

**WHY YOU MUST ACT F.A.S.T.**

A stroke is a 'brain attack' caused by a disturbance in the blood supply to the brain. It is a medical emergency that requires immediate attention. Recognising the signs of stroke and calling 999 for an ambulance is crucial.

**FACE** - Has their face fallen on one side? Can they smile?

**ARMS** - Can they raise both arms and keep them there?

**SPEECH** - Is their speech slurred?

**TIME** - If you notice **ANY** of these signs **CALL 999**

Some people are more at risk of having a stroke if they also have certain medical conditions. These include:

**High blood pressure**

**High cholesterol**

**Atrial fibrillation** (irregular heartbeat)

**Diabetes**

Other lifestyle factors that may increase the risk of having a stroke include, smoking, being overweight, lack of exercise, poor diet and excess alcohol consumption.

Leading a healthy, active lifestyle is vital to help reduce your risk of having a stroke.

**Clinical Services Review**

**Have you completed yours yet?**

Local people are being asked to give their views about proposals that could see major changes to **acute hospital and community care services across Dorset.**

Consultation documents about the proposals along with questionnaires are available from the surgery.

If you haven't done so already, please complete a questionnaire and return freepost to the Opinion Research Services by the 28th of February.

**This is YOUR NHS - MAKE SURE YOUR OPINION IS COUNTED!!**

**Cervical Screening # Smear for Smear**

- Every day in the UK 9 women are diagnosed with cervical cancer.
- 3 women lose their lives from the disease every day.
- Cervical cancer is the most common cancer in women aged 35
- 75% of cervical cancers are prevented by cervical screening (smear tests)
- 1 in 4 women do not attend this potentially life-saving test.

Cervical cancer is now a largely preventable disease. In the UK we have a very successful cervical screening programme which is estimated to save over 4,000 lives each year.

Despite this, thousands of women in the UK each year are not attending their cervical screening appointment when invited. In fact, over a quarter of women aged 25 – 64 did not attend their cervical screening appointments last year.

Please attend your appointment when invited. For most women the best protection is **regular screening.**

**The next PPG meeting will be held at Preston Road Surgery Saturday 18th March 10:00-12:00**

**HIGH BLOOD PRESSURE (Hypertension)**

High blood pressure means that your blood pressure is **continually higher** than the recommended level but rarely has noticeable symptoms. If left untreated, high blood pressure increases your risk of a **heart attack or stroke.**

If you have known hypertension you should have this checked more often. Please use our **Self-check BP Machine at the surgery** to monitor your blood pressure, and hand your reading to the receptionist. If you receive a message about needing a BP test please ensure you have this important check.



**CALL 111**  
**When you need urgent medical advice but its not a 999 emergency**

**At Preston Surgery last month 56 appointments were NOT ATTENDED! Please inform us if you are unable to attend your appointment, so we can offer this to another patient.**

**Diabetic Patients**

DCH Diabetes Nursing team is available for telephone advice 7 days a week. Call the team on **01305 255342**



**Book your appointment online**

The surgery is now able to offer a secure online system for you to book your own GP appointments, request repeat prescriptions and view your coded medical record online.

Please enquire at reception if you would like to sign up for this service.

**Exercise series**

**3 on next page**

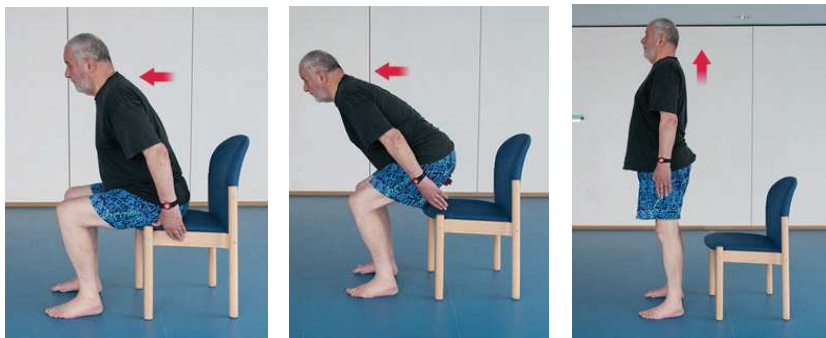


Welcome to part 3 in our series of exercises for older people, incorporating **Flexibility, Strength and Balance**. If you've not done much physical activity for a while, you may want to get the all-clear from a GP before starting.

