

## **Public Health Bulletin. 24<sup>th</sup> October 2017**

**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

### Minimum alcohol price law unveiled in Wales

23 October 2017

Source:

A law to set a minimum price for selling alcohol in Wales has been unveiled. Ministers believe tackling excessive drinking could save a life a week and mean 1,400 fewer hospital admissions a year.

### Children 'embarrassed by tipsy parents'

18 October 2017

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

Moderate drinking by parents can have a negative impact on children, causing anxiety and disrupting bedtime routines, a study says. The Institute of Alcohol Studies said parents do not have to regularly drink large amounts around children for them to notice changes in adults' behaviour. Three in 10 parents said they have been drunk in front of their children and five in 10 "tipsy", its survey found. The institute said it was hoped the study will help inform parents.

### Experts by experience panel

3 October 2017

Source: <http://alcoholresearchuk.org/>

Alcohol Research are establishing an Experts by Experience (EbE) panel to help inform their grants decision-making. They are looking to recruit up to 5 members to the EbE panel who have personal experience of alcohol-related harm. The panel will comment on the approach to public involvement and relevance of each research proposal. Panel members will receive support and remuneration for their time.

## Black and ethnic minority groups

### West End BAME season announced for 2018

Source: <https://www.thestage.co.uk/news/>

A three-month season of plays centred on black, Asian and minority ethnic talent will take place in the West End, as part of a major £4.6 million diversity drive. Lenny Henry, Meera Syal and Don Warrington are among actors who will advise on the season in 2018, which has received £478,671 in support from Arts Council England. The money is part of a £2.1 million investment by ACE in the creation and touring of new plays by BAME theatremakers.

## Communicable diseases

### Protein 'can stop viruses developing'

19 October 2017

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

Researchers at the University of the West of Scotland have discovered a protein that can stop viruses developing. The team had already established that the same protein

can suppress cancer. Now the fight is on to fully understand how it works in the hope of turning the laboratory research into a treatment.

### [Concern over norovirus increase by Betsi Cadwaladr health board](#)

17 October 2017

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

The largest health board in Wales is urging people to be alert to the symptoms of norovirus, amid concerns over a rise in cases this year. Last November, a major outbreak of the winter vomiting bug hit Wrexham Maelor Hospital and two community hospitals run by Betsi Cadwaladr health board. The outbreak closed nine hospital wards in north Wales alone.

## **Diet & nutrition**

### [Eating mushrooms at breakfast may help you feel fuller](#)

23 October 2017

Source: <https://www.nhs.uk/news/>

The researchers carried out a small study in a group of people from a US university. The participants ate either a mushroom sandwich or a minced beef sandwich each day for breakfast for 10 days, then for another 10 days ate the opposite. Those who ate mushrooms reported feeling fuller in the hour or so afterwards – but this didn't alter their overall energy intake during the study period.

### [Restaurant chain 'cut sugary drink sales' with price rise](#)

17 October 2017

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

An increase in the price of sugary drinks in restaurants and the offer of healthier alternatives could encourage customers to cut back on sugar, a study suggests.

## **Disability**

### [Why I secretly taped my disability assessment](#)

16 October 2017

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

Every month 60,000 ill and disabled people have their needs assessed for benefits. Some are so worried about the process that they are using mobile phones to secretly record those interviews, critics say. But using that evidence to overturn a decision is not straightforward.

### [Disabled children hate crime reports increasing](#)

15 October 2017

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

Reported hate crimes against disabled children are rising, a BBC investigation has discovered. Figures from police forces across the UK show there were 450 incidents reported last year, up from 181 in 2014-15, 5 live Investigates found. Families with disabled children described being targeted online and verbally abused in the street. The Home Office said the rise was due to better reporting and more victims willing to come forward.

## Environmental health

### Pollution linked to one in six deaths

20 October 2017

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

Pollution has been linked to nine million deaths worldwide in 2015, a report in The Lancet has found. Almost all of these deaths occurred in low- and middle-income countries, where pollution could account for up to a quarter of deaths. Bangladesh and Somalia were the worst affected.

## Health protection

### Patients need rest, not antibiotics, say health officials

23 October 2017

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

More patients should be told to go home and rest rather than be given antibiotics, according to health officials. Public Health England (PHE) says up to a fifth of antibiotic prescriptions are unnecessary as many illnesses get better on their own. Overusing the drugs is making infections harder to treat by creating drug-resistant superbugs.

