

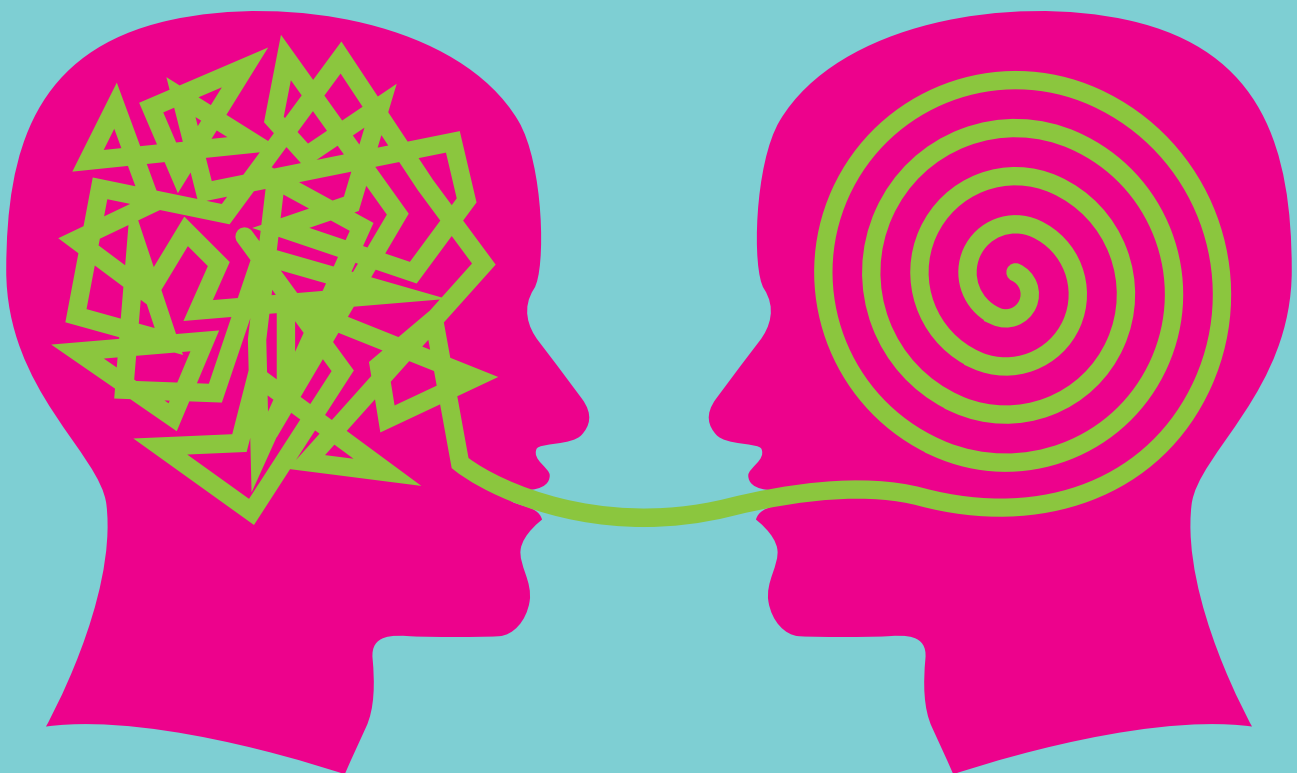
# YOURHEALTH

Duradiamond Newsletter February 2020



Duradiamond

Building Healthy Business



## TIME TO TALK .

BE IN YOUR MATE'S CORNER.

## FITNESS, EXERCISE & MOVEMENT

WOULD YOU RATHER

Be stuck in a spider's web?

OR

Talk to a friend who feels trapped in their thoughts?

time to change  
time to talk day  
06/02/20

Choose talk, Change lives.

#timetotalk

## HAND ARM VIBRATION SYNDROME (HAVS)

# TIME TO TALK

Your Health

SOMETIMES WE SAY WE ARE FINE WHEN WE ARE NOT...



But, with one in four people experiencing a mental health problem this year alone, if a mate says he's fine, he might not be.

To really find out, ask twice. **February 6th is Time To Talk Day** - here are some tips to help with that first conversation:

- Take it seriously: talking about personal things can be embarrassing and difficult.
- Don't laugh or treat it as a joke.
- Listen and reflect. You don't have to have all the answers - just listening can make a big difference. Try and show that you're taking on board what they're saying. You can do this by reflecting - that is, saying something simple like "that sounds really difficult".
- You could also say something like "thanks for telling me", to show that you appreciate having the conversation.
- Ask questions: it can help them to get things off their chest, and by keeping the conversation going it shows that you care.

