



HAWTHORN MEDICAL PRACTICE

PATIENT NEWSLETTER

WINTER 2019

This newsletter is produced to inform our patients of relevant health matters, provide guidance and information we have been asked to circulate by the CCG (Clinical Commissioning Group), Healthwatch, PHE (Public Health England) and other organisations. We use information in good faith and cannot be held accountable for any incorrect content.

As a Practice we have a duty to reach and inform all our patient population groups and therefore the content may be relevant to young people, families, vulnerable groups and our mature patients.

Below is a quick guide to units in standard drinks



Medical Definition of Lifestyle disease *(reference Medicine.Net)*

Lifestyle disease: A disease associated with the way a person or group of people lives. Lifestyle diseases include **atherosclerosis, heart disease and stroke; obesity and type 2 diabetes; and diseases associated with smoking and alcohol and drug abuse.**

Care Navigation

All our reception staff are trained in care navigation to enable them to direct you to the most appropriate service. This means you will be asked the nature of your problem when you ring.

All Practice staff are bound by Data Protection & confidentiality, therefore all your information is confidential and secure whomever you speak to.

- GP Partners, Hawthorn Medical Practice

CHRONIC DISEASES – WHAT ARE THEY? WHAT CAUSES THEM? WHAT STEPS CAN YOU TAKE TO PREVENT/HELP THEM?

A Long Term Physical Health Condition (also known as a **Chronic Condition**) is a health problem that requires ongoing management over a period of years or decades. A Long Term Physical Health Condition is one that cannot currently be cured but can be controlled with the use of medication and/or other therapies. (ref: NHS)

Give up smoking: If you're a smoker, quit. It's the single best thing you can do for your heart health. **Smoking** is one of the main causes of **coronary heart disease**. A year after giving up, your risk of a heart attack falls to about half that of a smoker.

Get active: Getting – and staying – active can reduce your risk of developing **heart disease**. It can also be a great **mood booster** and **stress buster**. Do 150 minutes of **moderate-intensity aerobic activity** every week. One way to achieve this target is by doing 30 minutes of activity on 5 days a week. Fit it in where you can, such as by cycling to work.

Manage your weight: Being overweight can increase your risk of **heart disease**. Stick to a **healthy, balanced diet** low in **fat** and **sugar**, with plenty of fruit and vegetables, combined with regular physical activity.

Eat more fibre: Eat plenty of fibre to help lower your risk of **heart disease** – aim for at least 30g a day. Eat **fibre from a variety of sources**, such as wholemeal bread, bran, oats and wholegrain cereals, potatoes with their skins on, and plenty of fruit and veg.

Cut down on saturated fat: Eating too many foods that are high in saturated fat can raise the level of **cholesterol** in your blood. This increases your risk of **heart disease**. Choose leaner cuts of meat and lower fat dairy products like 1% fat milk over full-fat (or whole) milk.

Get your 5 A Day: Eat at least 5 portions of a variety of fruit and vegetables a day. They're a good source of fibre, vitamins and minerals. There are lots of tasty ways to get your 5 A Day, like adding chopped fruit to cereal or including vegetables in your pasta sauces and curries.

Cut down on salt: To maintain healthy blood pressure, avoid using **salt** at the table and try adding less to your cooking. Once you get used to the taste of food without added salt, you can cut it out completely.

Watch out for high salt levels in ready-made foods. Most of the salt we eat is already in the foods we buy. Check the food labels – a food is high in salt if it has more than 1.5g salt (or 0.6g sodium) per 100g. Adults should eat less than 6g of salt a day in total – that's about 1 teaspoon.

Eat fish: Eat fish at least twice a week, including a portion of oily fish. **Fish** such as pilchards, sardines and salmon are a source of omega-3 fats, which may help protect against heart disease. Pregnant or breastfeeding women should not have more than 2 portions of oily fish a week.