### Chicken food poisoning levels falling

18 October 2017

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

The number of supermarket chickens contaminated with food poisoning bug campylobacter is continuing to fall, according to the Food Standards Agency. Figures from 2016-17 showed only 6.5% of fresh UK-produced chickens tested positive at the highest contamination level, down from 19.7% in 2014-15. And from April to July, the last period of the survey, 5.9% had high levels, down from 6.5% in the previous quarter. Campylobacter is the leading cause of food poisoning in the UK. It makes 280,000 people ill each year. While 5.6% of the affected chickens were sold by the biggest nine supermarkets, 17.1% came from smaller retailers and butchers. The supermarkets with the lowest prevalence were Waitrose (2.7%), Morrisons (2.9%) and Tesco (4.2%).

## HIV & AIDS

### HIV prevention drug could save NHS £1 billion over 80 years

19<sup>th</sup> October 2017

Source: <https://www.nhs.uk/news/>

"A drug to dramatically cut the risk of HIV infection during sex would save the UK around £1bn over the next 80 years," reports BBC News. A modelling study looking at the cost-

effectiveness of providing pre-exposure prophylaxis, or Prep, for men at risk of HIV, found it would reduce infections – and hence treatment costs – in the long term.

## Infant & child health

### [Youngest children in school year 'more likely' to get ADHD diagnosis](#)

10 October 2017

Source: <https://www.nhs.uk/news/>

"Youngest children in class more likely to be labelled hyperactive," The Times reports. A Finnish study raises the possibility that some children may have been misdiagnosed with ADHD, when in fact their behaviour was age-appropriate.

## Men's health

### [Breast cancer warning after man's 'impossible' diagnosis](#)

17 October 2017

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

While breast cancer in men is rare it's still an issue for the 10 men on average who are diagnosed with it every year in Northern Ireland. Ian Cranston, 70, was diagnosed with breast cancer in May. Two weeks later he had a mastectomy. The Portadown father-of-two was given the all-clear in June and has decided to speak publicly to make men aware that it's a cancer that doesn't just affect women.

## Mental health

### ['How horses helped me deal with anorexia'](#)

22 October 2017

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

A 25-year-old man has told how bullying at school led to his anorexia. Jamie Pye, from Norwich, said working with horses has helped him cope and he now wants to raise awareness about the condition.

### ['Steep rise' in self-harm among teenage girls](#)

19 October 2017

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

There has been a steep rise in reports of self-harm among girls aged 13 to 16, according to a study of data from GP practices across the UK. The BMJ study, which looked at figures from 2011-2014, said GPs could be getting better at picking up self-harm. But it was likely that rising stress and psychological problems in young people were also behind the trend.

### ['I felt so low, I couldn't see a way out'](#)

17 October 2017

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

"To get to my school I had to cross a railway bridge and I would just stand there and think 'I could just jump off'." Calleigh's story comes as the charity Childline says it has

carried out its highest number of counselling sessions with young people having suicidal thoughts and feelings.

### **'Magic mushrooms' may help 'reset' depressive brains, study claims**

16 October 2017

Source: <https://www.nhs.uk/news/>

"Magic mushrooms can 'reboot' brain to treat depression," reports the Daily Telegraph. The news is based on a small UK study that looked at the effects of psilocybin, a chemical found in magic mushrooms, on patients with severe depression. However, the study didn't include a comparison group, so it's hard to know whether this benefit can be attributed to the chemical.

## **Obesity**

### **Childhood obesity soars worldwide – but many children in Africa and Asia are underweight**

12<sup>th</sup> October 2017

Source: <https://www.nhs.uk/news/>

"Shocking figures show there are now 124 million obese children worldwide," reports The Guardian. A pooling of records of height and weight in children from 200 countries found the numbers of children who are obese rose from less than 1% in 1975, to 5.6% of girls and 7.8% of boys in 2016.

### **Hospitals in England to ban 'super-size' chocolate bars**

16 October 2017

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

"Super-sized" chocolate bars are to be banished from hospital shops, canteens and vending machines, NHS England says. Sweets and chocolate sold in hospitals should be 250 calories or under, the head of the body says.

