



MAYFAIR
WE CARE

Mayfair cares

**HEALTH & SAFETY
NEWSLETTER**

[Click here to visit our blog](#) for more helpful tips and advice across a range of topics.

November 2021

How much sunscreen do you really need?

There's no question that sunscreen helps protect you from skin cancer. But the bigger question is, how much is enough?

How do you know if you're putting on enough sunscreen, without wasting it? Or how often do you need to reapply, especially if you're sweating or swimming?

The authority on this question is Cancer Council Australia.

They say you need about one teaspoon (5mL) for each body part: one teaspoon for your face (including neck and ears.) and another teaspoon for each arm, leg, body front and body back. So that's around seven teaspoons, or 35mL all up.

Top tips to make sure the sunscreen works

- Your skin should be clean and dry. If you've been swimming, or have sand on your skin from the beach, wash and dry yourself first.
- Thoroughly rub the sunscreen into your skin.
- Remember the tricky spots, especially the top of your ears, your scalp and the top of your forehead, where your hat often rubs against your skin.
- Wait 20 minutes before going into the sun to allow the sunscreen to bind properly to the skin.
- Cancer Council recommends reapplying 20-30 minutes AFTER you've been in the sun, a bit like a second coat of paint.

- Reapply at least every two hours and directly after swimming, sport, sweating or towel drying. Sunscreens labelled as water resistant are tested to be effective for up to 40 minutes of swimming, so it's best to reapply these too.
- Check the use-by date on your bottle of sunscreen. If it's out of date, it won't be as effective.
- Make sure your sunscreen is stored below 30 degrees Celsius and out of direct sunlight. Keeping your sunscreen in your car glovebox in summer will reduce its effectiveness.

And of course, try to stay out of the sun altogether between 10am and 4pm in summer if you possibly can. In all seasons, check the UV levels in your area. A good weather app will often include the UV forecast.

Remember, sunscreen is your last line of defence. No sunscreen is 100% effective against the UV radiation that causes skin cancer. It's not just Slip Slop Slap; it's Slip, Slop, Slap, Seek, Slide: slip on a shirt, slop on sunscreen, slap on a hat, seek shade and slide on some sunglasses. ✖



WHAT'S INSIDE

The life-saving effect of exercise for men	2
Do you know the hidden signs of depression?	4
Think you're good at multitasking? You're not.	5
5 food safety myths	6



November is the month for Movember. This annual international event invites men to grow moustaches to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's mental health. Find out how you can take part and donate at [movember.com](https://www.movember.com)

The life-saving effect of exercise for men

Heart disease, cancer, diabetes. No one wants to hear that diagnosis and unfortunately men hear it more often than women. We look at how exercise can help prevent and manage these three conditions.

We know the value of exercise. It's like a magic pill for keeping us healthy and happy. For men it's particularly so, as it helps combat three major diseases that affect men more than women.

1. Cardiovascular disease (CVD)

Often called heart disease, CVD includes diseases and conditions that affect the heart and blood vessels, including coronary heart disease, a common cause of heart attack.

CVD is the leading cause of death worldwide. Men generally develop CVD at a younger age and have a higher risk of coronary heart disease (CHD) than women according to a study published in *BMJ Global Health*.

How does exercise help?

Like every other muscle in your body, your heart will benefit from exercise, becoming slower but stronger. By moving more and working your heart a little harder, you can cut your risk of heart disease by a third, says the Australian Heart Foundation. Even a single bout of exercise may protect your heart right away, according to a 2017 article in *JAMA Cardiology*.

Exercising regularly will improve blood circulation, and helps manage your weight, blood pressure, cholesterol and blood glucose – all risk factors for heart disease.

It may help improve your sleep too. That's good news for your heart, as poor sleep

is linked to high blood pressure and heart disease.

If you have depression or anxiety, moving more will help reduce the incidence and severity of your symptoms. That's another big tick for your heart, as depression and anxiety are also known CVD risk factors. A study from the American College of Cardiology found regular exercise reduced the adverse cardiovascular consequences of depression.

2. Diabetes

An estimated 422 million people worldwide have diabetes, according to the World Health Organization, and it's the fastest growing chronic condition in the world.

If you have diabetes it means your blood sugar is too high, either because your body doesn't produce enough of the hormone insulin, or your cells don't respond well to the insulin you do produce. Insulin allows your body's cells to take up glucose for energy.

Of the two types of diabetes (type 1 and type 2), type 2 is the most common and affects more men than women – 6.1 per cent of men compared to 4.6 per cent of women, says the AIHW.

