



HAWTHORN MEDICAL PRACTICE PATIENT NEWSLETTER

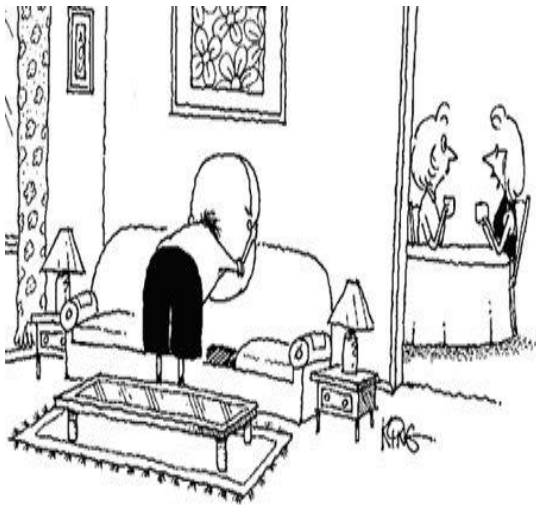
Summer 2017

HEALTHY LIFESTYLE— KEEP ACTIVE TO KEEP WELL

Being active provides long term benefits for your health. It helps to control your weight, reduce blood pressure and cholesterol and improve your mental health; helping you to look and feel great.

Being physically active doesn't have to mean long gym sessions or strenuous work-out regimes. You could go swimming, take exercise classes or play a sport, but physical activity also includes everyday things like gardening, walking and climbing the stairs. Set yourself a goal to build up to at least 30 minutes of moderate activity on five or more days per week.

Moderate physical activity makes you breathe more heavily and makes you warmer. It's never too late to start— whatever your age, size or physical condition everyone can benefit from getting physical! Involve friends and family to make activities more fun, sociable and enjoyable.



The doctor said he needed more activity. So
I hide his T.V. remote three times a week.

PRESCRIPTION CHANGES IMPLEMENTED THIS YEAR

Every year the NHS in Lincolnshire spends £17m on medicines and products, £13m of this is on over the counter medicines which are easily available to buy in supermarkets and chemists. The decision made by the local CCG to restrict prescribing of these medicines will hopefully enable the NHS to redirect resources where they are most needed.

Prescriptions will not be issued for head lice, hay fever, nasal congestion, paracetamol and ibuprofen although long term conditions requiring regular and frequent doses of painkillers will receive repeat prescriptions.

A wide range of gluten free foods previously prescribed will not be available. However, bread, flour and bread mixes will be still be available on prescription.

There will also be a restriction on baby milks, infant formulae and nutritional supplements (sip feeds).

CYBER ATTACK

There are always daily challenges within General Practice, some we can cope with and others are just totally out of our control. The cyber attack in May, which caused untold havoc with the NHS, was one such event.

As we are now almost totally reliant on technology for referrals, test results, hospital letters, patient history etc the inability to access these increases the workload for everyone to ensure patient care is not compromised. As always all our staff worked extremely hard to ensure the backlog of work caused as little inconvenience to patients as possible. We hope that at times like these our patients will be as understanding and as co-operative as possible, we can only do as much as humanly possible and we ask that you respect our staff and appreciate the efforts they are making on your behalf.



What's in a 10 Minute Consultation?

Have you ever wondered how your Doctor works and what exactly he or she does within a 10 minute consultation? This is just a brief run-down of the consultation process.

- The Doctor first takes a history of your complaint, exploring your ideas, concerns and expectations. The questions they ask will vary according to how the history taking is progressing and what they may be thinking is wrong with you.
- They will then examine you as appropriate.
- The Doctor will then consider the possible causes or reasons for your condition, before considering other differential diagnoses.
- They will then arrive at the most likely diagnosis and explore with you the effects of this diagnosis on you and discuss other problems with you and come to a shared understanding of the issue.
- Tests or investigations may have to be ordered, forms may have to be completed. The Doctor will then involve you in the management of your condition, discussing possible treatments, counsel you on the side effects and likely outcome.
- If a prescription is necessary, the Doctor will consider potential interactions with other medications, and effects of the new medication on your existing conditions before printing it out.
- For conditions that could persist or get worse, they will then advise on what symptoms to look out for, give a timeframe to expect and what you need to do if such symptoms appear.
- Following your departure from the consultation room, the Doctor has to then make comprehensive notes in order to provide a clear record of your consultation in order to help others who may need to treat you and in order to protect both you and the Doctor.

And that is just for one problem only! It has been shown in studies that presenting multiple problems to the Doctor increases the risk that mistakes will be made. The stress of not completing one task, before having to move on to the next, risks distracting the Doctor and may cause important things or serious conditions to be missed.

In a climate where clinical risk and patient harm are at the forefront of everyone's minds, we would therefore kindly ask that all patients only present with one problem per appointment. This should always be the problem causing the most concern.

WORRIED ABOUT YOUR MEMORY?

