

FEDERATION FOCUS FOR HEALTH

FOR POLICE OFFICERS AND POLICE STAFF
ISSUE NO. 4

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Do cherries cure gout?

Eating cherries can help to reduce recurrent gout attacks.

American researchers found that eating up to 3 servings of cherries over a 2 day period reduced the recurrence of gout attacks. But eating more cherries did not provide extra benefit. Gout attacks were reduced by 75% when eating cherries was combined with taking the prescribed drug allopurinol compared with no cherries and no drug.

Arthritis&Rheumatism. Doi: 10.1002/art.34677

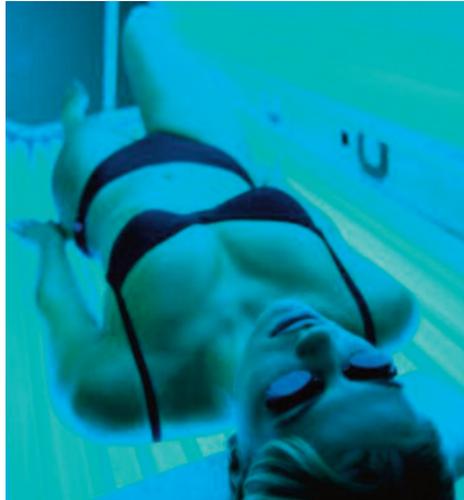
Is using an indoor sunbed really bad for you?

Skin cancer risk from indoor sunbeds is higher than estimated.

A European study has shown that using an indoor sunbed increases your risk of getting skin cancer by 20% compared to those who have never used a sunbed. If you are **under 35** and using a sunbed you increase your risk of skin cancer by **87%**

Di Boniol et al (2012) BMJ.

Doi: 1136/bmj.e457



Do vitamins protect men's hearts?

Daily use of multivitamins fails to reduce men's risk of heart attack and stroke.

14,641 male doctors aged 50 or more took part in a 4 year study of the effects of taking or not taking multivitamins.

Researchers found there was no significant difference in the number of heart attacks or strokes between the 2 groups.

Sesso H et al 2012 Multivitamins...the physicians' study. JAMA.308,17,1751-1760

Why should I join the Health Scheme?

What the Health Scheme can do for you:-

1. If your GP thinks you need to see a specialist
- The scheme can pay for private consultations.
2. If a consultant thinks you need investigations
- The scheme can pay for x-rays, blood tests, ultrasound scans.
3. If a consultant thinks you need specialist investigations - The scheme can pay for MRI scans, endoscopies etc
4. If a consultant thinks you need an operation
- The scheme can pay for operations to take place in private hospitals.
5. If a GP or consultant thinks you need physio
- The scheme can pay for outpatient physiotherapy.
6. Is treatment limited to injuries on duty? - The Scheme does not pay for emergency treatment, other than that, it doesn't matter how you got your problem.
7. Can I have treatment for a problem I've had for a long time? - The scheme does not pay for treatment for existing conditions until you have been in the scheme and without treatment for 2 years.

West Yorkshire Premier Plan

Monthly Contributions 2013-2014

Subscriptions are taken either by payroll on 15th day of the month or by Direct Debit on (or after) 17th day of the month.

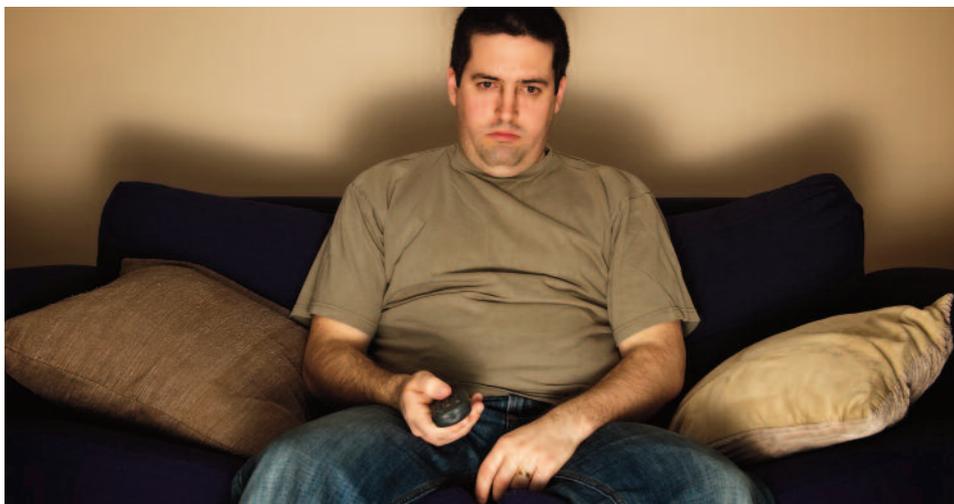
THIS IS THE 10TH YEAR WITH NO INCREASE

AGE	MEMBER ONLY	MEMBER & SPOUSE	MEMBER & FAMILY	MEMBER & CHILDREN
18-25	£10.99	£21.98	£27.48	£16.49
26-30	£20.99	£41.98	£52.48	£31.49
31-35	£25.99	£51.98	£64.98	£38.99
36-40	£30.99	£61.98	£77.48	£46.49
41-45	£36.99	£73.98	£91.98	£55.99
46-50	£41.99	£83.98	£104.48	£63.49
51-55	£47.99	£95.98	£119.98	£71.99
56-60	£53.99	£107.98	£134.98	£80.99
61-65	£61.99	£123.98	£154.98	£93.48
66-70	£69.99	£139.98	£174.98	£104.99
71-75	£79.99	£159.98	£199.98	£119.99
76+	£85.85	£171.70	£214.63	£128.78

Do women on HRT live longer?

Reduced risk of illness for women on HRT. Danish researchers found that in a trial of 1004 women aged 45-58, where half were given HRT and half were not, the HRT group had fewer deaths and fewer heart attacks. Importantly the HRT group did not appear to have a greater risk of cancer, stroke or venous thromboembolism.

*Effect of hormone replacement therapy
BMJ,345,e6409*



Is sitting on your sofa bad for your health?

Inactivity is as much a threat to health as smoking or obesity. Research has found that there is strong evidence that inactivity caused more than 5 million deaths worldwide in 2008 and was responsible for 10% of breast cancer and colon cancer. The researchers estimated that 10% reduction in inactivity would save half a million lives every year.
Lancet. Dx.doi.org/10.1016/S0140-6736(12)61031-9



Is it bad for your child to travel in a smokey car?

Smoking in cars is likely to be harmful to the health of child passengers. British researchers measured levels of harmful particles during car journeys with a smoker. They found that particle measurement was 10 times higher in the smoker's cars than in the non-smoker's cars. Even with windows open the levels were still above the recommended level. Children are at more risk from passive smoking because they breathe faster and their immune system is less well developed.

Tobacco Control doi:10.1136/tobaccocontrol-2011-050197



Name: _____

Address: _____

Postcode: _____

Please send me an information pack.

Please send me further updates about the Scheme.



01905 796682



West Yorkshire Federation Health Fund

Please reply via post to Police Federation Office at 3 Eastmoor Road, Wakefield, WF1 3RY or call us for further details.

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You can contact TriCare on 01905 796682

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