

Health information for



First Aid Topic #5 Broken Bones and Dislocations

- S.T.O.P!
- Identify yourself.
- Maintain and Monitor ABC's.
- Reassure.
- Make the patient comfortable, keep warm and treat for shock.
- Immobilise the fractured / Dislocated limb.
- Cover any open wounds.
- Call an ambulance!



Digestive Health

There is now increasing evidence showing the strong link between the health of your digestive system and your overall health. This is because in the gut there is a delicate balance between good and bad microbes (bacteria) and if this balance is upset and the harmful microbes take over so too can disease.

A good level of "healthy" microbes has been shown to lift your mood combat the blues and improve our ability to cope with stress. These healthy microbes may also help to suppress your appetite and increase feelings of fullness.

As well as the effect on your feelings of wellness good microbes support your immune system because 80% of your immune system is found in the gut.

Foods that can help strengthen these "good" microbes are called prebiotic and include- asparagus, cooked and cooled pasta or potatoes, firm bananas, garlic, leeks, onions, whole grains. Whereas foods that increase the good bacteria in your system are called probiotic and include - pickles (naturally fermented not with vinegar), sauerkraut (pickled cabbage), Green peas, Yoghurt with live cultures, Soft cheeses such as parmesan or Swiss, Dark chocolate!! Probiotic's only give a temporary increase in good bacteria though so they do need to be eaten regularly.



May 10th



CELIAC AWARENESS MONTH



International Nurses Day!

May 12



Tobacco Free Day

31 May 2015

