



# HAWTHORN MEDICAL PRACTICE

## PATIENT NEWSLETTER

**Winter 2023**

### TIPS FOR KEEPING WARM THIS WINTER

**Wear warm clothes.** Wrap up warm, inside and out. Wear lots of thin layers - clothes made from cotton, wool or fleecy fibres are particularly good and help to maintain body heat. Fleece material is excellent at insulating body heat as it traps in warm air. It's very lightweight and ideal for people with sensitive skin. Fleece blankets, throws, onesie's and even pyjamas are perfect for keeping warm and fairly inexpensive to buy. Wear shoes with a good grip to prevent slips and falls when walking outside. If possible, stay inside during a cold period if you have heart or respiratory problems.

**Keep your feet warm.** We lose heat most from our heads, fingers and toes. Whilst you may feel a bit daft wearing a hat and gloves round the house, make sure you have cosy slippers to keep your feet warm. Even two pairs of socks make a difference. You could even pop on slipper socks or thick socks in bed too.

**Eat well** Food is a vital source of energy, which helps keep your body warm. Soup, stews and casseroles are ideal. Try to make sure that you have hot meals and drinks regularly throughout the day and keep active in the home if you can.

**Stay active** We all know that exercise is good for your overall health - and it can keep you warm in winter. If you can stay active, even moderate exercise can bring health benefits. If possible, try not to sit still for more than an hour or so.

**Head for bed.** Sounds a bit drastic but often bed is the cosiest place to be when it is really cold. Head to bed early with a hot water bottle, some warm pyjamas, thick socks and enjoy reading or listen to the radio.

**Draw the curtains.** Keep doors and curtains closed in the evenings. You can even hang curtains over doors to add an extra layer of insulation.

### Easy Slow Cooked Beef Stew

#### Ingredients

600ml/20fl oz just-boiled water  
1 beef stock cube  
2 tbsp tomato purée  
1 tbsp yeast extract  
900g/2lb good-quality braising steak, trimmed and cut into roughly 4cm/1½in chunks.  
100g/3½oz smoked bacon lardons, or sliced smoked back bacon  
2 onions, thinly sliced.  
4 carrots (about 400g/14oz), peeled and cut into roughly 3cm/1¼in chunks 4 celery sticks, trimmed and cut into roughly 3cm/1¼in lengths.  
3 tbsp plain flour (25g/1oz)  
1 tsp flaked sea salt, plus extra to season  
1 tsp dried mixed herbs  
1 bay leaf (dried or fresh)  
ground black pepper.  
mashed potatoes, to serve.

#### Method

1. Pour the just-boiled water into a heatproof measuring jug, add the stock cube, tomato purée and yeast extract. Stir well until the cube has dissolved and set aside.
2. Put the beef, bacon and vegetables in a slow cooker, sprinkle over the flour and add the salt, herbs and plenty of freshly ground black pepper. Toss together. Add the stock mixture and stir well.
3. Cover with the lid and cook on low for 8–10 hours, until the beef and vegetables are tender.  
Serve the beef stew with mashed potatoes.



## December

### Is, Seasonal Affective Disorder Awareness (SAD) month.

It's common to be affected by changing seasons and weather, or to have times of year when you feel more or less comfortable. For example, you might find that your mood or energy levels drop when it gets colder or warmer or notice changes in your sleeping or eating patterns.



But if your feelings are interfering with your everyday life, it could be a sign that you have depression. And if they keep coming back at the same time of year, doctors might call this seasonal affective disorder (**SAD**) or 'seasonal depression'.

### What are the symptoms of SAD?

If you have SAD, you might experience some of the signs and symptoms below. But it's different for different people, and can vary season to season, so you might also have other kinds of feelings which aren't listed here:

- Lack of energy
- Difficulty concentrating
- Not wanting to see people.
- Feeling sad, low, tearful, guilty, or hopeless
- Feeling [anxious](#), [angry](#) and agitated
- Being more prone to physical health problems, such as colds, infections, or other illnesses
- [Sleeping too much](#), or difficulty waking up (common with SAD in winter)
- [Sleeping too little](#), or waking up a lot (common with SAD in summer)
- Changes in your appetite, for example feeling hungrier or not wanting to eat.
- Losing interest in sex or physical contact
- [Suicidal feelings](#)
- Other [symptoms of depression](#)

If you also have other [mental health problems](#), you might find that things get worse at times when you're affected by SAD.

To help the symptoms of SAD



It is important to say that if your symptoms are so bad that you can't live a normal life, you should always see your GP for support and advice.

## Cervical Cancer Prevention Week - 22nd - 28th January 2024

At your cervical screening (smear test) appointment, a nurse takes a sample of cells from your cervix using a small, soft brush. The test only takes a few minutes.

If you feel worried about going for cervical screening, you are not alone. It may help to know as much as possible about what going for cervical screening is like. You could ask someone you trust about their experience, speak with your nurse or doctor, or call our free Helpline on **0808 802 8000** for more support.

### Please Book your cervical screening appointment

### Cough and Cold Advice During Winter

There is no cure for the common cold and antibiotics have no effect on viruses, but you can treat the symptoms with some practical self-help measures and over the counter medicines. Your local Pharmacist has been trained to advise you on what is best for you. Remember also to wash hands regularly with soap and water and keep surfaces clean. Use disposable tissues and discard into a bin as soon as used.



### REMEMBER YOUR LOCAL PHARMACIST!

They can help too! Any minor illness/health problem can be dealt with by the local pharmacy.

Sore throat  
Earache  
Diarrhoea  
Emergency Contraception  
Chest Infection  
Urine Infection  
Hay fever  
Head Lice  
Chicken Pox  
Conjunctivitis



### How do snowmen get information?



They search on the winter-net.

To all our Patient's

Have a safe and Merry Christmas and a Happy, Healthy New Year