How does exercise help?

Diet and lifestyle are key to preventing and managing type 2 diabetes. Exercise is particularly effective at both.

Exercise lowers blood glucose levels and boosts your body's sensitivity to insulin. Regular physical activity will also improve your fitness and strength, which helps insulin work more effectively.

If you have diabetes, find ways to do both aerobic and resistance exercise, as both are equally good at lowering your blood glucose levels. Increasing your muscle mass with resistance and strength work allows your muscles to take up more glucose from your blood. You can do resistance exercises with your own body weight, light hand weights, resistance bands or using various machines at the gym.

The timing of your exercise sessions matters too. Research shows that if you exercise for 10 minutes immediately after eating, your blood glucose levels could be up to 5mmol/L lower than if you sat on the couch watching TV.

3. Cancer

Men get cancer more often than women, says Cancer Council Australia, and they die at higher rates from cancers that can be prevented. The most common cancers in men are prostate, skin, lung and bowel. Men are also about three times more likely than women to develop cancers in the mouth, nose and throat.

How does exercise help?

There are different risk factors for different cancers. Quit smoking to reduce your risk



of lung cancer; slip, slop and slap to protect yourself from skin cancer. So where does exercise fit in?

A 2016 study published in *JAMA Internal Medicine* found that leisure-time physical activity was associated with a decreased risk of 13 cancers, including cancer of the colon, liver, stomach, kidney, head and neck, rectum, bladder and lung (in current and former smokers).

Researchers are still investigating how physical activity reduces cancer risk, says Cancer Council, but there are several likely reasons:

- When you are active, your body produces less insulin and insulin-like growth factors, which promote the growth of cancer cells.
- Physical activity may help reduce different hormone levels that are linked to cancer.
- For bowel cancer, exercise helps move waste through the bowel faster, limiting the time harmful compounds stay in contact with your bowel lining.

Regular physical activity is also recommended as soon as possible after cancer diagnosis and treatment, depending on your specific case.

Need extra information?

Australian Men's Health Forum:

people and organisations working together to tackle the social factors that shape men's and boys' health. Visit: www.amhf.org.au

Head to Health – Men: provided by the Australian Department of Health, a collection of digital mental health services and phone services, as well as a range of information resources.

Visit: headtohealth.gov.au/supporting-yourself/support-for/men

Healthy Male: an Australian organisation that provides easy access to the latest research on male reproductive and sexual health. Visit: healthymale.org.au

WebMD - Men's Health: Part of the US site WebMD, this offers articles and links to issues around men's health. Visit: webmd.com/men/

Movember: More than a fundraiser, the site includes links and ways to get support. Visit: movember.com ✕

What's enough exercise?

Most guidelines recommend that adults (aged 18-64) should be active on most days, preferably every day.

Each week, adults should do either:

- 2.5 to 5 hours of moderate intensity physical activity, such as a brisk walk, golf, mowing the lawn, cycling, or swimming OR
- 1.25 to 2.5 hours of vigorous intensity physical activity such as jogging, fast cycling, playing soccer or football, or hiking up a hill.

Include muscle-strengthening activities as part of your daily workout on at least two days each week. These include lifting weights, using weight machines at the gym, light weights or resistance bands, or bodyweight exercises.

Support Movember this November

Movember is the leading charity changing the face of men's health. By 2030 it aims to reduce the number of men dying prematurely by 25%. Visit movember.com to find out how you can support the fundraising.

Do you know the hidden signs of depression?



We all know what depressed looks like, right? Sad, despairing, unable to function or get out of bed. But what if different people show different symptoms?

The symptoms of depression can vary from person to person, and even in age and gender. Here are seven unusual symptoms to watch out for:

• Irritability

Dr Anne Fabiny, assistant professor of medicine at Harvard Medical School, says older men often show irritability or grumpiness as a symptom of depression. "So the stereotype of the grumpy old man could be a sign of a depressed old man."

Women can also seem angry when they're actually depressed, and can lash out unexpectedly, or turn that anger on themselves in a deep self-hatred.

• Forced happiness

People with depression often try to overcompensate in social situations, putting on an extra happy face to cover up their sadness.

• Excessive alcohol and drug use

It's a tricky one to spot, but around a third of people with depression also have a substance abuse disorder – that's about double the rate of the general population. It can be an early sign of depression, as people try to cope with their feelings by drinking or using drugs.

• Loss of concentration

You find it hard to concentrate at work, which leads to stress and negative thoughts about yourself, which in turn feeds the depression. Difficulty concentrating, even difficulty following a conversation or a TV show that you used to love, can be a sign of depression.

