



ISO certification

WE ARE CERTIFIED

social influences on diet

NEW RESEARCH

ALL OUR PREVIOUS NEWSLETTERS AS WELL AS THE LATEST ADVICE ON H1N1 FLU CAN BE FOUND ON OUR WEBSITE: WWW.ROODLANE.CO.UK

Roodlane Medical are delighted to announce that we are now ISO 9001:2008 & ISO/IEC 27001:2005 certified!

Roodlane Medical Limited has always had a strong commitment to quality. We are now proud to announce that following the implementation of a Quality and Information Security Management System, we have furthered our commitment and successfully completed certification registration to ISO 9001:2008 & ISO/IEC 27001:2005 standards as approved by LRQA, who are accredited to the UKAS register.

ISO 9001:2008 demonstrates that Roodlane has an internationally recognised Quality Management System in place ensuring that we really do deliver Corporate Health services of the highest caliber. ISO 27001:2005 certifies that Roodlane's Information Security Systems are of an internationally recognised standard confirming our absolute commitment to the confidentiality and integrity of our clients' information.

We always aim to provide you with the peace of

mind that comes from putting your business in expert hands.

This recognition evidences Roodlane's commitment to maintaining our reputation as the Healthcare Provider of choice offering superior clinical care and achieving excellence in customer service. The certifications cover all of Roodlane's own sites and are for the provision of all of our services including corporate and occupational health services, private GP services, specialist medicals and physiotherapy.

Thank you for making Roodlane your Corporate Health provider of choice, we are proud to work with you.



heels and slippers warning to women

WOMEN WHOSE FOOTWEAR IS DETERMINED BY FASHION - OR COMFORT - MAY PAY THE PRICE IN LATER LIFE

Shoes have been in the headlines as a health and safety issue recently. But aside from the "slips and trips" aspect there is also a long term cost.

A new study in the journal Arthritis Care & Research links foot pain amongst older people to "poor shoe choices" early in life. Poor shoe choices include high heels, sandals and slippers - all of which lack support and sound structure.

So should the women of the City give up their heels? According to experts from Boston University, USA, women who wear high heels might counter their harmful impact by introducing a programme of stretching exercises. The findings come from a study of some 3,000 people in



Massachusetts, USA.

And what about the men? 19 per cent of men and 29 per cent of women reported foot pain on most days. The researchers found that a tiny minority of men wore poor shoes so it is not the footwear that accounts for 2/3 of the problem.

Even so the researchers write: "While more research is needed, young women should make careful choices regarding their shoe type to avoid hind foot pain later in life, or perform stretching exercises to alleviate the effect of high heels on foot pain."

malaria prophylaxis - Malarone® appears most effective

Malaria was initially thought to be caused by bad air; hence the name mal-aria. Ultimately Sir Ronald Ross, the son of a General in the Indian Army, established the role of malarial parasites and mosquitoes in the transmission of malaria more than a century ago.

Despite being largely preventable, about 2,000 cases of malaria continue to occur every year in travellers returning to the UK and on average nine of these result in death. It remains a serious problem.

Research published this summer looked at the efficacy of three commonly used anti-malarial prophylactic drugs prescribed to people visiting malaria-endemic areas over seven years.

A retrospective analysis of travellers returning to the UK compared the effectiveness of Malarone®, doxycycline and mefloquine. This revealed that there were just 3.0 cases of malaria per 100,000 prescriptions of Malarone®, compared with 5.8 cases that had

taken doxycycline and 43.3 cases with mefloquine.

More work needs to be done to establish the significance of these findings however, this confirms that there are effective measures to minimise the risks and that the choice of drug is important.

Roodlane is your partner to advise your business and leisure travellers accurately about the risks and to ensure optimal vaccination and malaria prevention.

lunch with slim friends a potential health risk?

IT APPEARS THAT THE MOST DANGEROUS PERSON TO EAT WITH IS NOT SOMEONE WHO IS OBESE - BUT A SMALL FRIEND WITH A BIG APPETITE!

Amusing and innovative research was carried out on female college students in the USA who thought that the study was about watching films. Each woman watched a film with a member of the research team who appeared either as her slim self or with padding to appear overweight.

During the film the pair were offered snacks. In general the students ate more when their thin companion

took a large portion as opposed to where the obese companion took a similarly large portion.

The findings suggest that seeing a thin friend devour a big meal somehow indicates to us that it won't make us fat if we do the same.

We all know that eating involves social pressure. Perhaps social influences may be the strongest predictor of what we eat. This

suggests that we should remember that we are all different and should focus on eating healthily and resist mimicking friends.

The next time you are lunching with a friend or colleague be sure to discuss their lifestyle and exercise habits before copying their eating habits!

Journal of Consumer Research,
25 August 2009.

human papilloma vaccine update

Since September 2008, Cervarix has been part of a national vaccination programme for young girls to prevent Human Papilloma Virus (HPV) transmission and reduce the risk of cervical cancer. To date, 1.4 million doses of the vaccine have been administered and more than 70% of eligible girls in the UK aged 12 to 13 have had all three doses.

Recently, Cervarix made headlines when a teenager died hours after receiving the vaccine, raising doubts about the safety of the vaccine. The cause of death was found to be unrelated to the vaccine, but Glaxo withdrew the particular batch as a precautionary measure.

In the UK, 3000 women are

diagnosed with cervical cancer every year, and the aim is that the vaccine will prevent 400 deaths a year. Research has shown that Cervarix protects against 7 out of 10 cervical cancers, but it is still important to have regular smear tests. The Medicines and Healthcare products Regulatory Agency have emphasised that the benefit risk profile remains positive, and that the majority of reported side effects are mild. The vast majority of people receiving the vaccine have had no side effects.

HPV is also linked to cancers of the genitals, anus and throat, and genital warts in both men and women. It is most often spread through sexual intercourse.

The alternative HPV vaccine Gardasil is effective against more strains of HPV and is also licensed for prevention of genital warts.

It has been used since April 2007 in Melbourne Australia and they have seen a 48% fall in women diagnosed with genital warts and a small fall in the rates for heterosexual men.

Gardasil has just been licensed by the FDA in the USA for use in boys aged 9 - 26. Researchers at Harvard have concluded that vaccination of boys aged 12 is unlikely to be cost effective from the government's perspective. However this is now something for young men to seriously consider as a personal choice.

CITY OF LONDON

164 Bishopsgate,
London, EC2M 4LZ
T: 020 7377 4646

CANARY WHARF

25 Cabot Square,
London, E14 4QW
T: 020 7715 7450

TOWER BRIDGE

2B More London Riverside,
London, SE1 2AP
T: 020 7940 1390

GLASGOW

163 West George Street,
Glasgow, G2 2JJ
T: 01412 229 950