



# HAWTHORN MEDICAL PRACTICE

## PATIENT NEWSLETTER

Summer 2019

### Wainfleet floods

We extend our thoughts to everyone affected by the horrendous floods. Some of our staff are also in the midst of the tragedy so we know full well the impact this is having on everyone.

The community has already shown enormous spirit and generosity but we know support will be needed emotionally, financially and physically not just immediately but in the months and years to come. As a Practice we will do our utmost to support our patients.

*Although we've seen the worst that nature has to offer –  
The community spirit has displayed the best that human nature has to offer*  
- Sanford Bishop

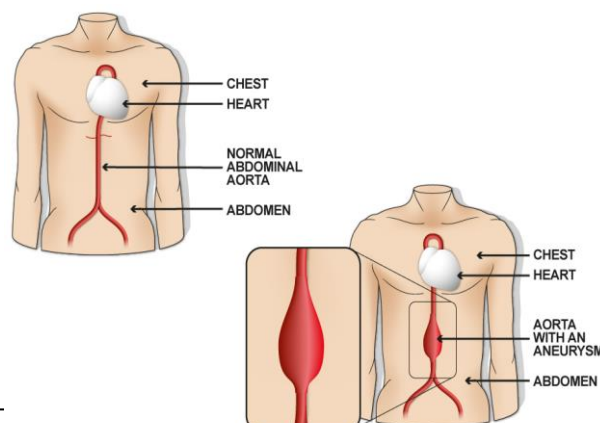
#### **MEN ARE URGED TO AVOID THE “SILENT KILLER” Aortic Aneurysm**

**Men are being urged to attend one of the NHS screening programmes. The Abdominal Aortic Aneurysm (AAA) Screening Programme is aimed purely at men aged 65+.**

All it involves is a painless, free, one-off 10 minute ultrasound scan of the abdomen, with the results given at the end.

The aorta is the main blood vessel that supplies blood to your body. It runs from your heart, down through your chest and abdomen. In some people, as they get older, the wall of the aorta in the abdomen becomes weak and starts to form an aneurysm. Large aneurysms can be serious and burst (rupture) which can lead to death.

Research has shown that by offering AAA scans to men over 65 can reduce the rate of premature death by half. Visit [www.nhs.uk/aaa](http://www.nhs.uk/aaa) or speak to a Clinician. Posters in the surgery also provide information.



## WHAT HAVE YOU ACHIEVED TODAY??

What does achievement mean to you? How do you define it? The underdog football team winning a cup? The marathon runner crossing the line? The high flying businessman? Of course they are all achievers and deserve their glory. What about the guy who walked past you in the street – did you know he achieved triple distinction in his college course the year his sister died? Or what about the young girl sat alone on the bus – did you know how much she achieved just getting out of bed this morning? She suffers from crippling anxiety and depression – for her, getting on that bus is a massive achievement. Did you notice the mum with three children, the one with fancy headscarf on, even though it's so hot?? Well, she's just completed her chemotherapy for cancer.

There are so many people from all walks of life and all ages who achieve a great deal but no-one knows because there is no recognition, no medals to hang around their neck. Those people define achievement – “something accomplished, as through great effort, skill, perseverance and courage” – courage being the operative word.

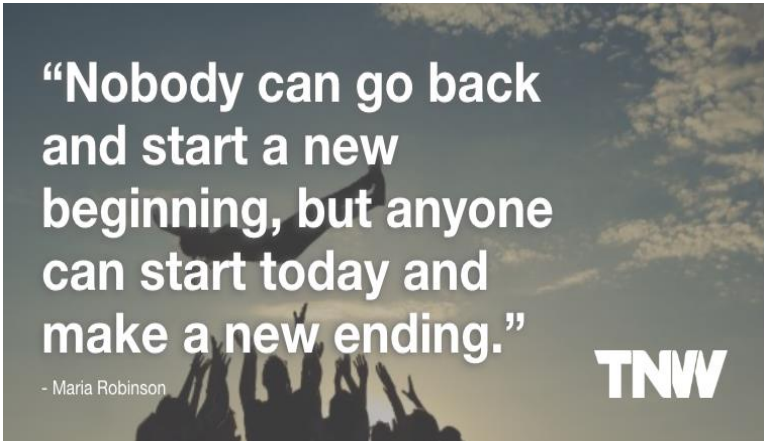
Next time you're having a bad day and things are going wrong, think about all the things you have achieved in life – raising your family, helping your community, getting a job interview after being out of work for so long, managing to lose a few pounds of weight.

Everyone in their own way achieves something and everyone has a story tell – it just needs someone to listen, to take notice and to acknowledge that achievement.

So, to all of you having a long and difficult day, feeling you're achieving nothing; we acknowledge **all** your achievements and hope tomorrow you can begin and end your day with a smile. After all, that's what great achievers do!

### Did you know??

- You can't snore and dream at the same time
- It's impossible to sneeze with your eyes open
- Humans are the only mammal who can't breathe and swallow at the same time
- Ketchup was sold in the 1830's as medicine
- A person's height is determined by their Father and their weight by their Mother



**“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”**

- Maria Robinson

**TNW**

**DON'T FORGET TO SIGN UP FOR SYSTEM ONLINE ACCESS. THIS ALLOWS YOU TO BOOK AND CANCEL APPOINTMENTS ONLINE AND ORDERS YOUR PRESCRIPTIONS. IT IS AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK. YOU WILL NEED TO BE OVER 16 YEARS OF AGE AND WILL HAVE TO BRING ID INTO RECEPTION. CHECK OUR WEBSITE FOR FURTHER DETAILS.**



## “HELP YOURSELF”

Hopefully you will have seen the information leaflet we have produced to advise you on seeking the most appropriate NHS care. We often receive comments regarding how difficult it is to get an appointment and whilst you may not be aware, this is a country wide problem affecting the majority of large Practices. Years of chronic underfunding, increasing workload and demand from over-burdensome regulations have affected GP Practices. As doctors retire or quit early, recruitment is increasingly difficult – despite national efforts.

