

YOURHEALTH

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Building Healthy Business



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WHY HAND WASHING?

Protect yourself and others by washing your hands with soap and water.

Washing your hands properly removes dirt, viruses and bacteria, stopping them spreading to other people and objects, which can spread illnesses such as food poisoning, flu or diarrhoea.

Washing your hands with soap and water is sufficient to remove dirt, viruses or bacteria and it can reduce the risk of diarrhoea by nearly 50%.

You should wash your hands before eating or handling ready-to-eat foods and after using the toilet, handling raw foods like uncooked meat and vegetables, or having contact with animals, including pets.

SO LET'S GET TO IT!

Washing your hands properly should take about as long as singing "Happy Birthday" twice (around 20 seconds). Use the following steps while you hum:

1. Wet your hands with warm or cold water.
2. Use enough soap to cover all over your hands. You can use alcohol-based handrub if you don't have immediate access to soap and water.
3. Rub hands palm to palm.
4. Rub the back of your left hand with your right palm with interlaced fingers. Repeat with the other hand.
5. Rub your palms together with fingers interlaced.
6. Rub the backs of your fingers against your palms with fingers interlocked.
7. Clasp your left thumb with your right hand and rub in rotation. Repeat with your left hand and right thumb.
8. Rub the tips of your fingers in the other palm in a circular motion, going backwards and forwards. Repeat with the other hand.
9. Rinse hands with water (warm or cold).
10. Dry thoroughly, ideally with a disposable towel. Use the disposable towel to turn off the tap.



RESPIRATORY AWARENESS

The main respiratory conditions include:

- **Colds and flu:** caused by viruses and easily spread to other people. You may be infectious until all symptoms have gone
- **Asthma:** a long-term condition that narrows the airways, i.e. the tubes that carry air in and out of your lungs making breathing difficult
- **Chronic Obstructive Pulmonary Disease (COPD):** an umbrella term that encompasses several respiratory illnesses that cause breathlessness or the inability to breathe out normally
- **Chronic bronchitis:** a form of COPD emphasised by a chronic cough
- **Emphysema:** a serious respiratory disease, and another form of COPD. The most common cause is smoking
- **Lung cancer:** a cancer that starts in the windpipe, the main airway or the lung tissue. It develops when there is uncontrolled growth of abnormal cells inside one or both

lungs. These cells grow to form tumours

- **Pneumonia:** a common lung disease caused by an infection in the air sacs in the lungs. The infections can be bacterial, viral or fungal. Most people can recover in one to three weeks, but for certain people, pneumonia can be extremely serious and even life-threatening.

So, what can you do?

- See your GP if you have difficulty catching your breath or if you have a cough that lasts more than two weeks
- Make sure you practice hand hygiene and "catch it, bin it, kill it". See gov.uk/government/news/catch-it-bin-it-kill-it-campaign-to-help-reduce-flu-infections for details
- Stop smoking
- Follow the health and safety guidance at work if you are around dust and fumes. This may include wearing Personal Protective Equipment (PPE).

ALL ABOUT ARTHRITIS

Almost ten million people in the UK have some form of arthritis. It is the most common cause of disability in the UK and can affect people of all ages, not just older people.

Arthritis literally means “inflammation of the joints”. In arthritis, the inflammatory processes in the joints become chronic, eventually affecting the joint surfaces causing pain, stiffness and swelling. Types of arthritis include (but are not limited to):

- Osteoarthritis, more usually known as “wear and tear” or degenerative arthritis is the most common form, and often affects people as they get older
- Rheumatoid arthritis happens when the immune system attacks the joints
- Gout is caused by uric acid crystals in the joints.

WHAT ARE THE SYMPTOMS?

The symptoms of arthritis vary depending on the nature and severity of the underlying cause. The symptoms include:

- Joint pain, tenderness and stiffness
- Restricted movement of the joints
- Warmth and inflamed skin over the affected joint
- Weakness and muscle wasting around the joint.

There are treatments available for all forms of arthritis. However, the treatment will depend on the cause of arthritis and may include anti-inflammatory medicines, heat/ice, physiotherapy and surgery in the long term. If you have any joint problems, you should see your GP to find out the cause of the arthritis. You will often need some investigations, such as blood tests and X-rays. You may also need to be seen by a specialist, depending on the likely cause of arthritis.



WHAT CAN HELP?

- Eat a well-balanced diet and to keep to a healthy weight
- Reduce sugar and fat in your diet
- Normal exercise will not harm the joints. Exercise has even been proven to help reduce the pain of arthritis and improve function. See [Living with arthritis](#)
- Pace your activities, particularly if you feel sore or tired
- Follow our tips in this document to help with sleep
- You may feel low if you have arthritis. Try to spend time with others, keep moving or talk with your GP
- Try to keep active, control your breathing or even learn to meditate; all these things can help with ongoing pain
- Speak to your GP: they will be able to provide medication to help with the pain.

There’s no one way to manage arthritis pain. The **RICE method** can help with arthritis:

R stands for rest and relaxation – try to rest the joint for a few days until the flare-up subsides

I stands for ice. You may find that an ice pack wrapped in a tea-towel can help reduce the inflammation surrounding the joint. However, some people find heat or a combination of both to be more beneficial

C stands for compression. Sometimes a joint will feel more comfortable if it is supported. Use a lightweight stretchy support and don’t keep it on for long periods

E stands for elevation. If your pain is from the leg/hip it can sometimes feel more comfortable to raise the leg on a stool when you are sitting down. Again it is a matter of trial and error to find what works for you. It is important not to stay in this position for too long as the joints will ‘seize up’. Little and often is the key.