

Health

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Health

First Aid



St John Ambulance in the East of England has teamed up with the News to give some simple but life-saving first aid tips. This week: dealing with a nosebleed

A NOSEBLEED most commonly happens when tiny blood vessels in the nose are ruptured. This can be caused by a blow to the nose, sneezing, blowing or picking the nose.

Nosebleeds might also be caused by high blood pressure and anti-clotting medication.

A nosebleed can be serious if the casualty loses a lot of blood and, especially for children, can be very frightening.

Follow these simple steps to help someone to deal with a nosebleed:

- Advise the casualty to sit down and tilt the head forward to allow the blood to drain from the nostrils. The casualty should breathe through the mouth and pinch the soft part of the nose for around 10 minutes
- Advise the casualty not to speak, cough, sniff or spit as this might disturb blood clots forming in the nose
- After 10 minutes, tell the casualty to gently release the pressure. If the bleeding hasn't stopped, reapply pressure for another 10 minutes
- Once the bleeding has stopped and with the head still tilted forwards, clean around the nose with clean, lukewarm water and advise the casualty to avoid any exertion for a few hours and not to blow the nose as this could disturb blood clots
- If the nosebleed is severe or lasts longer than 30 minutes, arrange to take or send the casualty to hospital.
- Never advise the casualty to tilt the head back as this could cause blood to run down the throat and cause vomiting.

For those looking for quick, easily-accessible first aid information, the St John Ambulance app is available free on smartphones and the website. For details, or demo videos, an interactive game, and free advice visit sja.org.uk, or for more about first aid courses call 08700 10 49 50.

If you are interested in volunteering for St John Ambulance, please email east-volunteering@sja.org.uk.



Restaurant kickstarts scheme by giving its menu a healthy 'tweak'

A PILOT project which encourages restaurants to serve healthier options on their menus has launched in Cambridge.

And a city restaurant has already signed up to the initiative with five more in the pipeline. Eating out accounts for about 10 per cent of the food and drink energy people consume on average, with many consuming much more than this.

In Cambridgeshire, 20.9 per cent of children aged 4-5 years and 29 per cent of children aged 10-11 years are overweight or obese.

Healthier Options, a collaboration between Cambridgeshire County Council's Public Health Team, Cambridge City Council, East Cambridgeshire District Council and Fenland District Council, is encouraging local food outlets and restaurants to make simple swaps on their menus that are healthier and taste just as a good.

Also, all businesses receive training on how to adapt their menus such as using healthier oils, keeping the oil clean and at the right temperature and using better frying techniques which will reduce fat, saturated fat and salt intake.

Charlie's Coffee Company, in Burleigh Street, Cambridge, is the first restaurant to sign up to the initiative and has already changed a number of items on its menu, including pizzas, sandwiches (with freshly-baked bread) and some of its lighter bites.

FREYA LENG acting ethically by encouraging people to eat more healthily. I'd recommend businesses to register and take part." Greg said they were planning more changes in the future too, including smoothies and salad inside a bowl made out of pizza dough along with a Christmas menu with jacket potatoes and soups.

"What we want to do is introduce new flavours and make it exciting and fun for customers," he said. "We've been trying to serve different flours, our chef has been on a course in Italy where they make flour which is much better for you than the standard flour."

The initiative, which is being evaluated by the University of Hertfordshire, is starting out in Cambridge, with the aim to spread to other areas of Cambridgeshire.

Healthier Options has a range of resources to support food businesses to make a pledge towards a healthier menu and there is a wide range of tips and ideas around what each type of food business can do, many of them are cost neutral or even cost saving.

Sarah Stevenson, health improvement specialist at Cambridgeshire County Council, said: "It's very exciting to get our very first restaurant on board and serving up fresh, delicious and healthy food to its customers."

"In the last two years the purchasing of salads in UK restaurants has gone up 8 per cent. There's evidence from across the country that these types of projects can make a real impact on what we eat outside of the home, at a time, when obesity is one of our biggest health challenges."

The initiative also has tips for children's menus to move beyond 'chicken, chips and fritz' to fun dishes such as 'rainbow rice and a 'kids cocktail'.



The scheme is also recruiting Healthier Options ambassadors, volunteers who can help recruit restaurants and spread the word about the scheme too. For more information about the project and also

how to join the scheme. For details, visit healthier-options.org.uk, follow Healthier Options on Twitter @Healthier_Cambs or like it on Facebook Healthier Options-Cambridgeshire.

JUST THE START: Public health nutritionist Sarah Stevenson joins, from left, Greg Rawinski, who is leading the Healthier Options project at Charlie's Coffee Company, head chef Marino Silletti, manager Gruseppe Matera, and sous chef Christos Savva at the launch of their revamped menu. Right - some of the items on the menu at Charlie's Coffee Company which have been adapted to fall in line with the Healthier Options initiative

Factfile

IN Cambridgeshire approximately:

- 65 per cent of adults are above their healthy weight (21.6 per cent obese).
- 15 per cent of children in year 6 and 7.5 per cent in reception are obese.
- Fruit and vegetables are a good source of fibre, vitamins and minerals, and are an important part of a healthy-balanced diet. 59.3 per cent of Cambridgeshire adults eat the recommended 5 A DAY.
- Free sugars: major sources of free sugars include sweets, biscuits, soft drinks, and sweetened breakfast cereals. Eating or drinking free sugars can result in tooth decay and higher energy intake (leading to weight gain) and drinking sugary drinks in particular increases the risk of type 2 diabetes and weight gain.
- Saturated fat: people in the UK also tend to eat too much saturated fat.

