

JOHN LANT & PARTNERS OSTEOPATHS NEWSLETTER December 2011

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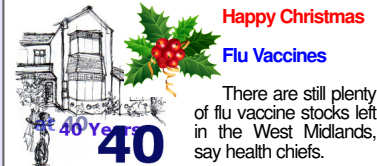
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Treating all the family



ESTABLISHED 1971



Happy Christmas

Flu Vaccines

There are still plenty of flu vaccine stocks left in the West Midlands, say health chiefs.

Although some surgeries have reported that they are running low or even out of doses of this year's vaccine NHS West Midlands say there is still a stock of 25,000 vaccines in the region.

Regionally there are still around 250,000 H1N1 vaccines left over from last year which provide

protection against the swine flu strain of this season's virus.

The latest figures from the Health Protection Agency suggested that nationally nearly 71 per cent of over 65s have now been vaccinated, but that only 46 per cent of people in other at risk groups have seen their GP for a jab.

The other at risk groups are:

- People aged 65 or over
- Pregnant women
- People living in a care home

The main carer for an older or disabled person
Anyone with a long-term condition
A total of 112 people across the UK have now died from a flu-related illness since September,

with the highest number of those deaths coming in the 45 to 64 age range. The Department of Health said a total of four million people in at risk groups had still not been vaccinated.

An e-newsletter version of this publication is available by emailing a request to admin@johnlant.co.uk
John Lant, Alex Austin, Michelle Stevens & Emma Harvey

The Osteopaths' Team in 2011



Pain clinics

There are around 300 pain clinics in the UK. Most are located in hospitals and have teams of staff from different medical areas, including occupational therapists, psychologists, doctors, nurses and physiotherapists. They all work together to help people with pain.

Pain clinics vary but usually offer a variety of treatments aimed at relieving long-term pain, such as painkilling drugs, injections, hypnotherapy and acupuncture.

You will need to be referred to a pain clinic by your GP or hospital consultant.

Pain management programmes

Pain management programmes are a series of sessions, for groups of 6-8 people, aimed at teaching you how to live with your pain. Instead of treating your pain, you learn to cope with it,

gaining skills such as setting realistic goals and managing your moods and pain flare-ups. Research shows that after going on a pain management programme, the patient's confidence grows and they can expect to enjoy a better quality of life, sleep and mobility as a result. Some hospital and community pain services offer pain management programmes, and some are run by GPs.

As with pain clinics, you will need a referral from a GP or hospital specialist to join a pain management programme.

Prostate

Every man has one, it's important for their sex life, yet few men know anything about their prostate or what can go wrong with it.

According to a survey of men aged 45 and over by the Prostate Cancer Charity (PCC), 70% of them knew nothing about their prostate or the symptoms of prostate cancer.

John Neate, the PCC's chief executive, says that better knowledge about this walnut-sized gland will help men to make better choices about testing and treatment. He says: "We certainly don't want men to panic about getting prostate cancer, but we do want far more to be aware of their risk of this disease and their

health in general."

The prostate, found only in men, is located below the bladder. It produces some of the fluid in semen and is crucial to a man's sex life. The prostate fluid nourishes and protects sperm during intercourse and forms the bulk of ejaculate volume.

The prostate often enlarges as men get older but for two-thirds of men aged 50 or over this doesn't cause any problems.

In some cases, an enlarged prostate can press on the tube carrying urine from the bladder and cause urinary problems. This is known as benign prostatic hyperplasia (BPH).

Other prostate conditions include inflammation of the gland, which is sometimes caused by an infection, also known as prostatitis. This can make urinating painful. Sometimes, a single cell in the prostate starts to multiply out of control and cancer can develop.

Professional Training & Development Group for Osteopaths

The Practice provides regular CPD Courses for colleagues in-house, often on Wednesday afternoons when the practice may be partly closed with telephone services only.

Recent topics have included Upper Extremity pain and Obstacles to low back pain recovery, Changes to local NHS Cambridgeshire Musculoskeletal Services.

Email: admin@camost.co.uk. The practice continues to support and develop close educational links with the British School of Osteopathy in London where John Lant is a Governing Board Member.

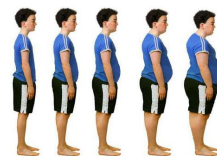
UK women are 'fattest in Europe'

Obesity: The story so far

Health Explained: What is fat?

Sizing it up: The facts behind global obesity

The UK has more obese women than any other country in Europe, according to European Union figures. Data agency Eurostat, which



looked at 19 countries, found nearly a quarter of UK women - 23.9% - were recorded as being obese in the year 2008 to 2009. Just over 22% of UK men were classed as obese, coming second

UK women are 'fattest in Europe'

only to Malta.

A person is defined as obese if their body mass index (BMI), which is calculated by dividing body weight by body height squared, is 30 or above. And he or she is classed as overweight if their BMI is between 25 and 30. The BMI correlates fairly well with body fat.

Statisticians found the share of overweight and obese people increases with age in all of the 19 member states that data was available for. The data come from the European Health Interview Survey (EHIS) and was published by Eurostat, the statistical office of the European Union.

After the UK, the countries with the highest levels of female obesity were Malta, with 21.1%, and Latvia, where 20.9% fulfilled that criteria. Meanwhile, after Malta and the UK, the countries with the highest instances of male obesity were Hungary - where 21.4% fall into that category - and the Czech Republic, where 18.4% are classed as such.

How to work out your BMI...

Work out your height in metres and multiply the figure by itself...

Measure your weight in kilograms
Divide the weight by the height squared
For example, if you are 1.6m (5ft 3in) tall and weigh 65kg (10st 3lb), the calculation would then be: 65 ÷ (1.6 x 1.6 = 2.56) = 25.39

A BMI of less than 18.5 is underweight

A BMI of 18.5-25 is ideal

A BMI of 25-30 is overweight

A score of 30 or above is obese

The UK's high levels of obesity are in stark contrast to those in countries such as Romania, where just 8% of women were classed as obese along with 7.6% of men.



Obesity levels were also found to be low in Italy, Bulgaria and France.

