

YOURHEALTH

Duradiamond Newsletter June 2019



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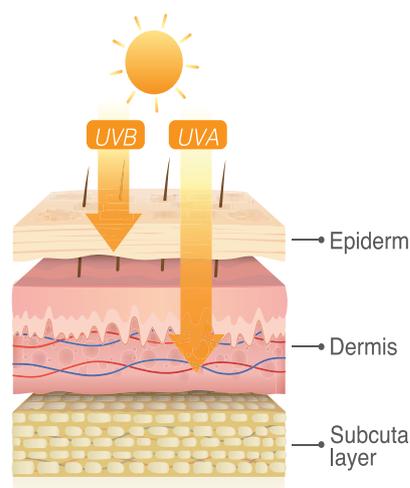
To defeat the heat this summer, here are some good suggestions to keep cool at work:

- Keep water dispensers topped up. Drink at least six to eight glasses of water a day (more if you are outside and very active)
- Ensure blinds are on the windows. Avoid working in hot areas or full sun if possible
- Try to work in air-conditioned or well-ventilated areas
- Take regular breaks if possible – depending on your job
- Arrange any planned high physical energy activities in the early mornings or at cooler times of the day
- Exercise in the early morning as opposed to late afternoon when the temperature of the environment is much higher
- Use protective clothing such as hats when working outside - the head has many thermal receptors that increase the temperature of the body and sunglasses (if your role allows this)
- Wear sun protection factor (SPF) cream at least factor 15.

Protect your skin when you're outside

Melanoma skin cancer is the fifth most common cancer in the UK, accounting for 4% of all new cancer cases. And over the last decade, non-melanoma skin cancer incidence rates have increased by 61% in the UK. So take care when you are at work or play:

- Wear protective but breathable or loose clothing to help yourself cool down through perspiration. If you don't take care in the heat, heat acts a stressor to the body causing you to spend unnecessary energy and decrease performance
- Protect yourself from the sun's harmful UV rays by spending time in the shade when the sun is at its strongest (between 10am and 4pm) and use sunscreen to prevent burning. The paler your skin, the more protection you will need to prevent burning
- People who burn easily should always use a minimum SPF of 30 and a four-star UVA rating during the summer. You should never use sunscreen in order to spend longer in the sun
- Cover commonly burnt areas like the shoulders and face with clothing and a hat
- Check your skin regularly for changes; about once a month check your skin in a well-lit room, understand what is normal for you so it's easy to spot any changes and report them to your doctor early.



See your doctor if you have:

- A spot or sore that doesn't heal within four weeks
- A spot or sore that hurts, is itchy, painful, or is crusty, scabs over, or bleeds for more than four weeks
- Areas where the skin has broken down (an ulcer) and doesn't heal within four weeks, and you can't think of a reason for this change
- A new mole or patch of skin that gets darker, becoming patchy or multi-shaded.

Find out more about skin cancer at www.cancerresearch.org.uk

Sources: Jo's Trust, Cancer Research, NHS, www.personneltoday.com/hr/why-the-heatwave-can-be-bad-for-productivity/

Cervical Screening Awareness

Don't put it off - organise your cervical screening today

The NHS cervical screening (smear test) programme invites women aged between 25 and 64 at regular intervals for cervical screening. The screening test checks the health of your cervix (the lower part of the womb and the opening to the vagina from the womb) and can pick up abnormal cells that could develop into cervical cancer if left untreated.

It's not a test for cancer; it's a test to help prevent cancer. During the screening appointment, a small sample of cells will be taken from your cervix.

The sample is tested for changes to the cells of your cervix. Finding abnormal changes early means they can be monitored or treated, so they do not get a chance to turn into cervical cancer.

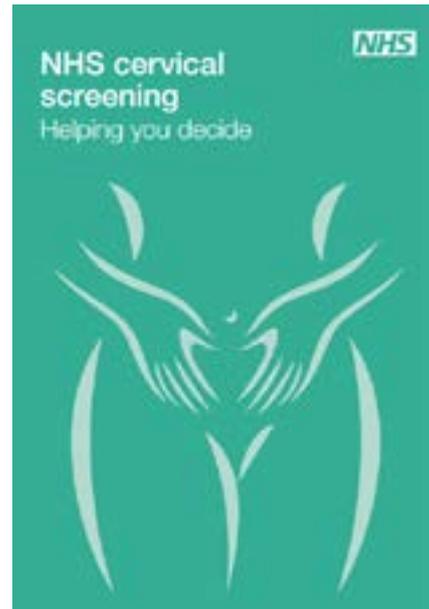
An association has been found between the human papillomavirus (HPV) and cervical cancer. HPV testing is being rolled out across parts of the UK. This means a sample of cells will be tested for HPV first. If HPV is found, tests will be done to check for cell changes. 99.8% of UK cervical cancer cases are preventable.

Watch this short clip about how cervical screening is done



What is cervical cancer?

Cervical cancer is when abnormal cells in the lining of the cervix grow in an uncontrolled way. In 2015, 3,126 women were diagnosed with cervical cancer in the UK. That's around nine cases diagnosed every day.



Read the Guide

Who is at risk?

Most cases develop in women aged in their 30s or 40s. Some cases develop in older and younger women. It is rare in women aged under 25 years.

Cervical cancer is the 14th most common type of cancer in women in the UK. The number of cases diagnosed each year has fallen in recent years. This is because cervical cancer can be prevented by regular cervical screening tests.

What are the symptoms?

The most common symptoms of cervical cancer include:

- Unusual vaginal bleeding
- Pain or discomfort during sex
- Vaginal discharge
- Pain in the area between the hip bones (pelvis).

There are many other conditions that cause these symptoms. Most of them are much more common than cervical cancer.

These may be symptoms of something else, but it's best to see your GP straight away. If cervical cancer is diagnosed at an early stage, there's a good chance of a cure. Regular cervical screening tests can detect pre-cancer, which can be treated before cancer develops.