## **Oral health**

### **Dentist fines: Mistakes over addresses hitting thousands**

24<sup>th</sup> October 2017

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

Many fines incorrectly imposed after dental treatment are because of mistakes over patients' addresses, says a health watchdog. The latest figures show 385,000 fines were issued in the last financial year - and dentists say tens of thousands of £100 fines have been wrongly applied.

### **Cardiff dentist Mark Roberts struck off over 'basic hygiene'**

23<sup>rd</sup> October 2017

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

A Cardiff dentist who breached "basic and fundamental standards of care and hygiene" has been struck off. Mark Roberts ran the Splott Road Dental Surgery until 2014 and left

in 2015. Following his departure, health officials contacted 3,000 patients to offer precautionary blood tests.

## Safety & accident prevention

### Novelty contact lenses 'can cause sight loss'

19<sup>th</sup> October 2017

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

Eye experts are warning of the risks of wearing novelty contact lenses at Halloween, saying they can cause nasty infections and scratches to the eyes. Cosmetic contact lenses are often sold in joke and fancy-dress shops and on websites, but they come without instructions on safe use. Eye-health professionals say novelty lenses should never be shared, stored in tap water or kept in overnight. In extreme cases, this can lead to impaired vision and sight loss.

## Sexual health

### Men who perform oral sex on women 'more at risk of mouth and throat cancers'

20 October 2017

Source: <https://www.nhs.uk/news/>

The researchers found that 6% of men and 1% of women carried potentially cancer-causing strains of HPV in their mouth. They noted that this was more common in smokers and in men with an increased number of oral sex partners. However, the study can't prove causation and is not precise enough to link a specific number of partners with risk of carrying oral HPV – or of cancer.

### NHS patients to be asked about sexuality

15 October 2017

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

Health professionals in England are to be told to ask patients aged 16 or over about their sexual orientation, under new NHS guidelines. NHS England said no-one would be forced to answer the question but recording the data would ensure that "no patient is discriminated against". The [guidance](#) applies to doctors and nurses, as well as local councils responsible for adult social care.

## Smoking

### E-cigarettes: Cross-party group of MPs launches inquiry

25<sup>th</sup> October 2017

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

MPs are to carry out an inquiry into e-cigarettes amid concerns there are "significant gaps" in what is known about them and how they are regulated. The science and technology committee will look at their effectiveness as a stop-smoking tool and the impact of their growing use on health. Nearly three million people in the UK now "vape" regularly - four times more than in 2012. But committee chair Norman Lamb said there was mixed messaging on vaping.

## Social & economic issues

### [Health tourism charges come into force in England](#)

23<sup>rd</sup> October 2017

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

Providers of NHS treatment are required from Monday to make sure patients in England are eligible for free care - and to charge them up front if not. The measures apply to planned, non-urgent care - A&E, general practice and infectious disease treatment remain free to all. The government hopes it will contribute to £22bn of savings needed in the NHS. But the British Medical Association said the changes may prevent vulnerable people getting treatment they need.

### ['Mug's game': Inside the mind of a gambling addict](#)

20<sup>th</sup> October 2017

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

Gordon Moody Association is the only residential rehabilitation centre in the UK for severe gambling addicts. Sima Kotecha is the first journalist to be allowed in to speak to residents.

### [Henna crowns: 'Hair' for cancer patient](#)

20<sup>th</sup> October 2017

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

For cancer patients undergoing chemotherapy, losing their hair can be an extremely difficult and upsetting consequence. But now, there's a new alternative to wigs and hats. Abi, who is supporting the fundraising campaign Stand Up To Cancer, explains how she faced her diagnosis and treatment

### [Hip implant patients sue manufacturer](#)

16 October 2017

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

Hundreds of people who received allegedly faulty hip replacements are suing the manufacturer at the High Court. The hearing is thought to be one of the largest product liability group actions ever heard in the UK.

## Statistics

### [Check NHS cancer, A&E and operations targets in your area](#)

17<sup>th</sup> October 2017

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

The NHS is under unprecedented pressure. Rising numbers of patients need hospital care - whether in an accident and emergency department, for cancer treatment or for planned operations and care, such as knee and hip replacements. For each there are strict targets local services are expected to meet across the UK. But what are the chances of being seen in time where you live? Use our interactive tracker to find out.

