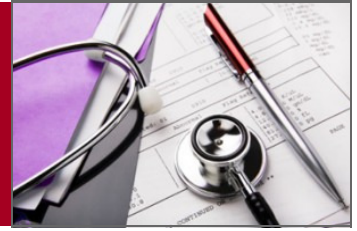


Newsletter



June 2016

Special points of interest:-

Pregnancy discrimination

A recent publication by the Human Rights Commission highlights 3 in 4 working pregnant women experience discrimination. This has fuelled the current debate of changes at work to ensure it is not causing discrimination. Another hot topic are changes to support women during menopause.

Working long hours and risk of stroke

A publication (Lancet 2015, doi:10.1016/S0140-6736(15)60295-1) found working more than 55 hours a week is associated with an increased risk of suffering a stroke.

Night work and cardiovascular risk

A US study (Ramin C, et al. Occup Environ Med 2015; 72: 100-107) has found night workers have higher rate of obesity, higher caffeine intake, higher total calorie intake and more likely to smoke combined with shorter sleep duration. All these characteristics are known risk factors for cancer and cardiovascular diseases.

Revised Exposure Prone Procedure (EPP) Categorisation for dentistry

In March 2016, the UK Advisory Panel for Healthcare Workers Infected with Blood-borne Viruses (UKAP) changed the categories of EPP for specialist and general dental working. Click [here](#) to view the categories published.

Each procedure has been placed in a risk category based on the risk of blood contaminating the patient's open tissues. Currently the Department for Health guidance restricts dentists with Hepatitis B, Hepatitis C or HIV infection in their practice. The risk needs to be assessed individually and practice can be possible following reporting to UKAP-OH monitoring register and following careful assessment.

Dementia related to life style

A recent publication shows there are simple changes in your lifestyle which can reduce the risk of dementia. This includes

- a balanced diet
- regular exercise
- no excessive alcohol consumption
- no smoking and
- weight control.

These are all fairly simple changes that can make a significant impact on your life in later years.

Eat Well Guide

National advice on healthy eating is regularly reviewed. The latest review resulting in changed advice for a healthy diet. To view the newly launched 'Eatwell Guide' by Public Health England for recommendations on eating healthily and achieving a balanced diet – please click [here](#).

A total of 30 million working days lost....

A total of 30 million working days were lost due to stress, depression or anxiety, according to the Labour Force survey.

If you have concerns regarding one of your employees or colleagues feel free to book an Occupational Health assessment to provide a possibility to discuss any issues with a medical professional. Please click [here](#) to contact us.



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