

Health & Well-being

RoodlaneMedical
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Dr Gill's Blog

Go Pokémon GO!!



It amused me to see that BUPA have published an estimate of the number of calories per hour burnt by playing Pokémon GO. My first reaction was to say that this is completely made up because if you are sitting on a bench using a lure and incense to attract the little creatures then you aren't using very many calories at all, whereas if you are walking quickly hunting for Pokémon you probably are.

That said, good for you BUPA for being quick to respond to the fact that this is a very healthy activity.

So I thought it was worthy of my blog this month to say hooray for Pokémon GO. We have moved from a world where as parents we were saying "Kids please stop playing Pokémon and go outside" to saying "Kids can you stop playing Pokémon and come in to have something to eat". I think this is a

The only downside that I can see from a health perspective is that there are a lot of people wandering around staring at their iPhones who are going to be at risk of accidents.

I really hope this marks a genuine shift and I think we should all celebrate its incredible popularity and its positive impact on public health through promoting realistic, achievable and cheap exercise.

The other piece of news that really captured my imagination was about the bacteria found in the nasal passage of healthy individuals which produces an antibiotic that kills MRSA. In a world where we are rapidly running out of weapons against bacteria, research that takes us back to an important reality of the defence systems that we already have is very welcome. This ties in with my theme in recent blogs about the gut microbiome because the skin commensals are equally important as our first line of defence. I can only encourage you not to kill them by spraying antibacterials around the home and perhaps we should reconsider putting antibacterials on our hands and stick to soap and water.

really important moment where gaming goes from being something you do alone (at least most of the time, although many games do involve multiple players) to something you can do socially and which actively encourages exercise.

The game, for those of you don't know, allows you to see the creatures which are effectively in a sort of virtual reality in the real world through your camera phone and then capture them.



Looking after your Lifestyle

A little ray of sunshine

With our weather starting to (finally) show signs of the summer season, it's that time of year when the great outdoors becomes the topic of conversation for many.

That daily dose of sunshine makes us feel brighter and as a lot of people know, provides us with a healthy dose of Vitamin D (sometimes known as the 'sunshine vitamin') which has several important functions. Vitamin D helps regulate the absorption of calcium and phosphorus and helps to facilitate your normal immune system function. Ensuring you have a sufficient amount is important for normal growth, the development of bones and teeth and also helps improve resistance against certain diseases such as reducing your risk of multiple sclerosis and decreasing your chance of developing heart disease.

A lack of vitamin D can result in risk of development bone abnormalities such as Oteomalcia (soft bones) or Osteoporosis (fragile bones).

Are you getting enough?

Direct exposure to sunlight is the most



adequate levels of the vitamin in your blood.

Fatty fish such as tuna, salmon and mackerel contain the best natural sources of Vitamin D. Smaller amounts can be found in the likes of beef liver, cheese and egg yolks.

Signs of D-ficiency

The only way to know for sure if you're Vitamin D deficient is via a blood test.

There are several signs which may mean you are lacking in Vitamin D. These include symptoms such as head sweating, feeling 'blue' and aching bones. However, the only

natural way for your body to produce Vitamin D and a little can go a long way. Just 10 minutes a day of sun exposure is plenty, especially if you're fair-skinned. In the UK, sunlight is only bright enough to make useful amounts of Vitamin D from April to October between 11am and 3pm.

Besides getting Vitamin D through sunlight, you can also get it through certain foods and supplements. The National Institute of Health (NIH) recommends that you obtain Vitamin D from all three of these in order to ensure

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If you have any concerns or would like further information please speak with your GP or mention during your health screen.

We have an extensive network of medical professionals to help support and engage employees across a range of health campaigns. For more information on how we can help support your programme please contact us.

Doctors Corner

Holiday Wash Bag

People often ask me as a Dr what I take when I go away on holiday to avoid unwanted trips to the local pharmacy with non-urgent medical complaints.

Here I have put my thoughts to paper...

This is written both as a mother of accident prone boys and as a Doctor.



The most important medication to take is YOUR USUAL PRESCRIBED MEDICATION!! I suggest that this is carried in your hand luggage as it only adds to the stress if you happen to be parted from your main bags. Ensure you have enough medication for the entire trip and possibly a day or two extra in case of unplanned delays.

Also remember contact lenses, blood sugar monitoring equipment and any dietary supplements taken on a regular basis.

Now looking into your wash bag:

1. **SUN TAN CREAM** - This has been covered in a previous newsletter but ensure that you have enough for the whole time you are away especially if you will not have access to shops. It is a myth to think that on the last few days you will be brown so less cream is needed.
2. **FIRST AID KIT** - I suggest a basic kit including sterile wipes for wounds, waterproof plasters of various sizes and some spray on 'faux skin'. This will cover any wounds completely and stop wound infection. If you are going on an activity holiday some tubigrip may also be of benefit for twisted ankles and wrists.
3. **ALLERGY** - It is not unusual to get increase allergy symptoms on holiday. These can be skin rashes, itchy eyes or nasal congestion. Take anti histamine tablets/liquid suitable for the various ages of the party. A natural Aloe Vera cream may also help sooth

rashes. Nasal sprays can be purchased over the counter with Becanase being the only spray-containing steroid being available with out prescription Eye drops for allergy and also for general soothing after many hours in the sea or pool are also a sensible addition and can be purchased over the counter.

4. INSECT BITES - These are a common holiday issue. I take a bite cream from the pharmacy, which contains hydrocortisone. This will reduce both the swelling and more importantly all round the itching!! If the symptoms of the bite fail to settle with topical treatment than it is sensible to take one of the anti-histamine tables.
5. DIARRHOEA AND VOMITING - Changes in bowel movements and vomiting seem to be the curse of a holiday. If the symptoms are mild I would avoid any medication just keep the patient well hydrated. Loose stools can be helped by Immodium and this is a must in every wash bag I advise it's only used if really necessary such as to fly home as the loose stools are natures way of getting rid of the toxin . On a slight medical note if the loose stool is associated with blood or fever it is a recommendation to try seek out a doctor...also if the symptoms of D and V are in a small child. Occasionally a change in diet or a change in routine can provoke constipation, if this is likely to happen to you it may be worth taking a laxative.
6. PARACETAMOL - Fever is treated with paracetamol so always worth finding a slot for this in your packing. Again take doses that are appropriate for all your travelling companions. If there is concern about the cause of the fever or if it is prolonged then medical advise is recommended. Paracetamol is a sensible choice to take for headaches and general malaise.
7. IBUPROFEN - Again this can be used for fever so worth taking the age appropriate dose, it can be used in combination with paracetamol For older members of the party ibuprofen can help with muscle strains and stiffness that can be brought on by increased activity during holidays!
8. RASHES - Chaffing is common with wet swimming gear and I would use a natural aloe vera cream to take the discomfort out of this or some Sudocreme. Occasionally damp clothing can lead to a slight fungal infection and again it maybe worth taking a Canesten HC cream that can be purchased over the counter.

I hope that these recommendations help you to have a stress free and relaxing break, without pushing you over the allowed luggage allowance!!

Have fun!!



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Why not try emailing us in confidence and you could see your question answered by a qualified Doctor in our next newsletter!

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