

# Autumn Newsletter

The New Milton Health Centre

2017

## DR ANNIE RUTHERFORD'S RETIREMENT

Sadly Dr Annie Rutherford will be retiring after 22 years of working here at the Health Centre. Her last day is the 29<sup>th</sup> of November. Please come in and sign her 'Goodbye' book. We will miss her greatly. She is a caring, valued member of our team and we wish her a happy healthy retirement!



## LAST CHANCE FOR FLU VACCINES

It is predicted that this winter's Influenza may be one of the worse for years. Increase the chance of staying well this winter and protect those you love by having the flu vaccination.

We can provide free flu vaccines to all patients over 65 and younger patients who are in high risk groups. If you are eligible and have not yet had your vaccine please book into our last clinic on the 1<sup>st</sup> of December. If you are not eligible for a free NHS vaccine but would like to be vaccinated you can be given it at local pharmacies for a small cost.

## LONG TERM CONDITIONS

Many long term conditions are avoidable. However, increasing numbers of people are sadly developing conditions due to poor lifestyle.

We are working with the CCG to try and prevent more patients developing type 2 Diabetes by targeting those most at risk. We hope that through early identification, monitoring and support they will be less likely to develop type 2 Diabetes.

Living with a long-term condition brings challenges. Self-care is a crucial skill for people with long term conditions, as most of the time you will be at home away from the surgery. People who take control of their health feel more able to cope with their illness. It is important patients learn how best to control their condition so they can make informed choices about what support they need and how to work in partnership with us their healthcare professionals.

## THE NHS SELF-CARE CAMPAIGN 2017

We took part in Self-care week for the 4<sup>th</sup> time on the 13-17<sup>th</sup> of November. This year's main theme was to engage and empower people to better look after their own health. We believe the Self-care message is relevant to all our patients.

## TAKE CARE OF YOURSELF

Self-care has many lifelong benefits to the health and wellbeing of yourself and your family. Stay healthy in body and mind by reflecting on your lifestyle to see where you could be healthier. Below are some areas to consider:

### Mental Health

Looking after your mental health is just as important as your physical health. It is not unusual to feel a bit down due to the shorter days but try to stay happy by making time to do things you enjoy. A good night's sleep and taking time to relax is essential to good physical and mental health.

## Move more!

Only 5% of adults do the recommended two and a half hours exercise per week. Being inactive can shorten your lifespan by 3–5 years. There are many ways you can exercise for free: have a dance to your favourite songs or go for a brisk walk or run.

## Eat well.

- Choose the healthy option and swap unhealthy snacks for fruit.
- Monitor your portion size. No matter how healthily you eat, you can still put on weight if you're eating too much.
- Try and eat 5 portions of fruit and vegetables a day.
- Try and eat more fibre. Eating food with lots of fibre will help you feel full for longer. Fibre keeps your bowels healthy and can help reduce cholesterol.

## Stay Cosy

To help you stay well, it's important to keep warm at home and outdoors. Cold environments can make you more vulnerable to some illnesses, including serious health problems such as heart attacks and strokes.

## Reduce Alcohol and Stop Smoking

Give your liver and lungs a holiday!

Men shouldn't regularly drink more than 3-4 units of alcohol a day. Women should not regularly drink more than 2-3 units a day. Be mindful of hidden calories in alcohol. 1 pint of beer is 2.3 units and 182 Calories. 1 standard glass of wine is 2.3 units and 159 Calories. Did you know that the calorie content of two pints of beer is similar to that of a full glass of single cream?

If you smoke, stopping can make a huge difference to your overall health.

## REMEMBER THE PHARMACY

Your local pharmacist is the health professional on the High Street. Pharmacists are highly trained and can give advice and recommend

treatments for common ailments such as coughs and flu like symptoms.

People are still visiting us for conditions that could be treated by a pharmacist. Using the wrong health service increases the strain on our NHS, so it is important to think about what is the best service for your health needs. This will help to make sure the right care is available when people really need it. If you are unsure of where to go try NHS choices website [www.nhs.uk](http://www.nhs.uk) or call 111 for advice.

## ANTIBIOTICS AREN'T ALWAYS THE ANSWER.

Antibiotics are in danger of losing their effectiveness due to misuse and overuse. Antibiotic resistant infections are more complex and harder to treat. Remember antibiotics will not work for colds/ flu as they are caused by viruses and antibiotics only work against bacteria.

## MEDICS WITH ALTITUDE

Doctor Karen Bentley has recently returned from a 3 week medical charity trip to the Himalayas in Nepal. She went with a small team, named *Medics with Altitude*, offering medical care to the indigenous population of the Mustang valley. They travelled to very remote villages at 4,200 meters above sea level, and helped to treat over 500 people. Many of those they saw would have had to travel for 2 days to their nearest medical care. Due to the high altitude they achieved all this while suffering from mountain sickness. What an achievement!