For the exercises that require a chair, chose one that is stable, without wheels. You should be able to sit with feet flat on the floor and knees bent at right angles. Avoid chairs with arms as this will restrict your movement. Try to do these exercises at least twice a week, this will help to improve muscle strength, balance and coordination.

There are three other sets of exercises in this series: Flexibility, Strength and Balance, which will follow in the next newsletters. Or you can visit [www.nhs.uk/exercises-for-older-people](http://www.nhs.uk/exercises-for-older-people) to download the full series or alternatively **ask at reception to pick up a copy of the full exercises**.

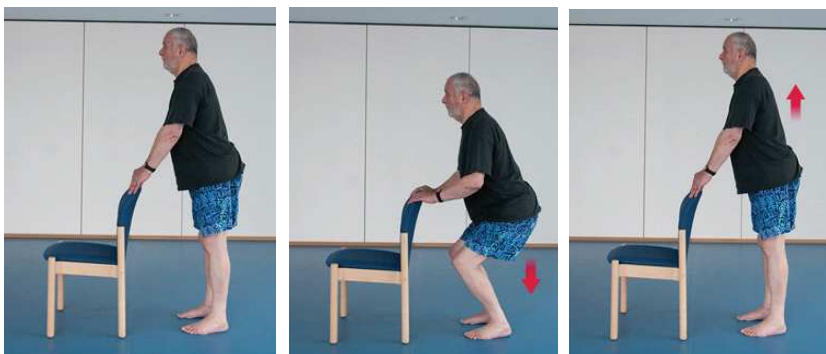
As your fitness improves, why not look for a group session near you? Age UK have lots of ideas.



### SIT TO STAND - Good for leg strength

- A. Sit on the edge of the chair.
- B. Stand up slowly, using your legs, not your arms. Look forwards, not down.
- C. Stand upright before slowly sitting back down.

Aim for 5 reps - the slower the better.



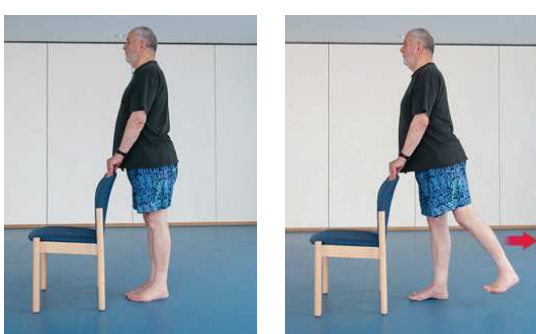
### MINI SQUATS

- A. Rest your hands on the back of the chair.
  - B. Slowly bend your knees as far as comfortable, keeping them facing forwards. Aim to get them over your big toe. Keep your back straight at all times.
  - C. Gently come up to standing, squeezing your buttocks as you do.
- Repeat 5 times.



### SIDEWAYS LEG LIFT

- A. Rest your hands on the back of a chair for stability.
- B. Raise your left leg to the side as far as is comfortable. Keep your back and hips straight and avoid tilting to the right.
- C. Return to starting position.
- D. Now raise your right leg to the side as far as possible. Raise and lower each leg five times.



### LEG EXTENSION

- A. Rest your hands on the back of a chair for stability.
- B. Standing upright, raise your left leg backwards, keeping it straight. Avoid arching your back as you take your leg back. You should feel the effort in the back of your thigh and bottom. Repeat with the other leg.

Hold the lift for up to five seconds and repeat five times with each leg.