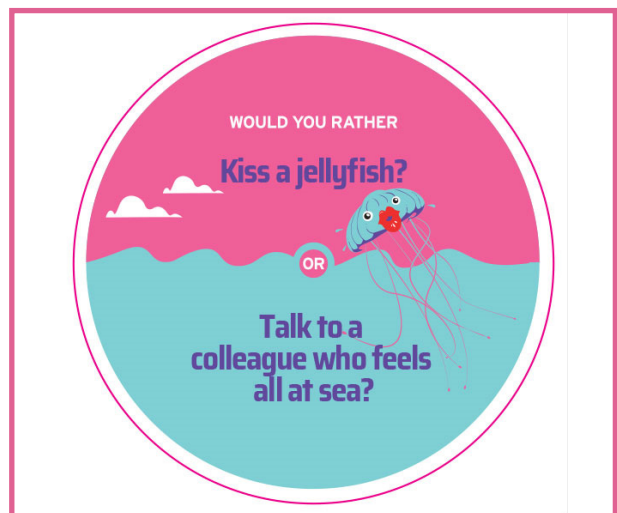
- Don't try and fix it: but expecting things to change right away isn't helpful. It's not your job to make their mental health problem go away - it's often more helpful just to listen, ask open questions and do things you'd normally do together.
- Build your knowledge: You might find it helpful to learn a bit more about what they're going through. If they mention a specific diagnosis, you could learn more about it and read personal stories by people who have experienced similar things.

Find out more about mental health and support services

<https://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support>

Find out more about Time To Talk Day - choose talk, save lives.

<https://www.time-to-change.org.uk/get-involved/time-talk-day>



Choose talk, change lives.  
#timetotalk

time to change  
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# FITNESS, EXERCISE & MOVEMENT

- Physical activity for good health and wellbeing.
- Regular physical activity provides a range of physical and mental health benefits.
- These include reducing the risk of disease, managing existing conditions, and developing and maintaining physical and mental function.
- In general, the more time spent being physically active, the greater the health benefits.
- However, the gains are especially significant for those currently doing the lowest levels of activity (fewer than 30 minutes per week), as the improvements in health per additional minute of physical activity will be proportionately greater.

**Physical activity for adults and older adults**

Benefits health	Type II Diabetes -40%
Improves sleep	Cardiovascular disease -35%
Maintains healthy weight	Falls, depression etc. -30%
Manages stress	Joint and back pain -25%
Improves quality of life	Cancers (colon and breast) -20%

Some is good, more is better | Make a start today: it's never too late | Every minute counts

**Be active**

at least **150** minutes moderate intensity per week OR or a combination of both at least **75** minutes vigorous intensity per week

**Build strength** To keep muscles, bones and joints strong on at least **2** days a week

**Minimise sedentary time** Break up periods of inactivity

**Improve balance** For older adults, to reduce the chance of frailty and falls 2 days a week

UK Chief Medical Officers' Physical Activity Guidelines 2019

# HAND-ARM VIBRATION

Vibration is transmitted into your hands and arms when you use hand-held powered work equipment. Too much exposure to hand-arm vibration can cause HAVS. Symptoms can include:

- Tingling and numbness in the fingers (which can cause sleep disturbance).
- Not being able to feel things with your fingers.
- Loss of strength in your hands (you may be less able to pick up or hold heavy objects).
- In the cold and wet, the tips of your fingers going white then red and being painful on recovery (vibration white finger).

If you continue to use high-vibration tools these symptoms will probably get worse, for example:

- The numbness in your hands could become permanent and you won't be able to feel things at all;
- You will have difficulty picking up small objects such as screws or nails;
- The vibration white finger could happen more frequently and affect more of your fingers.

HAVS is one of the most common causes of secondary Raynaud's.

## COLD, WHITE HANDS?

Raynaud's Phenomenon occurs naturally in about five percent of the population and can look a little like vibration white finger. It occurs where the small blood vessels in the extremities such as hands and feet, fingers or toes are over-sensitive to even the slightest changes in temperature, the cold and sometimes stress. Raynaud's symptoms are (i) a colour change in the extremities such as hands or feet (ii) cold extremities and numbness and/or (iii) tingling or pain.

With both HAVS and Raynaud's symptoms, speak to your GP or OH provider if you have concerns.

Sources: Time to Change, NHS, Public Health England, HSE, Patient Info, Scleroderma & Raynaud's UK (SRUK).