

# Breakspear Medical Bulletin

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## Notes on the importance of women's health

**If one sees a doctor only when there is a problem, sometimes it may be too late.**

Many people recognise that regular preventative care is one of the most important ways to maintain health.

When we talk of women's health, one of the most important preventative actions a woman can do is to have regular cervical smears.

Cervical smears can detect abnormalities before they turn into cervical cancer. According to the National Health Service

(NHS), tests in 1 in 10 women show changes in the cells of the cervix, which may be caused by many things.

Fortunately most of these changes will not lead to cervical cancer. If abnormal cells are found, they

can be treated before anything further develops.

Along with a test identifying whether a woman has any abnormal cells, a woman can have a test performed to detect the presence of the cancer-

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## Patient's own story: recovering from Lyme Disease

**This is how Breakspear patient Lucy Bulmer describes her ongoing recovery from Lyme disease.**

My name is Lucy. I am 34 years old and live in Yorkshire. I am a horse riding instructor and I train and compete with dressage horses at National Level. I have late-stage Lyme disease.

Various symptoms started 15 years ago. I was fit, ambitious, teaching and competing with 5 horses, but I started to feel abnormally tired, my joints hurt, my muscles burned, I suffered with chronic diarrhoea, I was

always freezing and I felt like I had permanent flu.

After a trip to Kenya in my teens, I had contracted cerebral

malaria, I began to wonder if it was related to that.

Blood tests showed nothing other than anaemia (low iron levels). I was given iron tablets and thought that would help.

Around this time my father died of bowel cancer.

My symptoms increased; I was admitted to hospital with suspected viral meningitis. I also

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## On the market: scent-free, organic sunscreen

For many years the message to everyone has been that you should protect your and your children's skin from the sun to avoid sunburn and heat exhaustion.

While the best recommendation is to guard your skin using wide-brimmed hats, sunglasses, protective clothing and parasols, it is also good to use a broad-spectrum sunscreen with a sun protection factor (SPF) of at least 30, to protect against UVA and UVB rays.

The SPF is mainly a measurement of the amount of UVB protection. It indicates how much longer skin covered with the cream takes to redden in response to UV compared to unprotected skin. A 0-5 star rating is used to indicate UVA protection; the higher the number of stars, the greater the protection. Both UVB and UVA rays have been connected to premature ageing, skin cancer and other long term effects.

It is important to apply sunscreen thickly enough to benefit from the sunscreen and 30 minutes in



advance of sun exposure. Be sure to cover all unprotected parts, including the edges of your face, ears, neck and the backs of your legs.

It is recommended that sunscreen is reapplied every 2 hours or after swimming. It is also important to remember that water reflects UV rays, which increases your exposure.

According to the Environmental Working Group's (EWG) 2012

Sunscreen Guide, 75% of available sunscreens have potentially harmful ingredients in them.

Ingredients that the EWG considers harmful are:

- Oxybenzone
- Retinyl palmitate

Pore-clogging ingredients such as PABA-sunscreens, parabens, phthalates, alcohol and artificial fragrances should also be avoided, as well as any other unnecessary chemicals.

Green People produce several different sunscreens which do not contain these harmful ingredients.

Green People's Organic Children Sun Lotion SPF25 - Scent Free offers medium protection against UVA and UVB, uses natural ingredients and contains 81% certified organic ingredients. This product does not contain any dairy, egg, nut or nut derived ingredients. The manufacturers state that this product can be used on children with sensitive skin.

Green People also produce a scent-free SPF 25 with 82% certified organic ingredients, which is a little thicker than the sun lotion for children.

According to the NHS website, "SPF 15 sunscreen can reduce production of vitamin D in the skin by over 99%." It may be important to note that while there may not be an agreed upon ideal amount of vitamin D, it is very important to the body, particularly the immune system and sunlight is the best way to increase your production.

