



Fit For Finance

The ASTF Information Bulletin



Objective diagnosis of stress

On a brief visit to Luxembourg, Professor Doctor Dirk Hellhammer of Trier University agreed, at the request of the ASTF, to give a presentation on his main area of research: stress.

Prof. Hellhammer has invented a simple procedure the Diagnostic Neuropattern® system which enables chronic exposure to stress to be objectivised. The procedure comprises three aspects:

- a medical examination;*
- questionnaires to be completed by the patient;*
- a diagnostic kit including a portable heartbeat recorder and 16 saliva samples to be taken by the patient on three*

consecutive days.

This system is currently at the clinical study phase and will soon give access to the information needed to permit personalised treatment of the stress symptoms of each particular patient.

This test will be appropriate in three particular cases:

the person does not yet show any symptoms, but circumstances suggest that stress is liable to be harmful to his health in the medium term;

the person shows physical symptoms and a concrete link must be established between illness and stress;

in both cases, the test will enable an individual patient profile to be drawn up with specific advice on prevention or treatment.

If you would like to find out more, please consult this site: www.daacro.de

New tests in our medical check up

Since the ASTF began to provide medical check-ups at the Kirchberg Hospital the range of services on offer has been constantly extended. Since 1 January 2011 two new tests have been added to the blood chemistry analysis.

Cardio-vascular risks

One of the priorities of our check-up is the detection of cardio-vascular risks. Since January 2011, we have added CRP (C-reactive protein) to the measurement of cholesterol, triglycerides and glycaemia.

CRP constitutes a cardio-vascular risk in its own right. Determining whether its rate is high enables us to establish still more effectively the particular risk of a heart attack to which the patient is exposed and to give him advice on appropriate changes of life hygiene and diet.

Vitamin D

Another new feature of our check-ups is determination of vitamin D. The role of vitamin D in the prevention of osteoporosis is well-known. According to new studies, vitamin D apparently also plays a major role in the prevention of cardio-vascular illnesses. These studies performed on animals have shown that low vitamin D rates are associated with high blood pressure, calcification of the blood vessels, diabetes and cardiac insufficiency.

A further study performed by the Intermountain Medical Center on 27,686 patients aged 50 or above confirms this observation. None of

the patients presented a history of cardio-vascular problems. The serum rates were measured and the patients divided into three groups:

- normal vitamin D;*
- low vitamin D;*
- very low vitamin D.*

The researchers found that patients with very low vitamin D rates were at higher risk of premature death, of developing a coronary disease, of suffering a cerebral stroke and of developing cardiac insufficiency.

In Luxembourg, a large majority of patients have low to very low vitamin D serum rates. Hence the interest of measuring the rate for preventive purposes!



Introductory course in first aid

The Grand-Ducal Regulation of 6 May 2010 lays down the procedures for training first aid helpers in the occupational environment.

The basic course entitled “Introductory course to first aid measures” intended for workers in the context of action to promote occupational safety and health lasts for 12 hours with the following subject matter:

- 2 hours: wounds and bandages;*
- 2 hours: burns and triangular bandages;*
- 1 hour: risks and stoppage of bleeding;*
- 1 hour: fractures and immobilisation;*
- 2 hours: loss of conscience and lateral safety position, emergency evacuation and the Rautek grip;*

–4 hours: adult resuscitation.

The course can be supplemented by an optional module for which the subject matter is determined in the light of the specific risks and needs of the company concerned.

The courses end with a test which will be taken at a supplementary session after the compulsory number of course hours.

The final test comprises a theoretical part and a practical part, each of which carries thirty points.

To pass, the candidate must obtain not less than half the points for each part of the test.

Candidates who fail must repeat a full course before they can be admitted to the final test again.

A candidate who has successfully passed the introductory course in first aid will receive a certificate of basic first aid qualification signed by the Minister.

This basic first aid qualification is valid for an initial period of five years. Its validity will be extended on the expiry date by a refresher course certificate which must be attached to the first certificate of which it forms an integral part.

The ASTF can arrange in-company first aid courses for groups of 10 to 15 persons. If you have fewer persons to train you may enrol for the inter-company courses given at the ASTF Headquarters in the city centre. For further information, please do not hesitate to contact us.

Dr Colette Petit-Magar

tel. 22 80 90 1

e-mail: colette.magar-petit@astf.lu