



Top Health News

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Sharp rise in type 2 diabetes among people under 40 in UK

The number of people under 40 being diagnosed with type 2 diabetes in the UK has risen 39% in six years, fuelled by soaring obesity levels and cheap junk food.

Britain has one of the highest obesity rates in Europe. Two in three adults are overweight or obese and the NHS spends £6bn a year treating obesity-related ill-health. That is forecast to rise to £10bn a year by 2050.

New figures from Diabetes UK show cases of type 2 among under-40s have increased to almost 168,000 from 120,000 in 2016/17. Diagnoses are

rising at a significantly faster pace than among over-40s, for whom the increase was 25% in six years.

The figures come after the Guardian revealed that ministers had been warned they were putting children and young people at risk of life-changing medical conditions, including type 2 diabetes, because they had shelved policies to tackle obesity and junk food until 2025.

Many of the measures promised in the 2020 national food strategy have been ditched, watered down or kicked into the long grass.

The chief executive of Diabetes UK, Colette Marshall, said the rise in type 2 diabetes among children and young adults was alarming and called on ministers to urgently address the crisis.

“Drastic changes to the environments we live in and the food we eat over the last 25 years are taking a toll on our health,” she said. “We are bombarded by adverts for cheaper, unhealthy food. The foods on our shelves are increasingly high in fat, salt and sugar. And rising costs are pushing a healthy diet out of reach for millions.

[Andrew Gregory, The Guardian](#)

Thousands of NHS patients to access trials of personalised cancer ‘vaccines’

Thousands of cancer patients in England are set to gain fast-tracked access to trials of personalised cancer vaccines following the launch of a world-leading NHS trial “matchmaking” service to help find new life-saving treatments.

The NHS today announced it has treated its first patient in England with a personalised vaccine against their bowel cancer, in a clinical trial part of NHS England’s new Cancer Vaccine Launch Pad.

In a national first, father-of-four Elliot Phebe received the developmental jab at University Hospitals Birmingham NHS Foundation Trust, one of several sites taking part in the colorectal cancer vaccine trial sponsored by BioNTech SE.

The German biotechnology company will tomorrow (1 June) present new preliminary data at the American Society of Clinical Oncology’s annual conference in Chicago on how measuring circulating tumour DNA could potentially help early detection of colorectal cancer.

The vaccine trial involving Elliot is one of several that will be taking place in NHS trusts across the country to treat different types of cancer. Thousands more patients are expected to benefit from NHS England’s new Cancer Vaccine Launch Pad, which will enable those wanting to participate in clinical trials to be fast-tracked to one of the nearest participating hospitals.

Patients who agree to take part have a

sample of their cancer tissue and a blood test taken. If they meet a clinical trial’s eligibility criteria, they can be referred to their nearest participating NHS site, meaning patients from hospitals across the country will find it easier than ever to take part in groundbreaking research.

The investigational cancer vaccines evaluated in the colorectal cancer trial are based on mRNA – the same technology used for the Pfizer-BioNTech COVID-19 vaccine – and are created by analysing a patient’s tumour to identify mutations specific to their own cancer. Using this information, medics then create an experimental individualised cancer vaccine.

NHS

OCCUPATIONAL HEALTH NEWSLETTER



Breast cancer and gut bacteria link investigated

Researchers have been awarded almost £250,000 to investigate whether healthier gut bacteria can lead to better outcomes for breast cancer patients.

The charity Breast Cancer Now, which is funding the research, said it could help in the "fight against the disease".

Previous studies into other cancers have found a link between healthier gut bacteria and better outcomes for patients.

The Quadram Institute, in Norwich Research Park, has been commissioned to carry out the study.

Dr Stephen Robinson from the institute

said: "Evidence shows that certain bacteria living in our gut can help slow the growth and spread of cancers, including breast cancer.

"We're looking into how exactly the bacteria help our bodies prevent cancer from progressing, and whether standard treatments are affecting this."

The study will examine stool samples taken from breast cancer patients at various stages of their diagnosis and treatment to see how gut bacteria changes during the course of the disease.

Researchers will then compare the

samples from people who responded well to treatment and to those that did not.

Using mice, the researchers will also investigate how gut bacteria influences the immune system.

Dr Simon Vincent, Breast Cancer Now's director of research, support and influencing said: "It could help us develop new approaches to treatment that use gut bacteria to activate the immune system and reduce the chance of breast cancer spreading and becoming incurable."

Andy Trigg, BBC News

Artificial intelligence could help detect heart failure risk early on, study shows

Artificial intelligence could play a pivotal role in the early diagnosis of people who are at risk of heart failure as it is able to identify anomalies which are traditionally hard to detect, new research shows.

Heart and circulatory diseases are the world's biggest killer, claiming one in three lives every year. Researchers in Scotland set out to test how AI could have "real-world benefits" for those at risk.

Thanks to patients who voluntarily offered their data to the Scottish Health Research Register and Biobank (SHARE), researchers at the University of Dundee's School of Medicine looked at a final cohort of 578 people to see how AI could help.

The team, whose research has been

Recipe of the Month - Broccoli fusilli with kale and walnut pesto

Recipe

50g walnuts (about 2 handfuls)
 ½ regular sized garlic clove, peeled and roughly sliced
 1 handful of kale, heavier stems removed and discarded
 20-30g fresh basil
 3 tbs Pomora extra virgin olive oil
 150g wholemeal brown fusilli
 1 head of broccoli



Blog and Photo credit: Corrie Heale

To see the method for this recipe, and for more recipes from Corrie, sign into www.heales.com and click on Healthy Eating Blog.

published in the journal ESC Heart Failure, used AI to interrogate population-based electronic health records and echocardiography heart scans in order to identify patients with heart failure.