These sunscreens and many other Green People organic products are available through our Pharmacy or online shop, [www.breakspearmedical.com/shop](http://www.breakspearmedical.com/shop)

### Breakspear Medical Bulletin

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## Ask Dr Satwinder S Basra



**For years, I've felt tired all the time and I can't help but wonder if there is something wrong with me. Can you help me find the cause?**

Tiredness is a very common symptom encountered by GPs in general practice. Many times the cause is not properly diagnosed and patients suffer for their whole life. Some of them may be housebound for years. As well as painful serious conditions, one must consider numerous other possibilities as the cause of tiredness.

### Coeliac disease & leaky gut syndrome

With coeliac disease, people become sensitive to gluten in food, with symptoms such as diarrhoea, bloating and weight loss. 90% of people may not know that they suffer from a gluten intolerance or coeliac disease.

One may have non-coeliac food sensitivities with similar symptoms. People with gluten sensitivities often have negative immuno-allergy tests to wheat and negative coeliac disease serology, normal endoscopy and biopsy.

In leaky gut syndrome, undigested small food particles enter the bloodstream causing symptoms of food sensitivities.

Elimination of gluten-containing foods from the diet, followed by an open challenge, is recommended to establish whether symptoms improve with the elimination of gluten.

### Anaemia

If a woman suffers from heavy periods, iron deficiency anaemia is very likely. Bleeding in the digestive or urinary tract may also cause anaemia.

### Hypothyroidism

Hypothyroidism is when a person has an underactive thyroid, accompanied by low thyroid hormone.

Blood tests for thyroid autoantibodies can be conducted. If thyroid autoantibodies are present, tests can be conducted for infections, such as Yersinia (a group of bacteria), Coxsackievirus (a virus) and hepatitis (viral infection), all of which have been shown to be possible triggers for thyroiditis.

There is a strong connection between gluten sensitivity and autoimmune thyroid disease, as they share common immune response

mechanisms. A gluten-free diet should be considered.

### Diabetes mellitus

Someone who suffers from increased thirst and hunger, has blurred vision, urinates frequently, feels tired all the time and is losing weight, could be suffering from diabetes mellitus. Diabetes mellitus, or simply diabetes, is where a person has high blood sugar due to the body not managing insulin levels appropriately. It is becoming increasingly common. There are a

number of ways to test for diabetes.

### Glandular fever

Glandular fever is a viral infection characterised by fatigue, fever, sore throat and swollen glands. It is



caused by Epstein-Barr virus. Mostly younger people are affected. It is a self-limiting condition but fatigue may last for many months.

### Chronic fatigue syndrome (CFS)

Also known as ME (myalgic encephalomyelitis), CFS causes severe and disabling tiredness that goes on for at least 6 months. Frequently sufferers also have a sore throat, muscle or joint pains and headaches. CFS can be very difficult to diagnose.

### Anxiety and depression

Anxiety and depression are a common, but easily missed, diagnosis in general practice. Many people suffer in silence. A doctor can help, particularly if help is sought at the early stages. If one's mind is tired, one's body will feel tired too.

### Sleep apnoea

With sleep apnoea, sufferers repeatedly stop breathing during sleep and this causes them to wake up many times during the night. Oxygen levels in the blood drop and this causes excessive tiredness the following day. It is more frequent in obese, middle-aged men and may be precipitated by smoking and consumption of alcohol.

### Restless leg syndrome

Restless leg syndrome, also known as Willis-Ekbom disease, is a neurological condition in which one has an uncomfortable feeling in the legs, which jerk involuntarily during sleep. As a result, sleep is disturbed, which leads to a feeling of fatigue the following day.

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**As well as painful serious conditions, one must consider numerous other possibilities as the cause of tiredness.**

## Ask Dr Satwinder S Basra

(Continued from page 3)

### Chronic infections

Chronic infections are one of the most debilitating and commonly misdiagnosed class of conditions in general practice. If one has knowingly or unknowingly been bitten by a tick or lives in an area where ticks are prevalent, Lyme disease is a possibility, particularly when routine blood tests have excluded most of the above conditions.

Blood tests may not provide all the answers and the clinical history may also give valuable diagnostic information. Treatment may be difficult and prolonged.

### Malignancies

Always be aware of the possibility of occult malignancies (hidden cancer) and a family history of malignancies.