Many of us notice our memory gets worse as we get older, but it can be difficult to tell whether this is a sign of an underlying condition like dementia. The occasional lapse of memory is a natural part of ageing and is not a sign of dementia. However, your symptoms may point to dementia if you have become significantly more forgetful to the extent that it is affecting your daily life. This is especially true if:

- You struggle to remember recent events, although you can recall things from the past
- You find it hard to follow conversations
- You forget the name of close friends or relatives or everyday objects
You leave objects in unusual places (eg keys in a bathroom cabinet)
- You feel confused even when in a familiar environment or get lost on familiar journeys

If you are worried about your memory, speak to a GP. They will ask you about your concerns and possibly arrange for further investigation. You maybe referred to a local memory clinic or a hospital where further assessment will be performed and a more certain diagnosis made. Useful contact:

linconshiredfss@alzheimers.org.uk (Dementia Family Support Service)

Calories in alcohol

Know how much you are drinking



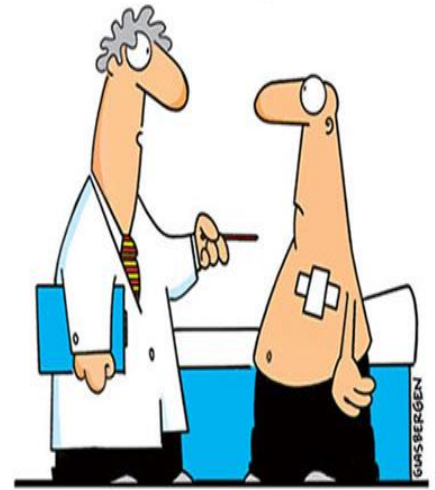
A glass of wine is equal to a doughnut



A bottle of alcopop is the same as a slice of pizza



Four pints on a night out is the same as two-and-a-half burgers.



"It's a pacemaker for your heart. Plus, you can download apps for your liver, kidneys, lungs, and pancreas!"

HOW MANY UNITS ARE IN YOUR DRINK?



10 ML OF 100% PURE ALCOHOL



TWO 5 ML TEASPOONS



JUST UNDER 10 UNITS

WINE
One bottle of wine (13%)

JUST UNDER 3.5 UNITS



LARGE WINE
A 250 ml glass of wine (13%)

JUST UNDER 2.5 UNITS



SMALL WINE
A 175 ml glass of wine (13%)

1.5 UNITS



ALCOPOP
A 275 ml bottle of alcopop (5%)

2 UNITS



A PINT
Ordinary strength (3-4%) lager, cider or bitter

3 UNITS



PINT OF PREMIUM
Premium strength (5-5.5%) lager, cider or bitter

JUST UNDER 3 UNITS



LARGE DOUBLE
(2 x 35 ml) measure of spirits (40%)

1 UNIT



SMALL SINGLE
(25 ml) measure of spirits (40%)

Puffing Club

COPD Breathing Group

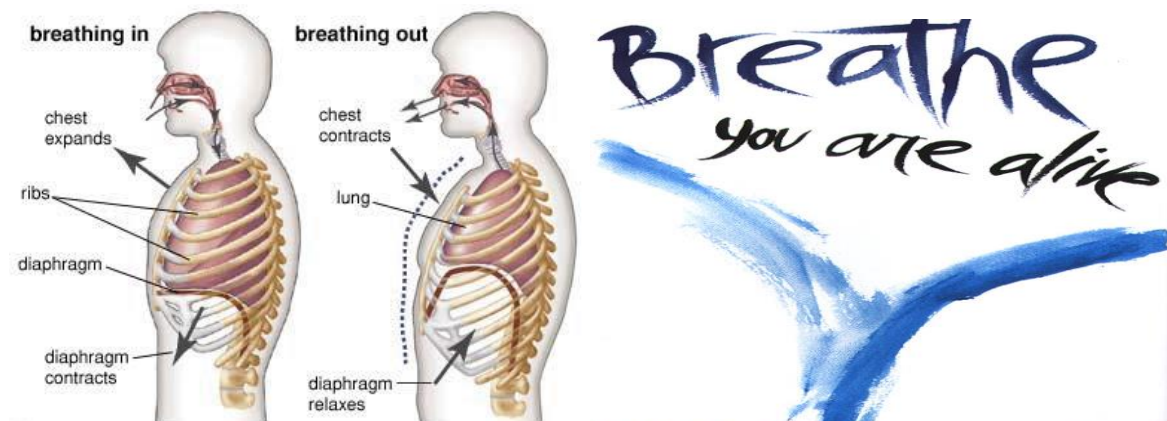


At Winthorpe Community Centre

1 – 4pm Every Friday

50p Donation towards drinks

Everybody Welcome



Regular moderate physical activity, including walking and cycling, can help prevent and reduce the risk of:

- Cardiovascular disease (CVD)
- Cancer.
- Obesity.
- Diabetes.
- Mental Health Problems.
- Musculoskeletal health – osteoporosis and osteoarthritis.

Exercise doesn't have to cost money – a brisk walk around the block, along the promenade or getting off the bus a stop earlier and walking to your destination are all forms of exercise. Even a few gentle workouts in your own home are better than sitting for long periods of time.

The greatest gift you can give to your family is a healthy and happy you!