• Physical pain

Some people notice the physical symptoms before they recognise the depression.

According to Beyond Blue, physical signs of depression can include:

- feeling tired all the time
- being sick and run down
- headaches and muscle pains
- churning gut
- significant weight loss or gain.

• Sleeping

If you're having new troubles sleeping, including falling asleep, and especially waking up before dawn, it could be a sign of depression. On the flipside, wanting to sleep all day is also one of the symptoms.

• Uncontrollable emotions

Feelings can burst out in unexpected ways with depression, with some people finding it hard to manage their emotions from one minute to the next. If you or someone you know is lurching from laughter to crying to anger to guilt in a short time, it may be a sign of depression.

Losing your temper much more quickly than usual is also a sign, as are seemingly over-the-top responses, such as crying over a tiny thing like spilling water or not being able to find a pen.

Even if you're unsure if your recent changes are signs of depression, it's worth looking into. ✕

Support for depression

Depression is treatable, but it doesn't go away on its own, and it's difficult to fix it by yourself. There's a saying, "You can't pull yourself out of quicksand by your hair", and it's particularly true of depression.

Fortunately, there are ways you can get support:

- Chat to your GP
- Visit a service like Beyond Blue at beyondblue.org.au or google "Help for depression" and your country. Government sites and the websites of well known mental health providers are generally a good place to start as they will often also provide links to other services.

Think you're good at multitasking? You're not.

Technology promised to help us get more done quickly. It persuaded us to try to do multiple things at once. Research shows this was a lie.

Multiple studies show it's impossible to multitask. Even when you think you're managing to write an email while watching a webinar while thinking about your shopping list, you're not.

You're actually just switching your attention astonishingly quickly, over and over again. It's not only exhausting, but makes you even less efficient than if you did one thing at a time.

Dr Earl Miller is a neuroscientist and Professor of Neuroscience at MIT in the United States.

"People can't multitask very well, and when people say they can, they're deluding themselves," says Dr Miller. "The brain is very good at deluding itself."

Dr Miller says trying to multitask is an extra problem when you're juggling similar tasks, for example talking on the phone while writing an email. He says it's impossible to focus on both because they involve the same part of the brain, the part responsible for communication.

Multitasking makes you slower

Researchers have proven that trying to switch between too many things too often actually reduces your productivity.

The only time it's possible to multitask to any extent at all is when one of the tasks is habitual or automatic. Think: cleaning your teeth while mentally compiling your to-do list. But as soon as you need to focus on something new, such as discovering a sore tooth, your brain switches away from your to-do list.

Research Fellow at Deakin University's School of Psychology, Dr Gillian Clark, says our brain doesn't have capacity to allocate attention to everything all at once.

"This switching to and from is really inefficient," Dr Clark says. "It means that we miss things, make mistakes and slow down on all of the tasks we're switching between. Multitasking generally lowers productivity."

The University of Utah recently ran a comprehensive study to measure how well people think they can multitask, compared to how well they can actually do it. They concluded, "Perceptions of the ability to multitask were found to be badly inflated."

What's more, they said, "the persons who chronically try to multitask are not those who are the most capable of multitasking effectively." ❌

How to actually get more done

So if multitasking doesn't help you get more done more quickly, then what does?

Doing one thing at a time, according to experts. It's simple, but powerful.

Here are some more tips on how to achieve that:

1. Create a block of time for each task

Most of us have to do multiple tasks within a day, so the trick is to create blocks of time for different tasks, where you can work undistracted by all the other tasks.

You could even set yourself appointments with each task – it seems to increase your commitment to getting it done.

2. Plan your day

Yes, unexpected things will come up, but planning allows you to allocate blocks of time for the tasks you know you have to do, while allowing some wriggle room.

3. When you're at your desk, only work

If you know you like to procrastinate on news websites or social media, then train yourself to do that away from your desk. Stand up and use your phone, if you must. That way you create a habit where being at your desk means focused work.



5 food safety myths

We're not always up to speed on what causes food poisoning, or how to avoid it. Let's debunk some common myths you might have heard.

1. Food poisoning is mild and nothing to worry about.

Food poisoning can be relatively mild, or it can be deadly. In some cases, it causes serious long-term problems like kidney or nerve damage, reactive arthritis and hepatitis.

The World Health Organization estimates that 600 million people fall ill from food contamination each year, and 420,000 die from it annually.