Saturated fat is associated with an increased risk of heart disease. Major contributors to saturated fats in the UK diet include various meat products (processed meats), cereal products (eg: cakes), full fat dairy desserts and butter, chips and chocolate. The guideline is that no more than 11 per cent food energy intake should come from saturated fat; the average intake is 13 per cent.



TASTE TEST: Freya Leng, left, and Sarah Stevenson sample some of the dishes

I was amazed at all the options . . . and they tasted delicious

HEALTH correspondent Freya Leng went along to Charlie's to try some of the healthier options food.

"I loved the fresh ingredients they used. The chefs served us a whole range including a gluten-free margarita pizza, a salad bowl made from pizza dough and a range of sandwiches. "My favourite was the mozzarella, parma ham and basil sandwich made with fresh bread. I was amazed at how many options they had, and they tasted delicious."

Factfile

SO what is Healthier Options?

- It's an initiative that aims to improve the healthiness of food offered in local (small or medium), non-chain food businesses.
- A business creates a pledge using the Healthier Options resources and after three months is assessed against the pledge, if the pledge is completed, they are awarded a Healthier Options membership.
- A business must maintain at least a three food hygiene rating to maintain membership.
- Some of the Healthier Option's 'tips' are actually cost-saving to the business.
- Overall the changes made improve the ability and ease of local people to make healthy choices when dining out.

Late night chemists

- Boots, Cambridge**
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Newmarket Road
CB5 8WR
Tel: 01223 357487
Mon-Sat 9am-12am
Sun 10am-4pm.
- Sainsbury's Pharmacy, Cambridge**
Brooks Road
CB1 3HP
Mon 8am-11pm
Tue 7am-11pm
Wed 7am-11pm
Thu 7am-11pm
Fri 7am-11pm
Sat 7am-10pm
Sun 10am-4pm
- Asda Pharmacy, Unit9, Beehive Centre**
Coldhams Lane
Cambridge
CB1 3ER
Tel: 01223 531610
Mon-Sat 9am-9pm
Sun 10am-4pm
- Numerak Pharmacy, Cambridge**
2 Adkins Corner
Perne Road
CB1 3RU
Mon 7am-11pm
Tue 7am-11pm
Wed 7am-11pm
Thu 7am-11pm
Fri 7am-11pm
Sat 7am-7pm
Sun 9am-5pm
- Tesco In-Store Pharmacy, Milton**
Cambridge Road
Milton
CB24 6AY
Tel: 01223 581847
Mon-Sat 8am-8pm
Sun 10am-4pm
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15-18 Viking Way
Bar Hill
Cambridge
CB23 8EL
Tel: 01954 240147
Mon-Sat 8am-8pm
Sun 10am-4pm
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Yarrow Road
Fulbourn
Cambridge
CB2 3ND
Tel: 01223 350213
Mon-Sat 8am-8pm
Sun 11am-5pm
- Tesco, Fulbourn**
Yarrow Road
Fulbourn
Cambridge
CB1 9BF
Tel: 01223 581647
Mon 8am-10.30pm
Tue-Fri 6.30am-10.30pm
Sat 6.30am-10.30pm
Sun 10am-4pm
- St George's Pharmacy, Ely**
St George's Medical Ctr
Parsons Lane, Littleport
Ely
CB6 1JU
Tel: 01353 864134
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- Sainsbury's Pharmacy, Ely**
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Ely
Cambridgeshire
CB7 4AS
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Tue-Fri 7am-11pm
Sat 7am-10pm
Sunday 10am-4pm
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Fordham Road
Newmarket
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Sunday 10am-4pm
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Newmarket
Suffolk
CB8 8EQ
Tel: 01638 428022
Mon-Sat 7.30am-10.30am
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Priory Fields
Surgery
Nursery Road
Huntingdon
Cambridgeshire
PE29 3RL
Tel: 01480 411009
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Sun 10am-5pm
- Sainsbury's Pharmacy, Huntingdon**
St. Germain Walk
Nursery Road
Huntingdon
PE29 3FG
Tel: 01480 453023
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Sun 10am-4pm
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33 High Street
St Neots
PE19 1BW
Tel: 01480 214208
Mon-Fri 8am-8pm
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Huntingdon
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PE19 2SA
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CB9 8HF
Tel: 01440 706689
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CB9 0BQ
Tel: 01440 759447
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Tue-Fri 7am-11pm
Sat 7am-10pm
Sun 10am-4pm
- Tesco, Ely**
Angel Drive
Ely
CB7 4DJ
Tel: 01353 809447
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Sun 10am-4pm