Drink less alcohol: Do not forget that **alcohol** contains calories. Regularly drinking more than the NHS recommends can have a noticeable impact on your waistline. Try to keep to the **recommended daily alcohol limits** to reduce the risk of serious problems with your health, including risks to your heart health.

Read the food label: When shopping, it's a good idea to look at the **label** on food and drink packaging to see how many calories and how much fat, salt and sugar the product contains. Understanding what's in food and how it fits in with the rest of your diet will help you make healthier choices.



TYPE 2 DIABETES – THE WORRYING FACTS

More people than ever have diabetes. More people than ever are at risk of Type 2 diabetes. If nothing changes, more than five million people will have diabetes in the UK by 2025. Around 90% of people with diabetes have Type 2 diabetes. Around 8% of people with diabetes have Type 1 diabetes. About 2% of people with diabetes have rarer types of diabetes.

Diabetes is a condition where someone has too much glucose – a type of sugar – in their blood. When people don't have diabetes their blood sugar levels are controlled by insulin produced in their pancreas. If someone has diabetes, they're either not producing insulin, or the insulin they do produce can't work properly or there isn't enough of it. This means that sugar builds up in their blood and can't get into the cells of their body where it's used for fuel. Too much sugar in the blood can lead to sight loss, amputation, kidney failure, stroke and death. The dramatic increase in obesity is the main reason there are so many more people living with Type 2 diabetes today than 20 years ago.

With more than a third of children in England (34%) overweight or obese by the time they leave primary school, thousands more could be diagnosed with Type 2 diabetes in the next few years. (ref Diabetes.org.uk)

Bridget Turner, Director of Policy and Campaigns at Diabetes UK, said in 2018:

“Type 2 diabetes can be devastating for children and young people. To help shape a future where fewer children develop the condition, we need continued commitment across society to create an environment that reduces obesity.

“We need to encourage healthy living by providing clear and easy to understand nutritional information about the products we are all buying, and protect children from adverts for foods that are high in fat, salt and sugar.

NHS APP – FREE TO DOWNLOAD!

The new, simple and secure way to access NHS services from your smartphone, tablet.

Use the NHS App to: check your symptoms, find out what to do when you need help urgently, book and manage appointments at your GP surgery, order repeat prescriptions, view your GP medical record securely. Don't delay, download today!

The measure of intelligence is the ability to change

(ref: Albert Einstein)

“Imagine that despite all of the physical symptoms of a cold you’re having, people say that you’re imagining it. That it’s a ‘fad’. That is life with anxiety.”

Gabriella

(ref – time to change.org)



(ref – Public Health England)

SOCIAL MEDIA – CAN THIS BE AFFECTING MENTAL HEALTH?

Around 40% of the world’s population use online social media – and we’re spending an average of **two hours every day** sharing, liking, tweeting and updating on these platforms, according to some reports. That breaks down to around **half a million tweets and Snapchat photos shared every minute**.

With social media playing such a big part in our lives, could we be sacrificing our mental health and well-being as well as our time? What does the evidence actually suggest?

People use social media to vent about everything from customer service to politics, but the downside to this is that our feeds often resemble an endless stream of stress. (ref. BBC.com)

Children’s charities and clinicians have long highlighted cyberbullying and issues around self-esteem, often linked to anxieties around attractiveness and sexuality, particularly among girls. While there is nothing new about teenagers being unkind to each other, there is a world of difference between whispered rumours and Photoshopped images. Feeling excluded or unpopular has always been painful, but it didn’t used to be possible for children to torment themselves – or others – with feeds featuring pictures of their peers having a wonderful time.

Although the research does not prove that social media causes depression, the importance of the finding that there is a connection should not be underestimated. This is an area in which, despite a great deal of worrying, evidence remains limited. Schools have done important work in communicating key messages about the risks of online abuse and grooming. But when it comes to broader questions about “screen time” – an unhelpfully broad category including television, e-books, gaming and social media – many professionals as well as parents are confused and uncertain.

