

CORPORATE HEALTH BULLETIN



THE **PRINCESS GRACE** HOSPITAL

The Wellington Hospital

London Bridge Hospital

THE **LISTER** HOSPITAL
chelsea

The **Portland** Hospital
for Women and Children

THE **HARLEY STREET** CLINIC



The **BIG** issue

How does your workforce shape up?

A report published last month in the British Medical Journal now shows a definite link between workplace stress and so called "metabolic syndrome" – a combination of factors such as obesity, high blood pressure and high cholesterol levels. For the first time scientists can probe a biological process whereby chronic stress can lead to heart disease. It also points to the fact that overweight employees are more likely to suffer the adverse

effects of a stressful work environment.

This knowledge combined with the fact that over 60% of our adult population is now classed as overweight or obese, has pushed weight management high up on the agenda of many major UK employers.

HCA Hospitals have witnessed a marked increase in enquiries from city workers wanting to lose weight for 2006.

Studies show that weight-loss surgery can be an effective and safe option for those who have been unable to lose weight using other approaches.

Anne Diamond recently and very publicly admitted to having had a gastric band inserted to help her reduce her appetite.

The first thing to remember is that appetite regulation in humans is exceedingly complex. Some individuals – for reasons

we do not yet understand – find it difficult to control their appetite in the normal way. Secondly, you must also remember that obesity is a disease. Being seriously overweight represents a major threat to your long-term health. Indeed, if you have a Body Mass Index (BMI) of 40+ and waist circumference in excess of 35 inches (88 cm) in women and 40 inches (102 cm) in men, you have only a 1 in 7 chance of a normal life expectancy.

So although it is true that any form of surgery carries a risk, this has to be set against the risk of doing nothing – which is often much greater. The surgical treatment of obesity has been transformed during the last decade or so, largely due to developments in laparoscopic (keyhole) techniques and anaesthetics.



“ A final note of caution is to remember that surgery is not a cure for obesity. It is not a magic bullet and will not guarantee results without complete dedication from yourself and your support team. ”

▶ **Obesity surgery is conducted at The Princess Grace Hospital, London Bridge Hospital and The Wellington Hospital.**

It's enough to put you off your business lunch...

Official statistics are that **46%** of men and **35%** of women are classed as overweight. A further **24%** of men and women are obese.

In the managerial and professional sector **66%** of men are overweight or obese!



Source: Department of Health: Health Survey for England 2004

A healthier weight in 8 weeks

A new Healthier Weight Centre has recently been launched at The Princess Grace Hospital. It provides both a medical and surgical approach to the treatment of obesity.

The centres encourage patients to explore all avenues of weight loss so that they are able to choose the best course of action for them.

The medical programme is designed around a busy executive lifestyle with a combination of instructive talks and a specially devised low-calorie diet and is suitable if you have 2 stones (approx 30 lbs) or more to lose.

The surgical programme offers, in conjunction with The Princess Grace Hospital, the very latest in obesity surgery.

Surgical treatment of obesity has been transformed during the last decade largely due to developments in keyhole surgery and anaesthetics.

“The surgical treatment of obesity has changed remarkably in recent years and for some patients it can not only be life transforming but also life saving”, says Dr David Ashton, Medical Director of the Healthier Weight Centre.

One for the road?

The effects of alcohol misuse are becoming more and more evident as the media keeps highlighting the pitfalls to society over the last couple of months. Binge drinking is being blamed for a rise in crime but do we know what goes on in the City? Over the page we take a quick look at how boardroom drinks could be the start of boardroom nightmares and how the Wellington Liver Unit is placed to help.



Check out your BMI

Your BMI (body mass index) is a weight/height formula used to assess total body fat.

To calculate:

BMI = (weight in kilos divided by (height in metres)²
For example: (62kilos) divided by (1.65 x 1.65) = 23

What does this mean?

