

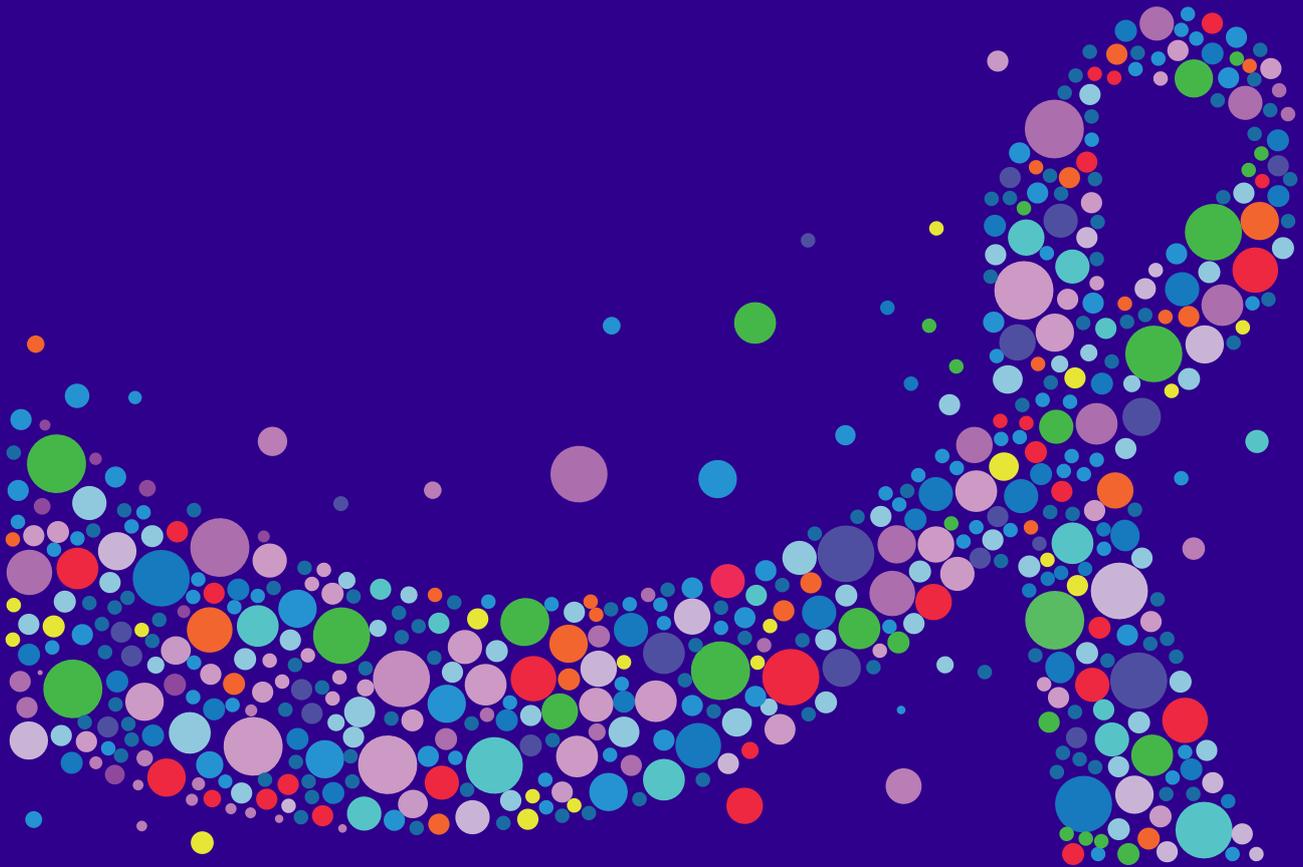
YOURHEALTH

Duradiamond Newsletter March 2020



Duradiamond

Building Healthy Business



**CANCER :
KICK IT INTO TOUCH !**

**HEALTH CHECKS:
WHAT ARE YOU WAITING FOR?**

**SMOKING....
PUT IT OUT !**

LET'S KICK CANCER INTO TOUCH

Cancer is a condition where cells in a specific part of the body grow and reproduce uncontrollably. The cancerous cells can invade and destroy surrounding healthy tissue, including organs.

One in two people will develop some form of cancer during their lifetime. There are more than 200 different types of cancer, and each is diagnosed and treated in a particular way. In the UK, the four most common types of cancer are:

- Breast cancer
- Lung cancer
- Prostate cancer
- Bowel cancer.



Spotting the signs

Changes to your body's normal processes or unusual, unexplained symptoms can sometimes be an early sign of cancer. Symptoms that need to be checked by a doctor include:

- A lump that suddenly appears on your body
- Unexplained bleeding
- Any unexplained weight loss
- Changes to your bowel habits.

In many cases, your symptoms will be unrelated to cancer and caused by other, non-cancerous health conditions. Making some simple changes to your lifestyle can significantly reduce your risk of developing cancer, e.g.



- Healthy eating - make sure you have your five a day and have a balanced, healthy diet - see the Eatwell Guide <https://www.gov.uk/government/publications/the-eatwell-guide>
- Taking regular exercise - adults (19-64) should aim to be active daily and take part in at least 150 minutes of moderate intensity physical activity each week, in bouts of ten minutes or more and include strengthening exercises - see www.gov.uk/government/publications/health-matters-getting-every-adult-active-every-day/health-matters-getting-every-adult-active-every-day
- Not smoking.





PUT IT OUT!

Smoking is one of the biggest causes of death and illness in the UK.

- Every year, some 78,000 people in the UK die from smoking, with many more living with smoking-related illnesses.
- Smoking increases your risk of developing more than 50 serious health conditions, some be fatal with others causing irreversible long-term damage to your health.
- You can become ill if you smoke yourself OR if people around you smoke (passive smoking).
- Smoking causes around seven out of every ten cases of lung cancer and many other types of cancer.
- <https://www.nhs.uk/smokefree> is full of great tips to help you stop.



HEALTH CHECKS.. WHAT ARE YOU WAITING FOR?

A regular health check can be a useful way to ensure you are thriving and well. Your employer may offer these checks or you can get a check through your GP. The NHS also offers a free health check for adults in England aged 40-74, designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. In Scotland and Wales there are similar checks.

Sources: Cancer Research, NHS, NHS Smokefree, Eatwell Guide, Public Health England.

The results of your checks may indicate some health issues. You will be given in-depth advice and guidance to follow after your check but here are some hints to improve your scores and reduce your risk:

- High blood pressure: cut down on salt (to 6g a day) and caffeine, lose weight and become more active and ensure your alcohol intake is within recommended levels.
- High cholesterol: eat less fatty foods, exercise more, stop smoking and reduce your alcohol intake.
- Reduce your alcohol intake – do not drink more than 14 units per week and spread the units over several days. Try to have some alcohol free days.
- Reducing aim to be active daily and take part in at least 150 minutes of moderate intensity physical activity each week, in bouts of ten minutes or more and include strengthening exercises.
- Diabetes: depends on the Type of diabetes but for Type 2 you can reduce your risk by improving your diet and keeping active? Your waist measurement should be 94cm (37ins) or less for men and 80cm (31.5ins) or less for women.

So what are you waiting for?