With increasing pressure to succeed in education and in life generally – to be famous, beautiful, rich – often cited as a source of unhappiness or anxiety which can, if aggravated by other factors and not managed, tip into ill health. (ref. The Guardian)

Using the internet and social media is an important part of life for children and young people. It can be a positive opportunity to learn, to connect with friends and family and to have fun. However, internet use can also expose children to dangers, such as cyberbullying, online grooming and sexual abuse. At the same time, mental health conditions are on the rise with recent data showing that 1 in 8 children and young people between ages 5-19 in England have a mental health problem. (ref. Barnardos.org)

Keep your child safe, healthy and happy – monitor their social media wherever possible – encourage their use of social media wisely.

WHAT DOES SELF-CARE MEAN AND HOW CAN IT HELP YOU?

Self-care is about keeping fit and healthy, understanding when you can look after yourself, when a pharmacist can help, and when to get advice from your GP or another health professional. If you have a long-term condition, self-care is about understanding that condition and how to live with it.

Self-care is recommended when you have a minor condition which doesn't normally need medical care (from a doctor or nurse) or any treatment in order to get better. In practice this means a person decides that they can manage their illness without seeing a Doctor.

What if you feel you need some advice before you are able to self-care? For instance, if you're not sure if your condition is minor, or one that goes away of its own accord, i.e. a virus, or if you just want advice on how to relieve the symptoms.

The good news is, your local pharmacist can help you. Local pharmacies provide NHS services in the same way as GP practices – and pharmacists train for five years in the use of medicines before they qualify as health professionals. What's more, it's a walk-in service, open all day.

A pharmacist will assess symptoms and consider any long-term conditions, and the medicines that you're taking, before providing a recommendation. They will either:

- Support/advise you in your decision to self-care.
- Sell you an 'over the counter' medicine (which doesn't need a prescription or visit to a GP) that will help relieve symptoms and make you more comfortable.
- Signpost you to the right medical care if you need it.

This help and advice is available at over 11,000 local pharmacies, without any appointment being needed, within your local area, and often into the evenings.

These are the common conditions that people can often manage for themselves:

- Coughs and colds
- Sprains and strains
- Sore throat
- Sinusitis
- Earache
- Constipation
- Headache



ref: NHS)



**DO YOU FEEL YOU STRUGGLE WITH LIFE?? WITH WORK??
DON'T GIVE UP – TAKE HEART FROM THESE FAMOUS PEOPLE!!**

Walt Disney – once lost his job because he was said to ‘lack imagination and had no good ideas’. His first venture into animation ended in bankruptcy because he was unable to manage money. The rest is history!

Bill Gates (Microsoft) – his first business venture failed but that helped him make a success of his next venture. Thanks to him, technology transformed our lives.

Henry Ford (car manufacturer) – Henry revolutionised the motor industry but his first two attempts at the motor trade ended in bankruptcy. Never give up on a good thing!

J K Rowling (Author of Harry Potter books) – JK Rowling saw herself as a failure; she was jobless, divorced with a dependent child and suffered bouts of depression but she pushed on through. In 1995 12 major publishers rejected her first Harry Potter book (BIG mistake!) but a year later a small publishing company accepted it and today she has sold 400 million books. She is thought to be the most successful author in the UK.

Sir James Dyson (Carpet cleaning manufacturer) – In his 30's it took James 136 failures to get the bagless vacuum cleaner right but nobody wanted to manufacture it, despite it winning design awards. At the age of 46 he formed his own company to market the product. Today, Dyson is worth more than £3 billion all because of his refusal to give up. He struggled through times of failure, sorrow and regret, but he persevered.

- Source: Internet

EMERGENCY CARE WALL

for sadness

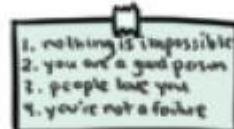


for loneliness



best friend's
phone #

for self-doubt



list of reasons
why you can

for anger



for worry



for other



Ref; Twitter

There is hope – even when your brain tells you there isn't
- John Green