancer, diabetes and high blood pressure. Regularly drinking over the recommended limits can increase your risk of developing alcohol-related illnesses.

[What is Alcohol-Related Brain Damage?](#)

Aug 2016

Source: Alcohol Concern <https://www.alcoholconcern.org.uk/>

Over time, drinking too much alcohol can change the way the brain works, and its physical shape and structure. This can bring some very serious consequences, including changes in personality, as well problems with thinking, mood, memory and learning.

Chronic conditions

['Bagpipe lung' warning for wind musicians](#)

23 Aug 2016

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

Trumpeters, saxophonists and pipers beware - playing a wind instrument could damage your lungs, UK doctors warn in the journal Thorax. They describe a rare but fatal case of what they are now calling "bagpipe lung" in a 61-year-old patient.

[Parkinson's could potentially be detected by an eye test](#)

18 Aug 2016

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

Researchers may have discovered a method of detecting changes in the eye which could identify Parkinson's disease before its symptoms develop.

[New drug for severe asthma 'shows massive promise'](#)

8 Aug 2016

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

"Asthma drug 'gamechanger' could revolutionise treatment," The Guardian reports after a new drug called fevipiprant showed promising results in a small study of 61 people with moderate to severe asthma.

Communicable diseases

[Cyclospora outbreak linked to Mexico](#)

19 Aug 2016

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

"Cyclospora is transmitted through consumption of contaminated food or drink. We strongly recommend travellers maintain good food and water hygiene at all times when visiting Mexico even if staying in high-end all-inclusive resorts. If possible, choose freshly prepared food that is thoroughly cooked and served piping hot. Certain foods should be avoided such as fresh uncooked berries, unpeeled fruit and salad items as these can be difficult to clean."

Viruses 'more dangerous in the morning'

16 Aug 2016 Source: BBC News <http://www.bbc.co.uk/news/>

Viruses are more dangerous when they infect their victims in the morning, a University of Cambridge study suggests.

Zika found to remain in sperm for record six months

12 Aug 2016 Source: BBC news <http://www.bbc.co.uk/news/>

The Zika virus has been found in the sperm of an Italian man six months after his first symptoms, twice as long as in previously reported cases. Doctors at the Spallanzani Institute for Infectious Diseases in Rome said it pointed to the possibility that the virus was reproducing itself in the male genital tract.

Public Health England: music festivals 'are measles hotspots'

9 Aug 2016 Source: NHS Choices <http://www.nhs.uk/news/>

"Music festivals including Glastonbury have become a hotbed of measles this summer, Public Health England has warned," BBC News reports. The public health body have called on young people to check their vaccination status before attending an event.

Disability

Antrim Area Hospital: Man says human rights 'violated' by DNR order

23 Aug 2016 Source: BBC News <http://www.bbc.co.uk/news/>

A County Antrim man who was unaware that a "do not resuscitate" (DNR) order had been placed on his medical file has said he feels his human rights have been violated.

Virtual reality helped improve nerve function in paralysed people

12 Aug 2016 Source: NHS Choices <http://www.nhs.uk/news/>

"Virtual reality has helped eight paralysed patients regain some feeling in their legs in 'a big surprise'," Sky News reports. Researchers using virtual reality (VR) combined with a robotic exoskeleton were surprised to find participants regained some nerve function. The people, eight in total, with paralysis and loss of sensation of both legs (paraplegia), were taking part in the Walk Again Neurorehabilitation programme. Paraplegia is usually caused by a spinal injury so nerve signals from the brain cannot reach the legs.

Drug Misuse

How I kicked drugs without going into rehab

15 Aug 2016 Source: BBC News <http://www.bbc.co.uk/news/>

Thirty-one-year-old Ehrlich from California posted the photo gallery of her recovery to mark the 10 year anniversary of her sobriety. She wrote that in sharing the images, and her very personal story, she was letting go of the tag of "ex-addict".

Health protection

PHE publishes advice on meningitis and septicaemia vaccinations

17 Aug 2016

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

Young people going to college or university this autumn are strongly encouraged to get vaccinated against meningitis and septicaemia (blood poisoning) due to the MenW bug, one of the most aggressive and deadly strains of meningitis. Cases of MenW have been increasing year-on-year, from 22 cases in 2009 to over 200 cases in the past 12 months.