*If you suspect you may be experiencing any of these conditions, talk to your doctor.*

## New thoughts on the effects of air pollution on health

New research presented at the Gerontological Society of America's 65th Annual Scientific Meeting found that older men and women did worse on thinking tests if they lived in areas with high levels of air pollution, compared to those in areas with relatively clean air.

The difference was the equivalent of ageing 3 years.

The University of Southern California study of 14,793 men and women aged over 50 matched their results on cognitive tests to maps of air pollution. The tests evaluated word recall, knowledge, language and orientation. The connection even remained after accounting for several factors, including age, race/ethnicity, education, smoking behaviour, and respiratory and cardiovascular conditions.



Over the years, there have been studies associating urban traffic with various conditions, such as Alzheimer's, Parkinson's and atherosclerosis (where arteries become clogged).

Ms Jennifer Ailshire, PhD, conducted the analysis of data from the US Environmental

Protection Agency and the Health and Retirement Study. Ms Ailshire was quoted as saying, "Air pollution has been linked to increased cardiovascular and respiratory problems, even premature death, in older populations, and there is emerging evidence that exposure to particulate air pollution may have adverse effects on brain health and functioning as well."

Over the years, there have been studies associating urban traffic with various conditions, such as Alzheimer's, Parkinson's and atherosclerosis (where arteries become clogged). There are also studies of children which showed the prevalence of autism associated with residential proximity to pollution during the third trimester and at the time of birth.

## Diesel engine exhaust classified as cancer-causing

Last summer, the International Agency for Research on Cancer (IARC), which is part of the World Health Organisation (WHO), classified diesel engine exhaust as carcinogenic to humans, based on sufficient evidence that exposure is associated with an increased risk for lung cancer.

The evidence was reviewed and it was concluded that diesel exhaust is a cause of lung cancer and also noted a positive association with an increased risk of bladder cancer.

Dr Kurt Straif, head of the IARC Monographs Program, stated that "The main studies that lead to this conclusion were in highly exposed workers. However, we have learned from other

carcinogens, such as radon, that initial studies showing a risk in heavily exposed occupational groups were followed by positive finding for the general population."

Diesel exhaust is produced during the combustion of diesel fuel.

Nearly everyone is exposed to diesel exhaust daily, as diesel fuel is used in trucks, buses, trains, construction and farm equipment, power generators, ships and cars.

Immediate health effects of high concentrations of the chemicals in diesel exhaust can cause headache, dizziness and loss of consciousness, as well as eye, nose and throat irritation.

## Notes on the importance of women's health

(Continued from page 1)

causing human papilloma virus (HPV) DNA. Detecting the HPV DNA early and starting an anti-viral treatment programme can prevent abnormal cells developing.

### At Breakspear, we offer comprehensive cervical screens to women of all ages

An American study found that in many older women infected with HPV, it might have been caused by a reactivation of a previous infection. Their new guidelines encourage women in their late 60s and 70s to have screenings and the guidelines include women who have had hysterectomies.

Other conditions can be screened for as well, including Chlamydia, gonorrhoea and bacterial vaginal infections. (See article below, *The link between Chlamydia and pelvic inflammatory disease*). If detected, these conditions, too, can be treated before they cause any further damage or are transmitted to others.

## According to Public Health England's recommendations:\*

Age group (years)	Frequency of cervical screening
25	First invitation
25-49	3 yearly
50-64	5 yearly
65+	Only screening those who have not been screened since age 50 or have had recent abnormal tests.

\* At Breakspear, we offer comprehensive cervical screenings, as well as anti-viral treatment for HPV and guidance and support to women of all ages who wish to have a cervical screening.

## The link between Chlamydia and pelvic inflammatory disease

The British Medical Journal 2010 published a study that found evidence to suggest that screening for Chlamydia can reduce the incidence of pelvic inflammatory disease (PID).

Most cases of PID are caused by an infection that has spread from the vagina or the cervix to the reproductive organs higher up. There are many different types of bacteria which can cause PID but most cases are the result of sexually transmitted infections, such as Chlamydia or gonorrhoea.

It is estimated that 30% of PID is due to Chlamydia.

