

March 2019 – Surgery Newsletter



Most of us make New Year resolutions, but break them soon after. Experts say that the best time of year to start trying to be healthier is actually 2/3 months after the New Year when the evenings start to get lighter, so Nurse Jo has put together some tips for us all below:

New Year New You!

Did you know that if you are overweight this could really be having a huge impact on your health without you even realising it yet? With a huge increase in Type 2 diabetes, and other chronic health conditions such as high blood pressure, high cholesterol, your weight could be the number one cause!

Likewise if you have one of these conditions, making some changes now could have a huge impact and prevent future complications that these conditions can lead to.

We know that looking after yourself today will protect you from some of these health conditions developing in the future. Better diet choices and increasing your activity/exercise can drastically reduce your chances of developing these conditions or even put them into remission. Sometimes all we need are to understand some simple changes to what we eat or some alternative ideas that will help. One of the main pieces of advice is to cut down on the amount of sugar you are eating. Stop having it in your hot drinks. Switch to a sweetener! Try eating eggs for breakfast, boiled, scrambled, poached instead of cereals. If it's a case of time making eggs for breakfast will only take 5 minutes! Try looking at everything you buy that is in a packet and asking yourself can I make this with real ingredients, real food? Or can I exchange this packet that I'm opening and have a better choice? It normally is much easier than you think. In the busy world we live in – it has become all too easy to buy snacks, Jars, meals that are ready to eat almost instantly. Have you seen our posters in the waiting room "Happy New You"? This is a FREE award winning weight management service run locally by the NHS. It promises no fad diets, and all advice follow NHS guidance. **Sometimes all you need is a fresh approach.**

"10 insider tips I bet you don't know about your GP"

I came across a great online blog by a Dr Jon Griffiths recently which really struck a chord with our GPs. As a result I am serialising this blog with Dr Griffith's permission and share its contents with our patients and numbers two and three are below. You can read the full blog online here: <https://bit.ly/2GHljRt>

7. Your Doctor wants the best for you

If your GP decides not to refer you on, or not to prescribe anything, or not to investigate you it is not because they are trying to be difficult or just trying to save money (don't forget, their take home pay is not affected by these things). It's usually because they don't feel you need any of the above. They also understand, probably better than you, the risks associated with over referral, over treatment and over investigation. This is not a game where you need to see how much you can get from the NHS. This is about keeping you healthy, investigating when appropriate, and treating when we need to. Bearing this in mind, your GP will not mind explaining it to you – just ask. If you were hoping for an X-ray, mention this and have a grown up conversation with your doctor about the pros and cons of doing that.

The next meeting of the Patient Participation Group will take place at 6.30pm on Thursday 21st March 2019 at the Great Bentley Village Hall.

Richard P Miller – Practice Manager