Health services administration

[Private providers in the NHS - the debate reignites](#)

15 Aug 2016

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

It was much talked about in the run-up to the 2015 General Election and then it disappeared from the political radar screen. But the involvement of private companies in the national health service in England has been pushed back onto the agenda by Owen Smith as part of his bid for the Labour leadership.

HIV & AIDS

[HIV, Sexual and Reproductive Health project announced by RCGP](#)

18 Aug 2016

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

The one-year project will focus on enhancing sexual and reproductive health services, and HIV care in primary care. The project will initially focus on developing strategies for increasing HIV testing in primary care using online access to HIV tests as part of a broader health screen for those at greater risk of HIV. It will also signpost to existing excellence in sexual health education for primary care and develop educational resources, such as e-learning, where there are gaps.

[HIV drug row: A very modern dilemma for the NHS](#)

2 Aug 2016

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

Nick Triggle, the BBC's health correspondent, discusses the dilemma facing the NHS in the 21st Century: how to meet the rising demands being placed on the health service. Not only are there more people, but those people are living longer with a range of conditions that require care, treatment and support. That is because medicine is advancing all the time, and so people are surviving diseases and illnesses that in the past would have killed them. It can be seen in the growing numbers of people living with heart disease, cancer, dementia and, in this case, HIV.

Infant & child health

[How sex education videos have changed over the last 50 years](#)

17 Aug 2016

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

Apparently, sex and relationship education (SRE) in schools isn't good enough. From not being taught early enough, to lacking information about LGBT relationships and issues of consent - SRE gets a lot of criticism. But, looking back at the archives, experts say there have been improvements when it comes to telling young people about relationships. We've looked at posters and films once used to explain the birds and the

bees. And we asked sex and relationships teacher Caroline Stringer, a specialist from the charity Brook, to talk us through them.

NHS apology over amputee toddler in toxic shock misdiagnosis

21 Aug 2016 Source: <http://www.bbc.co.uk/news/>

An NHS trust has apologised "unreservedly" after a misdiagnosis resulted in a three-year-old boy having his legs and seven fingers amputated.

UKHF response to government childhood obesity plan

18 Aug 2016 Source: UK health Forum <http://www.ukhealthforum.org.uk/>

The UK Health Forum is disappointed that the government has failed to adopt the comprehensive package of evidence-based measures recommended by Public Health England to effectively tackle childhood obesity. The sugary drinks levy and reformulation programme are a welcome step, but reducing marketing and price promotions of unhealthy foods are key actions that are missing from the strategy.

Sudden infant death advice 'being ignored' due to flat head worries

10 Aug 2016 Source: NHS Choices <http://www.nhs.uk/news/>

"Parents are risking their babies' lives by putting expensive pillows in their cots to stop the back of their heads being flattened," the Daily Mail reports. A review of parental attitudes found some were ignoring advice about sudden infant death syndrome (SIDS) by letting them sleep with pillows.

Nigeria to start emergency polio campaign

12 August 2016 Source: BBC News <http://www.bbc.co.uk/news/>

Nigeria has announced an emergency mass polio vaccination campaign in the north-east after two new cases emerged. They were the first incidences of the highly infectious disease in Africa for two years. The government said polio paralysed two children in Borno state, a part of Nigeria where Boko Haram militants have hindered health campaigns.

Councils want crackdown on illegal tattooists

12 Aug 2016 Source: BBC News <http://www.bbc.co.uk/news/>

Local councils have called for tougher sentences for illegal tattooists, who they warn are offering cheap prices for their services to children.

Men's health

Hundreds of volunteers to help spot early Alzheimer's

22 Aug 2016 Source: BBC News <http://www.bbc.co.uk/news/>

British researchers are hoping to shed new light on the very early stages of Alzheimer's disease, with the help of hundreds of volunteers.

Easy access to online porn is 'damaging' men's health, says NHS therapist

16 Aug 2016 Source: BBC Newsbeat <http://www.bbc.co.uk/>

A top psychosexual therapist is warning about a surge in the number of young men suffering sexual health problems because of online pornography. Angela Gregory says more and more men in their late teens and early 20s are suffering from erectile dysfunction.

Mental health

[Teenage girls: Mental well-being 'worsening'](#)

22nd Aug 2016 Source: <http://www.bbc.co.uk/news/>

The mental well-being of teenage girls in England has worsened in recent years, says research for the Department for Education. Researchers highlighted the growing pressure of social media and the near-constant use of mobile phones. The study compared the experiences and attitudes of 14-year-olds in 2014 with those in 2005 and found an increase in "psychological distress".

