



Preston Road Surgery Newsletter April 2018

www.prestonroadsurgery.co.uk

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Feedback from a recent patient survey has found that patients expressed a need for more information on local healthy living services. You told us that there are many services available but are often unsure as to which organisation provides which service, and where to look for help.

With the help of our **Patient Participation Group** we are pleased to announce a

Healthy Living Event

to be held at:

The Park Community Centre

Chelmsford Street, Weymouth

Saturday 19th May 11am - 3pm

Come along and find out more about your local services in a fun and interactive way.

**Diabetes UK - My Health My Way - Live Well Dorset - Healthwatch Dorset
Patient Online Services - Age UK - Smoke Stop - The Friendly Food Club**

Bowel Cancer Awareness Month

Bowel cancer is treatable and curable especially if diagnosed early. People whose cancer is diagnosed at an early stage have a much higher chance of successful treatment than those whose cancer has become more widespread. If you have any of the following symptoms don't ignore them.

- ◆ **Bleeding from your bottom and/or blood in your poo**
- ◆ **A persistent and unexplained change in bowel habit**
- ◆ **Unexplained weight loss**
- ◆ **Extreme tiredness for no obvious reason**
- ◆ **A pain or lump in tummy**

Bowel Cancer screening can detect cancer at an early stage in people with no symptoms.

People over the age of 60 are invited for screening and will automatically be posted a home test which you can complete in the privacy of your own home. The sample is sent for screening, which looks for hidden blood in your poo.

**Don't ignore your request for screening
Screening Saves Lives!**



GP REGISTRAR

Royal Crescent & Preston Road Surgery are a training practice. Our GP registrars are fully qualified and have a great deal of hospital experience. They work at a GP practice for their final year before qualifying as a GP.

GP registrars are appointed by the practice, and have a personal GP trainer, who is there to supervise and have weekly tutorials with them. They are attached to the practice for 6 to 12 months.

Our GP Registrar is **Dr Veronika Rasic**

When booking an appointment you may be offered an appointment with our registrar, or you may request to see her for ongoing care.

Ordering Medications

If you are requesting a medication that is not on your repeat list, the doctors require you to provide a reason why you are requesting the medication.

It may be that you use a medication now and again for a certain condition. Please add this reason to your request. Not doing so can delay your prescription. Thank you

Have you seen our website? Visit us at

www.prestonroadsurgery.co.uk

To find out more about the practice and the services we offer

Did You know?

You can request a telephone consultation with your GP? This is a booked appointment and your GP will phone you during an allotted time.

If you have regular blood tests, please help to keep the phone lines free by signing up for Patient Online Services. You will have access to all your blood test results and any message from your GP about the results.

We have an active Patient Participation Group. Any patient can join, please ask at reception for further details.



PRESTON ROAD SURGERY

EASTER BANK HOLIDAY

**Good Friday
30th March
CLOSED**

**Easter Monday
2nd April
CLOSED**

**Urgent Care Centre
Weymouth Hospital**

**Open
8am to
8pm**



**Call 111
for urgent
medical advice**

HOW TO LOOK AFTER OURSELVES AS WE GET OLDER -

You CAN'T stop the ageing process... BUT you can help minimize its impact!

Heart - What Happens?

- * Heart rate is slower, heart may become bigger
- * Blood vessels and arteries become stiffer, and increase work for the heart to pump blood.
- * Causing high blood pressure (Hypertension)

Bones, Joints and Muscles - What Happens?

- * Bones tend to shrink in size and density
- * Weaken and increase susceptibility to fractures
- * Muscles lose strength and flexibility
- * Less co-ordination
- * Trouble balancing

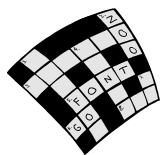


Arthritis - There are different types, osteoarthritis is the most common type where the cartilage become ragged and wears away, it can leave the bones to rub together



Digestive System - What Happens?

- * Constipation is more common
- Contributing factors, low fibre diet, not enough fluid intake, lack of exercise, some medications. some medical conditions (Diabetes, IBS)
- * Heartburn and Gastroesophageal reflux disease
- Lower oesophageal sphincter does not close properly and stomach contents leak back into the oesophagus



Memory - What Happens?

- * Becomes less efficient
- * Takes longer to learn new things
- * Takes longer to remember familiar words or names

Skin - What Happens?

- * Becomes less elastic and more fragile
- * Becomes drier, decreased production of natural oil
- * Wrinkles, age spots, small growths, and skin tags are common
- * Bruises more easily

Heart - What we can do

- * Physical activity in daily routine. Regular physical activity e.g. walking, swimming, dancing
- * Healthy diet. Limit foods high in saturated fat and sodium
- * Don't smoke. Manage stress



Bones, Joints and Muscles - What we can do

- * Get adequate amounts of calcium
- Sources: Dairy products, almonds, broccoli, kale, canned salmon, sardines and tofu
- * Calcium supplements
 - * Get adequate amounts of vitamin D

Sources: Sunlight, oily fish, egg yolks, fortified milk

- * Include physical activity in your daily routine. Weight bearing exercise will help to build strong bones and slow bone loss

A DEXA bone density scan is available to certain patients

Digestive System - What we can do

- * To prevent constipation, eat a healthy diet, high in fibre and limit meats that are high in fat, dairy products and sweets. Ensure you drink plenty.
- * Take physical exercise
- * Don't ignore the urge to have a bowel movement

Memory - What we can do to keep it sharp

- * Stay mentally active. Do mentally stimulating activities e.g crossword puzzles, take alternative routes when driving. Play games, learn to play a musical instrument
- * Be social - Helps to ward off depression and stress.
- * Physical Activity - Increases blood flow to the body including the brain

Skin - What we can do

- * Be gentle
- * Bathe in warm (not hot) water
- * Use mild soap and daily moisturiser
- * Use sunscreen and protective clothing