PID may cause symptoms in affected women such as pelvic or abdominal pain, discomfort or pain during intercourse, bleeding between periods and after sex, discharge, fever or vomiting. It also increases a woman's risk of infertility.

To prevent reproductive complications and PID, it is recommended to prevent infection by using barrier method contraception and retest after each new sexual partner, following up with a treatment plan, if infection is detected.

## About Chlamydia

Chlamydia (kla-mid-ee-a) is the most commonly diagnosed bacterial sexually transmitted infection in the world. Fortunately it is easily tested for and easy to treat.

According to Public Health England, "Over 186,000 new cases were diagnosed in 2011, with sexually active young adults remaining at the highest risk of infection." And the rates continue to rise.

Chlamydia is often asymptomatic (presents no symptoms). However, according to the National Chlamydia Screening Programme, about 25% of women and 50% of men develop symptoms.

Chlamydia is usually tested for using a sample from the cervix in women or urethra in men.

If Chlamydia goes untreated, it may lead to serious health consequences, including reproductive complications, pelvic infection and infection of the urethra.





## Measles outbreaks predicted to continue through Summer

In mid-April 2013, BBC News reported that there were new cases of measles in south west Wales, which took the outbreak to 765 with over 70 patients hospitalised.

The outbreak is expected to continue into the summer months.

The epidemic has also become an issue outside Wales, with the UK Health Secretary advising parents to get their children vaccinated.

Campaigners have called for the reintroduction of single measles vaccines. The Express stated

**"Before the introduction of the measles vaccine in the UK in 1968, about half a million people caught measles each year of whom about 100 died." - Guardian online**

14 April, 2013, "Jackie Fletcher of Jabs, a vaccine damage support group, wants single vaccines reinstated. Her son, Robert, 21, was awarded £91,500 for brain damage caused by the MMR vaccine 2 years ago."

Dr Marion Lyons, Director of Health Protection for Public Health Wales, was quoted as

saying "The only protection is the safe and highly effective MMR vaccine." This statement is not entirely true, as individual vaccines, produced by reputable manufacturers and licensed in their country of origin, are available privately.

*Breakspear Medical Group offers single measles vaccines for £90\*. A simple and quick blood test to check for immunity is also available for an additional charge. (\* Breakspear Medical Group reserves the right to alter prices without notice.)*

## The ongoing debate on the MMR vaccine

As a result of the measles outbreak in Wales, the government has launched a campaign to increase the MMR (combined measles, mumps, rubella) vaccination rates in England.

Professor David Salisbury, Director of Immunisation at the Department of Health, has stated, "The evidence on MMR is absolutely clear—there is no link between the vaccine and autism."

In June this year, a landmark ruling in an Italian court concluded that the autism of a young boy, Valentino Bocca, was provoked by the combined MMR vaccine and his parents have been awarded monetary compensation.

Dr Andrew Wakefield, the controversial doctor who, in 1998, had an article published in the Lancet (the world's leading general medicine journal), proposing a link between the MMR vaccine and autism and bowel diseases, also recently released a statement, "I recommend the use of single measles vaccine in preference to MMR. This remains my position." The Lancet has retracted this article; however, it is still viewable on the Lancet's website.

Dr Wakefield's recent full statement, which can be viewed on YouTube, calls for a televised, public debate on the topic of the safety of the combined MMR vaccine.

He said in his recent video interview, "...why are



we now seeing measles outbreaks in highly vaccinated populations? And it will be very interesting to find out how many of those children in the current outbreaks have actually been vaccinated."

The MMR vaccine is readily available free of charge through the NHS. Clinical

commissioning groups (CCGs) have been asked to offer the MMR vaccine to all children up to the age of 18.

At this time in the UK, single vaccines for measles and rubella are only available privately for a fee.

The single vaccines for measles, mumps and rubella are currently unlicensed by the UK's Medicines and Healthcare products Regulatory Agency (MHRA). However, single measles and rubella vaccines are manufactured in other countries and are licensed by the MHRA to be imported into the UK.