[NHS dementia atlas reveals patchy care](#)

16 Aug 2016 Source: BBC News <http://www.bbc.co.uk/news/>

atlas, published by the government, reveals patchy NHS care for the condition across England. While some regions on the map appear to meet national standards in terms of offering regular reviews and support, others fall short, says Health Secretary Jeremy Hunt.

[Mulligan: We should talk about dementia](#)

16 Aug 2016 Source: BBC News <http://www.bbc.co.uk/news/>

Oscar-nominated actress Carey Mulligan has been appointed by the Alzheimer's Society and Health Secretary Jeremy Hunt as the UK's first global Dementia Friends Ambassador. Her grandmother was diagnosed with dementia 16 years ago. She speaks to the BBC about the benefits of making communities dementia friendly.

[Gene patterns may explain brain's Alzheimer's vulnerability](#)

11 Aug 2016 Source: NHS Choices <http://www.nhs.uk/news/>

"Scientists say they have discovered a possible explanation for how Alzheimer's disease spreads in the brain," The Guardian reports. Gene patterns in specific areas may explain why the disease tends to start in these regions, before spreading through the brain.

[Mental health targets 'not being met'](#)

10 Aug 2016 Source: BBC News <http://www.bbc.co.uk/news/>

Some mental health patients in England are being denied timely treatment promised by the government, figures reveal. Hugh Pym reports.

[Stephen Fry and Adam Deacon on living with bipolar](#)

8 Aug 2016 Source: BBC News <http://www.bbc.co.uk/news/>

Actors Adam Deacon and Stephen Fry have been discussing what life is like with bipolar disorder, a condition that causes extreme mood swings.

[Dementia toolkit to help patients, carers and healthcare workers](#)

3 Aug 2016

Source: ESRC <http://www.esrc.ac.uk/>

A comprehensive online database featuring the latest scientific evidence on what works in dementia care and treatment has been developed by the researchers at the Personal Social Services Research Unit, London School of Economics and Political Science (PSSRU at LSE).

Obesity

[How to help your child maintain a healthy weight](#)

18 Aug 2016

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

One in five children in the UK leaving primary school are obese and many parents are unable to tell when their own child is overweight. It appears that as a society we have adjusted to being overweight as the norm. When one in three children at primary school is overweight, it is perhaps not surprising that it is hard to identify when a child has a problem. Consultant paediatrician Professor Mary Rudolf, who advises the government on obesity, said many parents would not know that "a healthy 10-year-old's ribs should be clearly visible. Many parents would consider that such a child was quite underweight."

[Measures to address diet and lifestyle essential to tackle childhood obesity, says College](#)

18 Aug 2016

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

Dr Helen Stokes-Lampard, spokesperson for the Royal College of GPs, said: "We are currently seeing a dangerous epidemic of childhood obesity across the country – the tragedy being that overweight children invariably have a life marred by ill-health, and increased risk of conditions such as cancer and diabetes ahead of them." "The College has been leading the way in getting something done about this – we wrote to the Chief Medical Officer almost two years ago highlighting the issue - so we welcome the aspirations of this strategy report today."

[Childhood obesity: Doctors criticise 'weak' government strategy](#)

18 Aug 2016

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

Leading doctors have criticised a "weak" government strategy to tackle childhood obesity in England. The new plan includes a voluntary target for manufacturers to cut sugar in children's food and drink by 20%, and a drive for every primary school child to exercise for an hour a day. The British Medical Association called the 20% target "pointless" and said ministers had "rowed back" on promises.

Older people

[Good memories not key to older people's happiness](#)

18 Aug 2016

Source: ESRC <http://www.esrc.ac.uk/>

New research into the relationship between memory, identity and wellbeing in older people could lead to better support for people with dementia. As part of this three-year study, researchers tested 32 younger and 32 older adults on their memory, sense of identity and wellbeing. Surprisingly, perhaps, findings show that general forgetfulness, a common experience among many older adults, is not related to wellbeing at all.

[Volunteering may boost mental wellbeing in older adults](#)

9 Aug 2016 Source: NHS Choices <http://www.nhs.uk/news/>

"Giving up time for charity work found to boost mental wellbeing as people get older," the Mail Online reports. A new UK-based study found that volunteering was associated with increased mental wellbeing; but mainly in adults aged between 40 and 70.