## Women's health

### [Women 'deserve apology' over vaginal mesh implants](#)

18<sup>th</sup> October 2017

Source: <http://www.bbc.co.uk/news/> 0

Women left in permanent pain and unable to walk, work or have sex because of vaginal mesh implants deserve an apology, a senior MP has said.

### **AI used to detect breast cancer risk**

17<sup>th</sup> October 2017

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

US scientists are using artificial intelligence to predict whether breast lesions identified from a biopsy will turn out to cancerous. The machine learning system has been tested on 335 high-risk lesions, and correctly diagnosed 97% as malignant. It reduced the number of unnecessary surgeries by more than 30%, the scientists said.

### **Mental health care for new mothers in Wales 'unacceptable'**

17 October 2017

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

Calls have been made for a specialist mother and baby unit to open in Wales to help those suffering mental illness. The lack of in-patient care for women suffering from severe perinatal mental health illnesses has been described as unacceptable by a committee of AMs. The Children and Young People's committee of the assembly supported calls for the re-opening of a specialist mother and baby unit (MBU). Wales' own unit was closed in 2013 with mothers sent to units in England.

### **Mesh surgeon investigated by NHS trust in Bristol**

16 October 2017

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

A surgeon who carried out mesh surgery that left women in severe pain is being investigated by his NHS trust. Tony Dixon, who is based in Bristol, uses a technique known as mesh rectopexy to fix bowel problems, often caused by childbirth. Several women are considering legal action after being treated by him.

### **Pregnant women 'should avoid sleeping on back in last trimester'**

13 October 2017

Source: <https://www.nhs.uk/news/>

"New warning to pregnant women: Do not sleep on your back in the last trimester as it could cause stillbirth, claim experts," the Mail Online reports. This rather overdramatic headline stems from a new study that investigated the effects of mothers' sleep positions on baby behaviour in 29 women in the final weeks of pregnancy.

### **Hormonal fertility tests 'waste of time and money'**

12 October 2017

Source: <https://www.nhs.uk/news/>

"'Fertility MOTs' are a waste of money," reports The Daily Telegraph after researchers in the US found hormones tested in "ovarian reserve" fertility test kits bear no relation to how likely women were to get pregnant – at least, in the early months of trying to conceive.

## Workplace health

### Helping Great Britain work well – HSE Annual Conference and Strategy

18 September 2017

Source: <http://www.hse.gov.uk/strategy/>

Great Britain's health and safety record is the envy of much of the world. Central to this is protecting people by managing risk in a proportionate and effective way, supporting innovation and increasing productivity. The challenge is to improve even further on this impressive record.

### Local news: []

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| <b>Other Bulletins</b>   |
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| <p><b>Super Six Bulletin</b><br/>           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<br/> <a href="http://cash.libraryservices.nhs.uk/cash-service/rss-newsfeed-menu/medicine/big-four-bulletin/">http://cash.libraryservices.nhs.uk/cash-service/rss-newsfeed-menu/medicine/big-four-bulletin/</a></p> |
| <p><b>Daily Health Bulletin</b><br/>           The Daily Health Bulletin is produced by the Knowledge Service of the West and South Yorkshire and Bassetlaw Commissioning Support Unit.<br/> <a href="http://cash.libraryservices.nhs.uk/cash-service/daily-health-bulletin/">http://cash.libraryservices.nhs.uk/cash-service/daily-health-bulletin/</a></p>   |
| <p><b>Healthcare Public Health</b><br/>           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.<br/> <a href="http://www.healthcarepublichealth.net/newsletters.php">http://www.healthcarepublichealth.net/newsletters.php</a></p>         |
| <p><b>NICE Public Health Evidence Awareness Bulletin</b><br/>           This is a monthly update highlighting national public health news and information from NICE.<br/> <a href="http://www.nice.org.uk/News/NICE-newsletters-and-alerts">http://www.nice.org.uk/News/NICE-newsletters-and-alerts</a></p>  |
| <p><b>PHE Bulletin (Public Health England)</b><br/>           The PHE Bulletin is issued monthly and contains public health news and information.<br/> <a href="https://www.gov.uk/government/collections/phe-bulletin">https://www.gov.uk/government/collections/phe-bulletin</a></p>   |
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