In 2009, Merck, the only manufacturer of the mumps vaccines, did not resume production of the single mumps vaccine. That means that there are no reliable, licensed single mumps vaccines available anywhere. Merck continues to manufacture the MMR vaccine, which contains the attenuated mumps virus.

## Recommended recipe

Michele Kingston, Clinical Nutritionist

Many people have to avoid ice cream, due to its dairy and sugar content, and as it can be greatly missed as a treat, I often get asked for an alternative.

This ice cream alternative is not only similar in texture and taste to traditional ice cream, but the inclusion of avocados makes it a healthy option, too.

Avocados are often shunned due to the belief that they are high in fat and therefore an unhealthy food. However, avocados should not be feared, they are not only delicious and versatile, but they provide an abundance of nutrients including potassium, magnesium, vitamin A, vitamin C, vitamin E, vitamin K, B vitamins, carotenoids and phytosterols.

The fats an avocado contains are mostly monounsaturated and polyunsaturated fats, which may help lower cholesterol, aid blood sugar control and lower blood pressure.

Clinical studies show that avocado consumption, due to the fats they contain, helps support cardiovascular health and some exploratory studies suggest that avocados may support weight management and healthy ageing. The 'good' fats in an avocado also enhance the bioavailability of fat-soluble vitamins and phytochemicals from the avocado or other foods eaten at the same time, thereby making a dish including avocado even better for you.

## Recipe

### appeal to readers

Do you have any favourite recipes that you'd like to share with other people who have common food allergies/sensitivities?

Email your recipes to the editor:  
[cmonro@breakspearmedical.com](mailto:cmonro@breakspearmedical.com) or  
 send a copy in the post to the clinic,  
 Attn: CN Monro.



## Chocolate ice cream alternative

**A dessert free from dairy, grain and processed sugar**



### Ingredients

- 400 ml coconut milk
- 2 ripe avocados
- 1 banana
- 4 heaped tablespoons unsweetened cocoa
- Pinch of Stevia (optional)
- Drops of rosewater (optional)
- Drops of vanilla extract (optional)

### Method

1. Place all ingredients in a blender and blend until smooth
2. Pour into a freezer-proof container and put in the freezer.
3. Stir the mixture every hour or so for 4 hours, to avoid large ice crystals forming.
4. If in the freezer for more than 4 hours, it is best left at room temperature for at least 10 minutes prior to serving.

## Patient's own story: recovering from Lyme Disease

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suffered with glandular fever, shingles and several bouts of tonsillitis, which eventually led to a tonsillectomy. Unfortunately, I had a haemorrhage after this, lost 5 pints of blood and needed a transfusion. (But that's another story!)

Following this, my symptoms became quite varied, bizarre and often scary. I kept losing my sight and hearing. I had permanent pins and needles in my arms and legs and limited feeling in my left leg. One side of my face started to droop.

Several times I jumped off horses with searing chest pains, believing I was having a heart attack.

If I slept, I would wake up paralysed from the waist down, or paralysed down one side. Luckily, the feeling came back, but I stopped going to bed, just in case.

I went back to the doctor and she said I was depressed. Damn right I was! I was eventually diagnosed with ME (myalgic encephalomyelitis) and offered Cognitive Behavioural Therapy. I declined.

My horses were the main reason I kept going, but as my condition deteriorated, I knew I had to make some big decisions regarding work. Sadly, my most talented and successful horse had to be put down after an accident. I then found riders for my other horses and sold our family home where I ran the business. But I didn't give up! I just downsized my life.

I put the remaining horses in a livery stable (where care, feeding and stabling were provided) to ease the demanding physical side of things. Thankfully my sister employed me in her shop to enable me to earn some money.

It was my sister's research that led me to learn about Lyme disease and then led me to Breakspear.

Prior to my sister's investigations, I had never heard of Lyme disease. From then on, everything

began to make sense. Years previously I had 2 unusual bite marks on my arm. I also remembered ringing the NHS helpline regarding a huge rash that appeared late one evening. They put it down to an allergic reaction. Nobody made the link to the bull's-eye rash that is a common sign of Lyme.