Safety & accident prevention

[The Hajj 2016: travel advice](#)

15 Aug 2016 Source: Public Health <https://www.gov.uk/government/news/>

With thousands of British Muslims expected to attend this year's Hajj pilgrimage, the Foreign and Commonwealth Office (FCO) is urging those travelling to Saudi Arabia to be fully prepared and follow up-to-date travel advice.

Sexual health

[Could mouthwash combat gonorrhoea?](#)

23 Aug 2016 Source: BBC News <http://www.bbc.co.uk/news/>

"A gargle a day keeps gonorrhoea away" is an unlikely slogan, but researchers believe it could hold some truth. Recent studies have shown people can carry the sexually transmitted infection in their throats for weeks or months without symptoms. So investigators are looking at whether regular mouthwash might help stop the silent spread and experts think it is an idea that is worth exploring.

[FPA comment on high syphilis diagnosis rates in London](#)

16 Aug 2016 Source: FPA <http://www.fpa.org.uk/news/>

In a report published today, Public Health England called on Londoners to practice safer sex in light of data showing that 56% of syphilis cases diagnosed in England in 2015 were in the capital (2,811 cases). Read more at <http://www.fpa.org.uk/news/fpa-comment-high-syphilis-diagnosis-rates-london#5vmiA6440BjyQIUK.99>

[Dating apps urged to help tackle STIs amid Wales rise](#)

15 Aug 2016 Source: BBC News <http://www.bbc.co.uk/news/>

Dating apps need to help tackle a rise in sexually transmitted infections, health experts have said. Syphilis, gonorrhoea, herpes and chlamydia in men rose from 2012 and 2014 in Wales and continued to increase in the past 12 months.

Statistics

[Fewer deaths and cases of heart disease in Wales](#)

22 Aug 2016

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

Fewer people are dying or suffering from heart disease in Wales, with falls in smoking and binge drinking helping. Deaths have fallen by a quarter, from just over 12,000 in 2005 to just over 8,800 in 2014, according to the Heart Disease Annual Report.

[UK heart disease and stroke death rates now lower than cancer](#)

15 Aug 2016

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

"Heart disease deaths now lower than cancer – but obesity crisis means this may not last," the Daily Mirror reports. A major review of European trends in cardiovascular disease deaths found that UK cancer deaths overtook cardiovascular deaths in 2014.

Women's health

[Abortion provider Marie Stopes suspends services](#)

19 Aug 2016

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

One of England's main abortion providers has suspended terminations under general anaesthetic, and to under 18s, following inspections by healthcare inspectors. The Care Quality Commission raised concerns about patient safety before Marie Stopes International suspended a number of services.

[Women's cancer risk may increase the longer they're obese](#)

17 Aug 2016

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

Fat women who refuse to diet 'are more likely to get cancer'," states the Mail Online, using a headline that is both inaccurate and offensive. The study it reports on looked at the relationship between weight during adulthood, and cancer risk. The researchers found that duration of time spent overweight or obese, as well as the degree, seems to have a compounding effect on cancer risk. But they did not look at whether the women in the study were asked to lose weight by dieting. The study has limitations, but suggests that keeping to a healthy weight throughout life may help women to avoid some cancers.

Workplace health

[Seven day NHS pledge faces 'staff shortages'](#)

23 Aug 2016

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

A confidential review of government plans for a seven-day NHS in England has identified 13 risks, according to the Guardian and Channel 4 News. These include concerns over a shortage of doctors and other health staff. The leaked risk register was drawn up by the Department of Health, and sets out a series of possible problems.

[Mind finds 'Worrying' levels of stress among primary care staff](#)

11 Aug 2016

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

Mind has today released research revealing that almost nine in ten (88%) primary care workers find their work life stressful, significantly higher than the wider UK workforce (56%). The poll of over 1,000 NHS workers in primary care, including GPs, practice nurses, practice managers and their colleagues, also showed that work is currently the most stressful area of their lives, ahead of their finances, health, family life and relationships.

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>

NICE Public Health Evidence Awareness Bulletin

This is a monthly update highlighting national public health news and information from NICE.
<http://www.nice.org.uk/News/NICE-newsletters-and-alerts>

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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