- Under 20 (19 for women).....underweight
- Between 20 and 24.99.....normal weight
- Between 25 and 29.99.....overweight
- Between 30 and 34.99.....obese class 1
- Between 35 and 39.99.....obese class 2



Down the hatch



Too many boardroom drinks a cause for concern

Entertaining or being entertained in the City could have major implications on productivity. The government's Alcohol Harm Reduction Strategy for England estimated that £6.4 billion per annum is lost as a result of alcohol misuse.¹ Or, put another way, 17 million working days are wasted every year.

“Corporate high flyers should take a far closer look at their levels of alcohol consumption. They are in danger of ignoring any signs of damage because of the hectic lifestyle they live.”

Alcohol abuse and binge drinking is still a major health issue in the UK and as the discussion about the laws around pub opening hours continues around the country, centres like the Wellington Liver Unit are becoming more and more used.

Alcohol use is increasing. The average age of a person presenting with alcohol-related liver damage in the UK dropped alarmingly from 69 in 1992 to 48 in 2002.²

If you drink more than 8 units (for a man) or 6 units (for a woman) in one drinking session on a daily or weekly interval you should be aware that you may be causing yourself damage.

The Department of Health now tells us that we should be aiming to drink no more than 3-4 units of alcohol per day for men and 2-3 units a day for women.

Professor Andrew Burroughs, Consultant Physician and Hepatologist at The Wellington Hospital Liver Unit says, “It has become evident from the patients who we are treating that people are not really aware of the long term damage excess alcohol intake does to their bodies and, more specifically, the liver.”

Source: ¹The Alcohol Harm Reduction Strategy for England 2004, ²Office for National Statistics & Department of Health: Statistics on alcohol: England, 2004

How do you know that your workforce is not under the weather?



“This survey/assessment (below) is designed to tell you if you are at risk of drinking too much. It needs to be done in conjunction with a healthcare professional, such as a nurse, so that any results and individuals involved can be advised accordingly”, says Alexandra Pinchess RGN, Clinical Nurse Specialist at the Wellington Liver Unit.

“The good news is that when an individual learns they are drinking too much, this is enough to make them cut down.”

If you would like a nurse from The Wellington Liver Unit to talk to your workforce about sensible drinking, contact us on: 020 7586 5959.

Some questions which may help you run an internal survey

- Q1 Men:** How often do you have 8 or more drinks on one occasion?
Women: How often do you have 6 or more drinks on one occasion?
Never Less than monthly Monthly Weekly Daily or almost daily
- Q2** How often during the last year have you been unable to remember what happened the night before because you had been drinking?
Never Less than monthly Monthly Weekly Daily or almost daily
- Q3** How often during the last year have you failed to do what was normally expected of you because of drinking?
Never Less than monthly Monthly Weekly Daily or almost daily
- Q4** In the last year has a relative or friend, or a doctor or other health worker been concerned about your drinking or suggested you cut down?
No Yes on one occasion Yes, on more than one occasion

* 1 unit (10ml pure alcohol) = a small glass of wine, half a pint of beer, or one pub measure of spirits.

Delivering healthcare to the heart of the City

A new Outpatients Centre opens this month in Old Broad Street, serving the heart of the city. Designed for fast appointments, close to the workplace, the Centre will offer everything from X-rays to Migraine Clinics.



Leading specialists just a phone call away

A typical GP visit allows 8 minutes. If the patient has private health insurance, or requests a private referral, there isn't sufficient time for the GP to locate the best and appropriate specialist. Frequently patients are offered a referral letter and then have to search for their own specialist.

HCA-Connect, the central information and appointment service for the six HCA Hospitals, provides GPs and patients with names of relevant specialists nearest to you with clinic times and will also make the appointment for you if required.

Each of our HCA Hospitals in London provides some or all of the services featured in this issue of *Corporate Health Bulletin*. All our hospitals have more NHS-affiliated consultants in private practice than any other private hospital group and we combine our knowledge and resources to offer patients the widest range of treatment options at a time and place to suit them.



Prostate Cancer Awareness Week 20th - 26th March 2006

For information about employee screening programmes for prostate cancer, as well as workplace information packs please contact us at hca@wallacehcl.com

