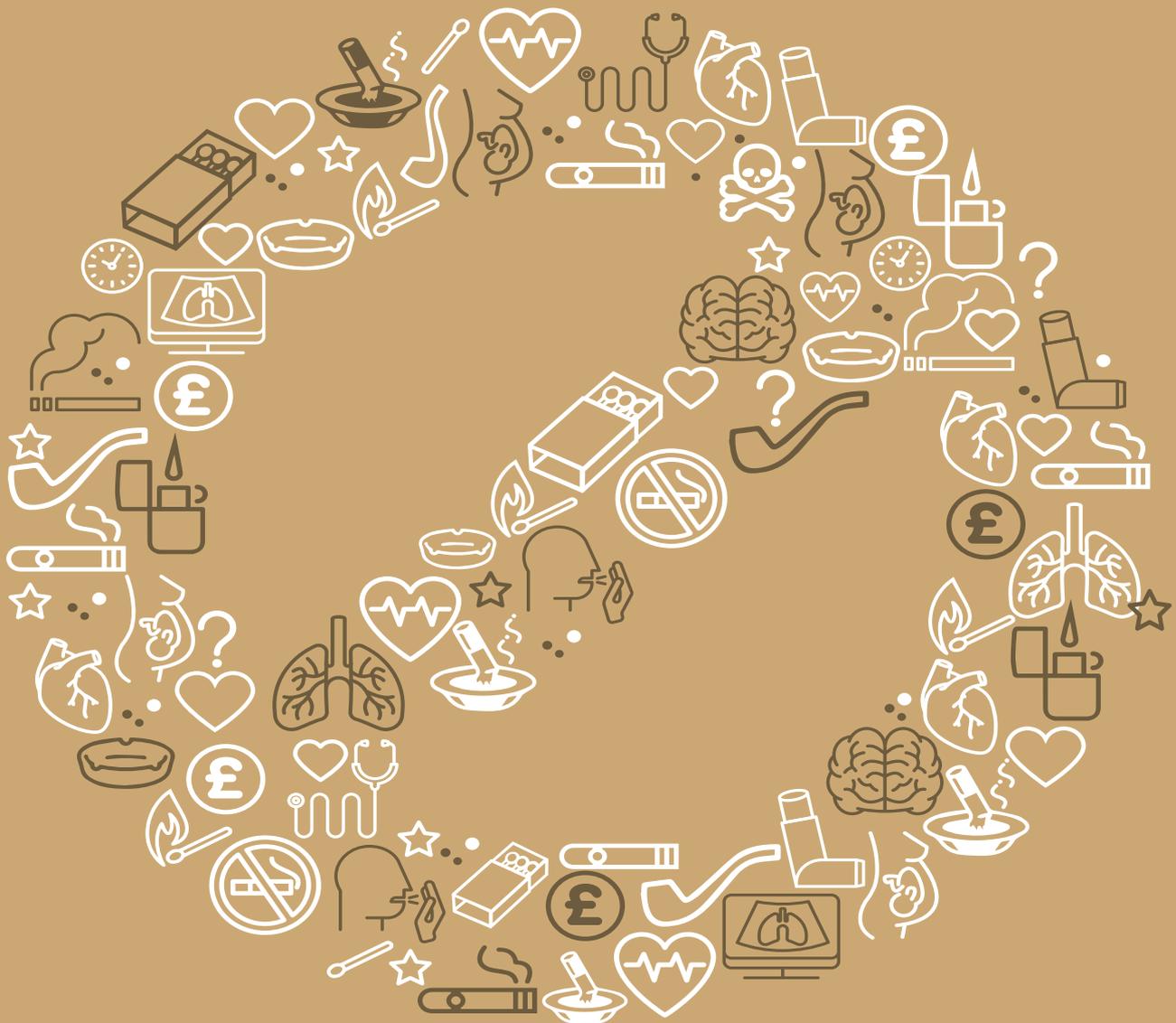


# YOURHEALTH

Duradiamond Newsletter October 2019



Duradiamond  
Building Healthy Business



**SMOKING: IT'S A KILLER**

**QUITTING IS A JOURNEY**

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**MENTAL HEALTH:**

**HOW ARE YOU FEELING?**

**BREAST CANCER:**

- SYMPTOMS
- ADVICE
- SCREENING

# SMOKING: IT'S A KILLER

Smoking is one of the biggest causes of death and illness in the UK. The cost to the NHS alone of smoking is £2.5 billion a year and the cost of heartache and ill-health to families and individuals is infinite.