**"Courage is being scared to death and saddling up anyway." - John Wayne**

At that time, I found a local doctor who specialised in ME and Lyme disease. He started me on the road to recovery and gave me my first signs of hope in the form of antibiotics. He no longer practises, but he is another person to whom I am grateful.

Breakspear is a long way from my home in Yorkshire.

Thankfully my grandma said she would help financially if that is where I needed to be and it is definitely where I needed to be.

I have now been treated at

Breakspear for 2 years. At the clinic, I have had a variety of tests done for Lyme and co-infections and a few other tests including viral panels, immune profiling, and a fatigue panel. I have also seen a specialist Autonomic Neurophysiologist.

From these results, a personal treatment plan was formed for me. I started on a Palaeolithic diet and began low-dose immunotherapy. As my gut improved, I was introduced to a variety of nutritional supplements, alongside a combination of antibiotics, and so began the long journey to try and regain my health.

I have been ill for a very long time. I still have Lyme, I still have a dysfunctional nervous system and I continue to suffer with arthritis (but luckily I think riding helps!). Their findings have managed to get to the root of each problem and build on it.

I am slowly getting stronger. I now continue to improve with my little fairy steps. I am determined. I have learnt so much about how I can help myself along the way. Good nutrition is vital for body and mind and also, sometimes it is important to stop and rest, which does not come easily to me!

The treatment continues, which changes and alters depending on my latest results. John

*(Continued on page 9)*



## New thoughts on more fibre for heart health and reducing diabetes



The message that fibre helps with digestion has been widespread, but recent studies suggest that it has benefits for sufferers of metabolic syndrome, too.

The Journal of the American Dietetic Association published a study which suggests that the number of teens with metabolic syndrome could be reduced if they are encouraged to eat nutrient-dense, fibre-rich, plant-based foods and meals rather than to restrict foods that are high in calories or saturated fat.

The researchers at Michigan State University analysed how dietary intake of fibre and saturated fats impacted the incidence of metabolic syndrome. They found a 3-fold increase in the incidence of metabolic syndrome

between those consuming the least fibre and the group receiving the most.

However, when it came to cholesterol and saturated fat, the researchers did not find a significant relationship between intake and metabolic syndrome incidence.

“What we found is that as fibre intake increases, the risk for metabolic syndrome decreases,” said Dr Joseph Carlson of

Michigan State University.

Metabolic syndrome is a combination of medical disorders that increase the risk of heart disease and type-2 diabetes.

Dietary fibre may be sourced from vegetables, plants and grains.



*(Continued from page 8)*

Wayne said, “Courage is being scared to death and saddling up anyway.”

I continue to work in the shop and I have started teaching again. The dressage competition season has begun and it is brilliant to be part of it again.

I have the best support network and that is vital: my mum, sister, trainer, owner and groom, who have always supported me, even when it seemed as if I was going insane. I have even managed to bag myself a boyfriend! These special people make it possible for me to move forward. I hope one day I can repay them.

If I have a bad day, I think back to the early days when I wondered if I would make it through the night, how I was going to make it from the bed to the shower, when it hurt to brush my hair, when I sat on the roadside because I couldn't make it 10 yards back to my house. I remember clambering on a horse, hoping that adrenalin would take over. I remember breaking down in the shop because I didn't even have the stamina to fold jumpers. I realise how far I have come; Breakspear has played a huge role in this process and will continue to do so.

## Update on Lucy Bulmer's success



Reproduced by kind permission of Horse & Hound

Lucy Bulmer was featured in an article in Horse & Hound 28 March 2013.

The article talked about Ms Bulmer winning her first 2 outings this dressage competition season. Her first win was on

Boras, a 17.2 hand high Belgian Warmblood, with her personal best of 75.68%, and 79.68% in both medium tests at Yorkshire Riding Centre. Boras's owner, Mary McGowan, is a close friend who has always had faith in Lucy and has unwaveringly supported her.

Ms Bulmer told us she now has a new horse, Amos, a 16.2 hand high Irish Sport horse, and has high hopes for him.



