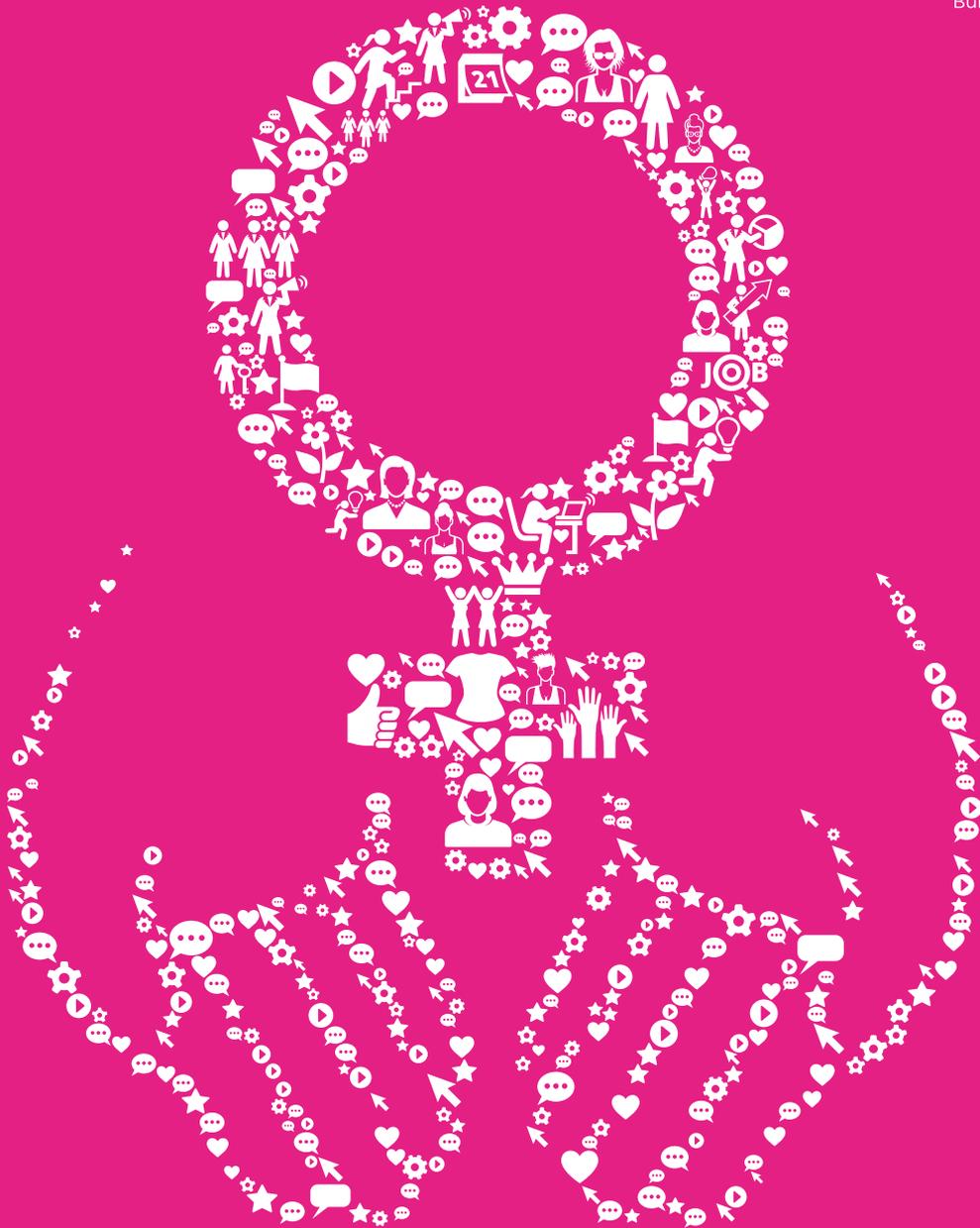


YOURHEALTH

Duradiamond Newsletter September 2019



Duradiamond
Building Healthy Business



MENOPAUSE: ARE YOU
FEELING THE HEAT?

SLEEP : ARE YOU GETTING ENOUGH?
TIPS AND TRICKS TO HELP

.....
SYMPTOMS AND ADVICE

.....
FLU: DO YOU KNOW THE DIFFERENCE
BETWEEN A COLD AND THE FLU?

Other ways you can help your self include:

- Eat at least five portions of fruit and vegetables a day and include low glycaemic carbohydrates at each meal, e.g. oats, pulses, grainy breads, pasta and other wholegrains. Eating low GL will help with weight control and mood swings
- Eat phytoestrogen rich foods every day, e.g. soya milk, yoghurts and desserts, pulses like chickpeas or butter beans, soya and linseed bread
- Include two to three daily servings of low fat dairy foods or calcium enriched soya alternatives to keep calcium intake high and maintain bone density
- Eat oily fish at least once a week, and limit salt and saturated fat for a healthy heart
- Take regular, moderate physical activity: walking, cycling, dancing are excellent. Aim for 30-45 minutes a day; this is vital for keeping weight under control
- Keep a healthy body weight and shape. Aim to keep your waist measurement below 80 cm or 32 inches and try not to go above a dress size 16.

HOW ARE YOU SLEEPING?

Sleep is essential for maintaining good mental and physical health – good sleep is one of the pillars of health. A lack of regular sleep is said to put you at risk of serious medical conditions, including obesity, heart disease, depression and diabetes – and it shortens your life expectancy. It's also believed to have a link with Alzheimer's.

Here are some things that can help:

- Avoid caffeine and caffeine at least four hours before you go to bed
- Avoid alcohol near bedtime as it can disrupt sleep
- Don't eat a BIG meal before bed
- Do regular exercise but stop two hours before bed
- Make your bedroom a nice, tidy and calm place to be in and avoid making it too hot/cold
- Keep your bedroom dark and quiet at night and keep it just for sleeping
- Try to maintain regular sleep patterns
- Try a sleep app such as **Sleepio** (free in London): Sleepio London and the Thames Valley
- Try a sleep diary to track your sleep patterns and find out what keeps you awake.

IT'S COMING UP TO FLU SEASON...DO I HAVE THE FLU?

Flu appears quickly, usually within a few hours. It affects more than your throat and nose. It makes you exhausted and too unwell to carry on as normal.

A cold appears gradually. It affects mainly your nose and throat. It makes you feel unwell but you can still carry on. **See the video** at Difference between cold and flu video

How do I treat the flu?

- Rest and sleep
- Take paracetamol or ibuprofen to lower your temperature and treat aches and pains – if you are taking flu remedies, do remember if you're taking paracetamol and ibuprofen tablets, as it's easy to take more than the recommended dose. Speak to a pharmacist for advice.

Call 999 or go to A&E if you:

- develop sudden chest pain
- have difficulty breathing or
- start coughing up blood.