2. The last thing I ate must have made me sick.

It's understandable to blame food poisoning on the last meal you ate, and this may be the case. But the food that caused your illness may have been eaten days before your symptoms appeared, says the NSW Food Authority. Different bugs cause symptoms to start at different times after eating the contaminated food. You should consider all the foods eaten over the three days before symptoms first appeared.

3. Food that's 'off' will smell.

Most food-poisoning bacteria and their toxins don't obligingly warn you of their presence with a particularly bad smell or taste. The 'off' smell of putrefaction is usually due to relatively harmless bacteria, and food which seems normal in appearance, taste and smell can have enough harmful pathogens to make you ill. If in doubt toss it out, advises the NSW Food Authority.

4. If you're vegan you're unlikely to get food poisoning.

Even though meats, seafood, poultry, eggs and dairy are the leading causes of food poisoning in Australia, vegans aren't off the hook.

Plants and plant-based foods can become contaminated as easily as any other food if they come into contact with bacteria found in soil, unclean surfaces or equipment, or food handlers who are sick or have dirty hands.

Contaminated bean sprouts, for instance, have been linked to outbreaks of *E. coli* infection. Raw rice can contain bacteria

called *Bacillus cereus* that survives cooking. If rice is unrefrigerated for more than two hours after cooking the bacteria can multiply and make you sick.

5. Refrigeration will kill off bacteria.

Refrigeration is important for slowing down the growth of bacteria, but it doesn't kill it.

Cool hot food until it has stopped steaming before putting it in the fridge. Don't leave food to go cold completely as slower cooling allows bacteria to grow. And make sure you eat or freeze leftovers within two to three days of cooking. ✕



Ask an expert about ...

Q Is it true that diabetes can affect your eyesight?

Diabetes Australia replies:

People with both type 1 and type 2 diabetes have an increased risk of developing eye problems. If untreated, these can lead to poor vision, even blindness.

Changes in vision may be so gradual that you may not notice them for some time. The good news is that regular eye checks and early treatment can prevent most vision loss from diabetes.

Diabetes can cause a range of eye problems. The most common is Diabetic

Retinopathy (DR), in which the tiny blood vessels in the back of the eye are damaged. It's important that DR is identified and treated early.

During the early stages, DR has no symptoms. In later stages, you may notice blurred, hazy or double vision, or even sudden loss of vision. The only way to know if you have DR is to have regular diabetes eye health checks. These focus on looking for early signs of diabetes-related changes, such as changes to the blood vessels at the back of your eyes.

You can book an eye check directly with an optometrist. When you do, be sure to tell them you have diabetes.

If your optometrist sees any signs of damage to your eyes, they will either monitor it or arrange treatment with an ophthalmologist. You can slow the progression of diabetic eye disease by keeping your blood glucose, blood pressure and cholesterol as close to target as possible.

World Diabetes Day is held every year on 14 November, the birthday of Sir Frederick Banting who co-discovered insulin in 1922.

App of the month

The Good News Network.

If the constant negative news reports are getting you down, take a break with the app that delivers only feel-good stories. Exposure to negative news can trigger anxiety and lower your mood, while uplifting news can boost your mood and outlook and even improve heart health. The Good News Network app delivers daily uplifting and inspiring news from around the world right to your phone.

Available free (ad-free with a subscription) from the [App store](#) and [Google Play](#)

Risks of DIY teeth straighteners

Tempted by the promise of a straighter smile without a hefty price tag, many people have opted for at-home teeth straightening kits. But orthodontists are concerned about the potential risks of these, which include damage to the roots of teeth, gum recession, loose teeth and teeth that need to be removed.

Customers are required to take teeth moulds themselves and work progressively through different sets of aligners sent to them in the mail, which move their teeth over time. A remote orthodontist oversees their progress through photos.

"A lot of people underestimate how complicated changing teeth is because it ultimately affects your bite, which affects your jaw and your jaw joint and the muscles of your face," Dr Howard Holmes, president of the Australian Society for Orthodontists told the *Sydney Morning Herald*.