## Did you know...?



### Walnuts can cut risk of diabetes by 24%

The Daily Telegraph reported April 2013 on an American study which found that women who ate a 28g packet of walnuts at least twice a week were 24% less likely to develop diabetes than those who rarely or never ate them.

Nearly 140,000 women in the US took part in the study that found that regular small helpings of nuts protect against Type 2 diabetes. It is thought that the same benefits apply to men.

The study was published in the Journal of Nutrition.

Walnuts are rich in healthy fatty acids which have been shown to reduce inflammation in the body and protect against various conditions such as heart disease, cancer and arthritis.

### Try daily walking instead of gymming

Many of us cringe at the idea of going to a gym, as we associate it with sweat and pain. The good news is that a new study published in February 2013 found that long periods of walking could be better for one's health than high intensity exercise.

The study at Maastricht University, Netherlands, tested 18 people, ages 19-24, who were divided into 3 groups. One group sat for 14 hours doing no exercise. Another group sat for 13 hours but did an hour of vigorous exercise. The last group sat for 6 hours, walked for 4 hours and stood for 2 hours.

It was found that cholesterol and lipid levels were significantly improved in the last group, compared with the other groups. That means low intensity exercise was found to improve insulin and blood (fat) levels at a better rate than an hour-long strenuous workout.

Dr Hans Savelberg, who led the study, recommends that a minimum daily amount of non-sitting time should be promoted.



## Nutrient depletions and drugs

A review published in Nutrition April 2013 details the effects of various commonly prescribed drugs which deplete specific nutrients in the body. These nutritional depletions are implicated as a cause of common side effects.

The study looked at the nutritional depletion of 5 drug classes. Some of the findings were as follows:

- High blood pressure medicines deplete zinc, which causes many of the taste disorders associated with these drugs.
- Anti-inflammatory drugs were found to deplete levels of vitamin C.
- Medicines used for stomach troubles (proton pump inhibitors) impair the body's ability to utilise vitamin B12, vitamin C and iron.

It was concluded that drug-induced nutrient depletions may cause the unexplained symptoms and supplementation protocols were suggested.



## Coronary heart disease figures

The East of England British Health Foundation (BHF) released the following figures:

- On average 1,578 men and 500 women under the age of 75 die of coronary heart disease in the East of England every year.
- Today around 200 people of all ages across the UK will lose their lives to coronary heart disease.
- Man or woman, you are more likely to be killed by heart and circulatory disease than any other serious illness, including cancer.

There are many different heart conditions and problems, which fall under the title of "heart disease". If you are concerned about abnormal heart rhythms, angina, diabetes, your blood pressure or cholesterol levels, talk to your doctor about it. Along with lifestyle and dietary recommendations, s/he may recommend some tests to find the answers to your concerns.

## Available at our Pharmacy



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*for sensitive people*



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Summer 2013

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- Telephoning the Pharmacy to place your order 01442 266 244.
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**Psst!**

***Please let your family and friends know that many quality nutritional products are available to anyone through our online shop.***

*(Please note: some products Breakspear Pharmacy carries are only available with prescription and are therefore only available to current patients.)*

## Bilberries may reduce bowel inflammation and boost gut health

Bilberries are edible berries which grow on low shrubs and are closely related to the North American blueberry. They are rich in anthocyanins, which are potent antioxidant compounds.

A study published in 2011 concluded that dried bilberries may reduce inflammation in the bowels of laboratory animals, which may have potential for inflammatory bowel disease in patients.

The berries and their extracts were reported to offer "anti-oxidative, anti-carcinogenic, and anti-inflammatory properties."

Earlier this year, a pilot study, also done at the University Hospital Zurich, tested 13 patients with mild to moderate ulcerative colitis (a form of inflammatory bowel disease). Clinical, biochemical, endoscopic and histologic parameters were assessed.

The conclusion was that there is therapeutic potential for a bilberry preparation in patients with ulcerative colitis and further studies on the mechanisms and randomised clinical trials are warranted.

## Bedbug sniffer dog working in UK

According to Favour magazine Spring 2013, Lola, the first certified bedbug scent detection dog in Europe, has started working for London-based company, Trust K9 and has been working in a number of UK hotels.