Smoking is the biggest risk factor for heart disease, lung cancer, bronchitis and a host of other problems. If you're a smoker, stopping smoking is the single most important step you can take to protect the health of your heart. Nearing 78,000 people in the UK die each year due to smoking.

## The good news is:

- **Stopping smoking can make a big difference to your health.**
- **It is never too late to stop smoking to greatly benefit your health.**
- **Help is available if you want to stop smoking but are finding it difficult.**

## Quitting is a journey...

- Talk to your doctor or pharmacist. You can find help at your local doctor's surgery, chemist or speak to your OH provider.
- Find an NHS Stop Smoking Service. You can get face-to-face support to quit smoking free from the NHS. There's more support than ever before.
- Get support online - [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree) provides information and support for quitters.
- Whichever method you choose, there may be side effects, so it's best to speak to your doctor first.

20 mins	Pulse rate returns to normal
8 hrs	Nicotine and carbon monoxide levels in blood reduce by more than half and oxygen levels return to normal
24 hrs	Your blood pressure and lungs will be showing improvement
48 hrs	Carbon monoxide will be eliminated from the body. Lungs start to clear out mucus & other smoking debris. There is no nicotine in the body. Ability to taste and smell is improved
72 hrs	Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase
3 months	Your circulation and breathing should have improved noticeable
5 years	Your risk of heart attack falls to about half of that as a smoker
10 years	Your risk of lung cancer falls to about half of that as a smoker





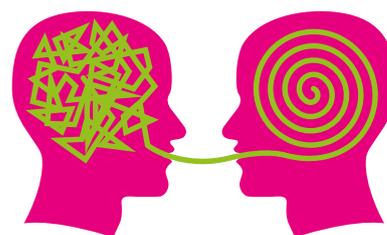
# Mental Health : How are you feeling?

## If you're struggling with life, there are some practical things that may help:

- You're not alone in feeling like this. Many people struggle to cope at some stage and experiencing a range of emotions during this time is common.
- When people feel like this they often feel very alone. Even if you don't have family or friends close by, you are never alone. **Speak to your occupational health provider, your GP or contact [www.Samaritans.org](http://www.Samaritans.org) or 116 123. The Samaritans are available 24/7/365 and they'll listen.**
- By talking you may put things into perspective and start to feel more positive about the future.
- Try to identify what is making you feel this way and see if there is something constructive you can do to change it.

## There are lots of things you can do to help yourself:

- Make time for yourself, relax and do things you enjoy.
- Eat healthily; get plenty of sleep and exercise.
- Spend time with people you love.
- Talk about your problems with people you trust.
- Pay attention to what you're feeling.



**Breast cancer is the most common cancer in women. Around one in eight women develop breast cancer at some stage in their lives and about 62,000 people are diagnosed with breast cancer a year, including around 370 men.**

### What are the risk factors?

- Being female is the single biggest risk factor
- Age - the older you are, the higher your risk
- Significant family history of breast cancer
- Being overweight or obese. Men also have an increased risk of breast cancer if they are overweight or obese
- Drinking alcohol: risk increases with each extra unit per day
- Inactivity - make sure you do your 150 minutes of moderate exercise a week.

### Symptoms may include:

- Breast pain
- A change in the size or shape of one or both breasts
- Fluid leaking from a nipple in a woman who isn't pregnant or breastfeeding
- A lump or swelling in either of your armpits or in your breast
- Skin changes include puckering, dimpling, a rash, or redness of the skin of the breast
- Change in the position/appearance of your nipple.
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### Symptoms...be reassured that:

- Most breast lumps are not cancer. Many symptoms of breast cancer may be due to normal breast changes or a benign condition.
- Breast pain isn't usually a symptom of breast cancer.
- But it is important to get anything that is unusual for you checked by your GP.
- The **earlier** breast cancer is treated, the more **successful treatment** is likely to be.

**BREAST SCREENING: Women in the UK aged between 50 and 70 registered with a GP are invited to have a routine mammography, every three years. Most experts agree that regular breast screening is beneficial in identifying breast cancer early. The earlier the condition is found, the better the chances are of surviving it.**

Sources: Breast Cancer Care, Cancer Research UK, NHS, British Heart Foundation, Smoke Free NHS, patient.info, Cancer Research UK, Mates in Mind, Samaritans, Mental Health at Work, BITC, MIND, Centre for Mental Health, PHE Statistics

### Find out more at :

- [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)
- [www.cancerresearchuk.org](http://www.cancerresearchuk.org)