A survey found 35 per cent of orthodontists who responded had treated a patient in the past 12 months following failed use of at-home aligners. The Australian Society for Orthodontists is now calling on the Australian Health Practitioners Regulation Agency to follow the lead of the UK's dental regulator in warning the public that there was 'no effective substitute for a physical clinical examination' when assessing someone for braces or aligners. ✕

wellatwork™

Published by: Healthworks®

Suite 3.06, 55 Miller Street Pyrmont NSW 2009 Australia
ACN 624 842 351 **Phone:** 1300 90 10 90

Website: www.healthworks.com.au

Editorial Team:

Editor: Jenny BOSS MHumNutr

Deputy Editor: Kylie Singh

Subscriptions: Janelle Gibb

Email: well@healthworks.com.au

Healthworks® wellness, health, and safety products and solutions are a trademark of Bodycare Health & Wellbeing Pty Ltd (ACN 624 842 351), registered in Australia. Well at Work™ ©2021. All rights reserved. No part of this work may be re-sold, reproduced or copied in any form. The information in this publication does not provide medical advice for individual problems. For advice and treatment, consult your doctor or health care professional. Well at Work is printed on an environmentally responsible paper. The pulp for this paper is sourced from certified, well managed sustainable plantations and the paper mill is ISO 14001 accredited.



News Bites



Eat more fish if you have migraines

The estimated 1 billion people worldwide who experience migraines know that some foods can act as a migraine trigger. A new study published in the *British Medical Journal* has now found that certain dietary changes can reduce the frequency and severity of migraine headaches.

The researchers found that a diet high in omega-3 fats from foods like salmon, tuna and trout, and relatively low in omega-6 fats from oils like corn and soybean resulted in significantly fewer migraine headaches.

If you want to try the diet on your own, the researchers recommend eating more fatty fish, such as sardines, anchovies, mackerel, salmon and tuna (including canned fish). Reduce omega-6 fats by avoiding fried, processed and fast foods, and include extra virgin olive oil, avocado oil, and macadamia oil, which contain low amounts of omega-6 fats. ✕

We're happiest with our bodies when we're older

When you look in the mirror are you happy with what you see? If you're under 30, maybe not. If you're approaching 60, you're more likely to say yes according to data from more than 15,000 people in Australia and New Zealand.

Both men and women experience pressure to achieve a perfect body, but this pressure and its impact on self-esteem gets much less with age. Satisfaction with size, shape and appearance gradually increases as we start to see health as more important than looks. Whatever our age, we can all learn something from this. ✕

1

THING YOU CAN DO TODAY



Slide on sunnies

You're heading outdoors for an hour or two. You've applied your sunscreen, slipped on a shirt and grabbed your hat.

Forgotten something?

More than just a fashion accessory, sunglasses protect your eyes from the sun's damaging ultraviolet rays. In the short-term UV radiation can cause excessive blinking, swelling and difficulty looking at strong light, says Cancer Council. Over time, it can lead to more serious and permanent damage including:

- Cataracts (cloudiness of the eye's lens), which may require surgery
- Solar keratopathy (cloudiness of the cornea)
- Cancer of the conjunctiva (the membrane covering the white part of your eye)
- Skin cancer of the eyelids and around the eyes
- Pterygium (pronounced tur-rig-i-um), which is an overgrowth of the conjunctiva onto the cornea.

Choose carefully

You don't need to spend a lot of money to buy good sunglasses, but some cheaper fashion glasses won't protect your eyes. For the best protection, Mayo Clinic suggests you look for sunglasses that:

- Block 99% to 100% of both UVA and UVB rays
- Screen out 75% to 90% of visible light

No matter what's in fashion, wrap-around, close fitting and large lenses will help reduce reflected UV radiation and glare that can pass around the edge of glasses. ✕

EAT SMARTER

Add berries to your basket

Forget acai and goji berries with their hefty price tags and air of exclusivity. Locally grown raspberries and blackberries are unsung nutrition heroes, waiting to be piled up on our breakfast cereal and desserts.

Naturally low in energy density but packed full of essential nutrients, these berries are chock full of fibre, vitamin C, vitamin K (especially blackberries) and folate.

Love the vibrant hue of raspberries and blackberries? Their colour is a dead giveaway that they are full of anthocyanins, flavonoids researched for their potential anticancer, anti-inflammatory and anti-ageing action.

What gives these berries the edge over other fruits and vegetables is that they contain polyphenols called ellagitannins. These have powerful antioxidant, anti-inflammatory and antibacterial properties. There is evidence that consuming ellagitannins could reduce the risk of certain chronic diseases such as heart disease and diabetes.

Berry tips:

- Choose firm, plump and bright berries. Avoid any that are mouldy, seeping or squashed.
- Don't wash berries before you store them – wash before you eat.
- Keep berries in the fridge in their original container. Return to room temperature for their best taste.
- Berries are best eaten within two days. When they're in season stock up and freeze them for up to 12 months.
- Layer them up in a glass with plain or vanilla yoghurt and your favourite granola. ✕



Mayfair cares