AI deep learning was then used to examine the images to identify anomalies that could increase a patient's risk.

Professor Chim Lang said: "Our research represents an advancement in the utilisation of deep learning to

automatically interpret echocardiographic images.

"This can allow us to streamline the identification of patients with heart failure at scale within electronic health record datasets.

"Echocardiography heart scans that were enhanced by the AI software helped to provide more measurements - or parameters - of heart structure and function that can be used to help diagnose heart failure.

Niamh Lunch, Sky News

OCCUPATIONAL HEALTH NEWSLETTER



Melanoma skin cancer cases rising in UK

A cancer charity is warning people to do more to protect themselves from the sun as the number of melanoma skin-cancer cases in the UK continues to rise.

Cancer Research UK predicts there will be a record 20,800 cases diagnosed this year – up from a yearly average of 19,300 between 2020 and 2022.

Its analysis shows rates rose by almost a third, external between 2009 and 2019 - from 21 to 28 cases per 100,000 people.

The rise in diagnoses is due partly to a growing ageing population and an

increase in awareness of the signs of skin cancer.

The report suggests around 17,000 melanoma cases every year are preventable - with almost nine in 10 caused by too much ultraviolet (UV) radiation.

Melanomas are a serious type of skin cancer that can spread to other parts of the body.

There are also non-melanoma skin cancers, which are generally more common and usually less serious than melanoma.

According to Cancer Research (CRUK) the rise in cases has covered all age groups but the biggest increases are in the older age groups - particularly in adults over 80, where diagnoses have risen from 61 to 96 cases per 100,000 people over a decade.

There has also been a rise among adults aged between 25 and 49, according to the charity's analysis.

For this group the rate has gone up from 14 to 15 per 100,000 people over 10 years.

Young people are more likely to be aware of the link between UV and skin cancer than older generations, scientists suggest, external.

This could mean they're more likely to take precautions in the sun, compared with older people, who grew up when less was known about the dangers of tanning.

Smitha Mundasad, BBC News

Workout of the month - Lower body strength workout

Exercises

1. Deadlift
2. Squat
3. Side lunge
4. Walking lunge
5. Glute bridge

Perform each exercise for 10-12 repetitions for 3 rounds.

To see Carys performing the workout, and for details on how to do the exercises, log on to the Heales Medical Health and Wellbeing portal and check out the workout on our homepage.



New immunotherapy could treat cancer in the bone, study suggests

A new type of immunotherapy could help to treat bone cancer, new research suggests.

Developed by UCL researchers, the treatment has shown promising results against a bone cancer called osteosarcoma.

Osteosarcoma is relatively rare, with around 160 new cases each year in the UK, but is the most common bone cancer in teenagers.

More than 150,000 people suffer from

cancer that has spread to the bones.

The study in mice found that using a small subset of immune cells, called gamma-delta T cells, could provide an efficient and cost-effective solution to the cancer – which is often resistant to chemotherapy.

These cells are a less well-known type of immune cell that can be made from healthy donor immune cells.

They can safely be given from one person to another, without the risk of

potentially life-threatening graft-versus-host disease.

In order to manufacture the cells, blood is taken from a healthy donor, and the cells are then engineered to release tumour targeting antibodies and immune stimulating chemicals, before being injected into the patient with cancer in the bone.

This new treatment delivery platform is called OPS-gamma-delta T.

Nilima Marshall, Independent

OCCUPATIONAL HEALTH NEWSLETTER



Health Promotion and Education

Heales Medical can help advise and manage proactive health promotion days that will encourage employees to adopt healthier lifestyles.

Our health promotion days specialise in the prevention of ill health and the promotion of health & well-being within your organisation.

Our services are delivered by high calibre, well qualified staff with a broad experience base and all results are assessed against National Clinical Guidelines.

During each assessment, the health professional will ask lifestyle questions about the employee's general health and give health advice.

After each assessment we will be able to provide results, advice and an information pack.

If you have any queries or are interested in having an event, please contact a Heales Occupational Health Advisor or Contract Manager for further information.



- ✓ Advice of physical activity
- ✓ Advice on healthy eating
- ✓ Advice on weight management
- ✓ Advice on stress management
- ✓ Advice on smoking, alcohol & drugs
- ✓ Understanding blood pressure
- ✓ Understanding blood cholesterol

Health and Wellbeing Portal

For more resources see our Health and Wellbeing Portal!

Our portal has a wide range of information, tips and advice to help you support your health and wellbeing, including:

- Health Promotion Blog
- COVID-19 advice
- Health & healthy eating tips
- Health Newsletter archive
- Healthy lifestyle & exercise blog
- Vegetarian blog
- Accessible apps
- Specific information and tip pages for injury, illness and disability in daily life and in the workplace
- Occupational Health information

Pages and information will be updated and added to continually, if you have any suggestions, let us know at carys.swanton@heales.com.

Health Promotion Calendar

Click on the event to go to their website.

JUNE

Scleroderma Awareness
Month

[01/06/24-30/06/24](#)

Heart Rhythm Week

[03/06/24-09/06/24](#)

BNF Healthy Eating Week

[10/06/24-14/06/24](#)

Men's Health Week

[10/06/24-16/06/24](#)

World Blood Donor Day

[14/06/2024](#)

Cervical Screening

Awareness week

[17/06/24-23/06/24](#)

MND Awareness Day

[21/06/2024](#)

World Scleroderma Day

[29/06/2024](#)

JULY

Ethnic Minority Cancer

Awareness Month

[01/07/2024-31/07/2024](#)

Disability Awareness Day

[14/07/24](#)

Samaritans Awareness Day

[24/07/24](#)

World Hepatitis Day

[28/07/24](#)

AUGUST

Cycle to work day

[01/08/24](#)