The Jack Russell terrier is the first dog from the UK to have been trained in Florida and certified by the National Entomological Scent Detection Canine Association. Lola will alert her handler when she detects the odour of live bugs or viable eggs. It takes her about 3 minutes to search a room.

Bedbug sniffer dogs are reported to be 95% accurate in detecting live bed bugs and eggs.

Bed bugs have been a known human parasite for thousands of years. They have been notably on the increase in developed countries for over 30 years, which is perhaps due to more foreign travellers and possibly that the bugs are developing increasing resistance to pesticides. Some people have sores appear on the skin, which are caused by the person's immune system reacting to the bites, or because the bites have become infected. Anaphylactic reactions have been documented.



## Introducing Dr Satwinder S Basra

Dr Satwinder S Basra first met Breakspear's Medical Director, Dr Jean Monro, over 15 years ago, when he brought his daughter to Breakspear for treatment.

After 22 years as a general practitioner in Bedford, Dr Satwinder Singh Basra LMSSA joined Breakspear early this Spring to practise environmental medicine.

Dr Basra developed a keen interest in the environmental causes of illness. These are major factors in illness today and ones which he feels are not being dealt with adequately enough within the NHS.

In 1977, Dr Basra was awarded his MBBS degree from Punjabi University, India, and then worked in the Indian army, as well as in hospitals. In 1980, he passed his PLAB (Professional and Linguistic Assessments Board) exam, which allowed him to practise in the UK, and 6 years later he passed



another British medical qualification, his LMSSA (Licentiate in Medicine and Surgery of the Society of Apothecaries).

Dr Basra set up his own surgery in 1989 in Bedford, which started with no patients and grew to have 6500.

In 1996, he became the founding member of BAPIO (British Association of Physicians of Indian Origin), which looks after the interests of Indian doctors in the UK.

Dr Basra has experience in general medicine, general surgery, A&E, care of the elderly, psychiatry, paediatrics and obstetrics and gynaecology. In 2004, he received the Health Hero Award, which recognises community health excellence.

Dr Basra speaks fluent English, Hindi, Punjabi and Urdu.

## Bulletin board

### Love is in the air...

#### 17% of Breakspear staff are engaged to be married

It's not just 1 or 2 staff members planning to get married, but within the last 12 months, a total of 9 staff members have decided to tie the knot.

Amazingly, 3 of the couples met one another at Breakspear.

### New face in Accounts

In partnership with Santander, Breakspear is sponsoring a 3-month intern, Mankin Li.

Mankin is a graduate of accounting and finance from the

University of Hertfordshire and will be gaining valuable experience while working in our Accounts Department from May to July 2013.

### Professor visits from Japan

In April 2013, Professor Shirasawa Takuji, from Juntendo Medical University, Aging Control Department, Japan, visited Breakspear after meeting Dr Jean Monro at the 11th Annual Anti-Aging Medicine World Congress earlier in the year in Monaco.

At the conference, Dr Monro lectured on Detoxification and Hyperthermia Treatments. Dr Shirasawa and his research assistant, Daniela Shiga wanted to learn more by visiting Breakspear in person.

### Doctors lecture abroad

As well as lecturing at the 11th Annual Anti-Aging Medicine World Congress in Monte Carlo, between 30 May - 2 June, Dr Monro, along with Dr Julu and Professor Puri, attended and lectured at the 3rd International Congress on Neurobiology, Psychopharmacology & Treatment Guidance, hosted by the International Society of Neurobiology & Psychopharmacology in Thessaloniki, Greece.



## How are we doing?

The only way that Breakspear can find out how to improve our services is to receive feedback from our patients.

There are 2 easy ways to let us know how we're doing:

**Satisfaction surveys:** The easiest way for you to let us know how we're doing is by completing a patient satisfaction survey, which is available online, at the clinic or from any member of staff.

**Testimonials:** We are often asked for patient testimonials and would be very pleased if you'd drop us a few lines, to let others know about the successful treatment you received at our clinic. Please drop a letter off at Reception, email: [info@breakspearmedical.com](mailto:info@breakspearmedical.com) or put it in the post.