The NHS is now encouraging patients to use resources more wisely and widely in order to receive appropriate treatment. As part of their project, the NHS is trying to educate and empower patients to seek the right help at the right time and to encourage self-care and self-help wherever possible.

We understand that the natural reaction for treatment is to pick up the phone and make an appointment to see a GP. However, every inappropriate GP appointment could be causing a person with a genuine need to suffer unnecessarily. We are certainly not putting you off from seeing us when it is appropriate, but we feel it is our duty to support you and, where necessary, direct you to the appropriate way forward. This is not only for your benefit but for the benefit of every patient.

If you haven't picked up our self-care leaflet already, please pick up our “HELP YOURSELF” leaflet which can be found in the carousel leaflet holder in the main reception area.

### **TYPE 2 DIABETES – THE STARK FACTS**

More than 200,000 people are diagnosed with Type 2 diabetes every year – and that means the risk of serious health complications and early death.

High risk groups include people who are overweight, people from South Asian, African-Caribbean or Black African descent and men aged over 40. You may also be at risk if you have a family history of diabetes or have ever had high blood pressure.

Diabetes is a leading cause of vision loss and blindness in people of working age. It is also responsible for most cases of kidney failure and lower limb amputation. People with diabetes are up to 5 times more likely to develop heart disease or have a stroke than those without diabetes. Type 2 diabetes can be prevented by making small lifestyle changes –

- By managing your weight
- By eating healthy
- By being more active

The average person diagnosed with diabetes in their 50's is likely to die **6 years earlier** than someone without diabetes.

Answering a few simple questions on the “Know your risk” tool a [www.diabetes.org.uk/risk](http://www.diabetes.org.uk/risk) will help you understand if you are at risk of developing Type 2 Diabetes.

## Is your cup half empty or half full?

This expression is part of a proverb (the origin of which is unclear) that asks about whether a glass that contains 50 percent water and 50 percent air is half full or half empty. Obviously, regardless of which way you choose to answer, the glass will contain the same amount. However, your answer will represent your view of the world.

If you say the glass is half empty, you see the world in a negative or pessimistic way. If you say the glass is half full, you have a more optimistic viewpoint. Constant negativity can have a detrimental effect on your life, well-being and mental health, it can cause

Stress  
Anxiety  
Depression  
Relationship breakdown

Addiction  
Low self-esteem  
Poor health

Negative attitudes and feelings of helplessness and hopelessness can create chronic stress, which upsets the body's hormone balance, depletes the brain chemicals required for happiness and damages the immune system. Chronic stress can actually decrease our lifespan.

However, if you can re-train yourself to think more positively – and it can be done – many things will improve. There are several ways positive thinking can improve your health:

### 1. **Positive thinking can improve the immune system.**

Psychological studies show that people recover from illnesses such as flu and colds faster and are less symptomatic than compared with people who have a more negative thought process.

### 2. **Positive thinking can decrease blood pressure.**

By having more positive thinking, stress becomes less of a factor in your life. As a result, all of those negative side effects from stress also become irrelevant. Heart disease, high blood pressure, and other heart-related effects will become less significant if not eliminated completely. It's not just a state of mind, but positive thinking can literally save your life.

### 3. **Positive thinking can increase resilience.**

People who have positive thoughts also have better coping skills. As a result, they are better at healing after a medical setback. Not only is the immune system improved as mentioned, but healing after surgical procedures, fractures, and other acute injuries have been shown to be faster than negative counterparts.

### 4. **Positive thinking contributes to longevity.**

On average, people with the power of positive thinking average a lifespan of 10 years longer than those with negative thoughts. This is due to a culmination of all of these physical benefits that allow you to enjoy improved health and physical function longer into your golden years.

### 5. **Positive thinking can increase pain tolerance.**

Nobody wants to have to tolerate pain, but there are times where you might not have a choice. Let's say you overdo it in the garden and you wake up barely able to move. With positive thinking, your mindset reduces the focus on pain and discomfort.

### 7. **Positive thinkers enjoy life more.**

People who have more positive thoughts have an overall better love for life. They are often more socially outgoing, interacting with people and their community, and enjoying their environment and surroundings to the fullest. Positivity continually increases.

### 8. **Positive thinking increases self-esteem.**

Self-esteem is a natural by-product of positive thinking. If you think positively, then you will have more confidence in yourself and in the situation you are in.

# HAVE YOU DOWNLOADED THE NHS APP YET?

## IT'S FREE! IT'S QUICK! IT'S EASY!

### Who is it suitable for?

The NHS App is for people aged 13 and over who are registered with a connected GP surgery (**Hawthorn Medical Practice are connected!!**). Patients should visit [www.nhs.uk/nhsapp](http://www.nhs.uk/nhsapp) for the latest patient information.

### How does it work?

#### *With the NHS App you can:*

- check your symptoms – find reliable NHS information on hundreds of conditions and treatments, and get immediate advice
- book appointments – search for, book and cancel appointments at your GP surgery
- order repeat prescriptions – see your available medications and request a new repeat prescription
- view your medical record – get secure access to your GP medical record
- register to be an organ donor – easily manage your preferences on the NHS Organ Donor Register
- choose how the NHS uses your data – register your decision on whether it can be used for research and planning

### **Report an issue**

You can contact the NHS App team directly to report any issue or if you have any questions about this product.

### How do I access it?

The NHS App is free to download from the App Store and Google Play.

