



Preston Road Surgery Newsletter October 2017

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Carers discount card

If you are registered as a carer with Dorset County Council you will be eligible for the **carers card scheme**.

The scheme offers a range of discounts on goods or services including: days out and activities, travel and holidays, health and beauty, sports and fitness, and places to eat and drink.

To get your carers card, register as a carer with the council and you will be sent your card.

You can also register quickly online via www.mylifemycare website or call Dorset County Council direct on 01305 221016.

Stay Healthy This Winter

It may be cold outside, but winter needn't be the unhealthiest time of year for you and your family. Even when your body is telling you to hibernate, you can keep healthy and fit, no matter what the weather's like.

Banish winter tiredness

Many people feel tired and sluggish during winter. This is due to the lack of sunlight, which disrupts our sleep and waking cycles. Try to get outdoors in natural daylight as much as possible. Exercise has been proven to lower stress levels, which can make you more tired.

Eat more fruit and veg

When it's cold and dark outside, it can be tempting to fill up on unhealthy comfort food. However, it's important to ensure you still have a healthy diet and include plenty of fruit and veg a day. Winter vegetables can be roasted, mashed or made into soup for a comforting winter meal for the whole family.

Drink more milk

You are more likely to get a cold in winter, so make sure your immune system is in tip-top condition. Milk and dairy products such as cheese, yoghurt and fromage-frais are great sources of protein, vitamins A and B12 and calcium, which helps to keep our bones strong

Try new activities for the whole family

Don't use the cold winter months as an excuse to stay in and lounge around. Instead, get out with the whole family to try out a new activity –maybe ice skating, or taking a bracing winter walk on the beach or through the park.

Regular exercise helps control your weight, boost your immune system and is a good way for the family to have fun together.

Have a hearty breakfast

Winter is the perfect season for porridge. Eating a warm bowlful on a cold morning is a delicious way to start your day; it also helps boost your intake of starchy foods and fibre and also contains lots of vital vitamins and minerals.

Flu vaccination– available free on the NHS if you are over 65 or at risk.



Have you had your flu vaccination?

If you have received an invitation letter but missed the walk-in flu clinics, please contact the surgery and we can make alternative arrangements for you

**Book Now!
Your vaccine is waiting for you!**

Pneumococcal and Shingles Vaccine

We will be contacting patients who are now eligible for the **pneumococcal** and **shingles** vaccine. Your doctor advises you to have this vaccine, but if you decide do not wish to have this vaccination, please inform the surgery so we can record this on your medical records. Thank you

Why Does the receptionist need to ask what's wrong with me?



Its not a case of the receptionists being nosey!

The reception staff are members of the practice team and it has been agreed that sometimes they need to ask patients 'why they need to be seen' in order to ensure that you receive the most appropriate care.

Receptionists are asked to collect brief information from patients to help doctors prioritise home visits and phone calls. There are occasions where the receptionist will be able to deal with your query themselves, if it's a prescription query for example.

Reception staff, are bound by confidentiality rules as are all members of the Practice. Any information given by you is treated strictly confidential.

You can ask to speak to a receptionist in private away from the front reception. However, if you feel any issue is private and you do not wish to say then this will be respected.

Thank you for your support

Are Your Contact Details Up-To-Date?

It is really important that we hold your correct contact details in case we need to contact you or send a referral for further care. Please check with reception that we hold your correct information.

Thank you

For medical emergencies when the surgery is closed call 999

For medical advice call **111**

For Minor Injuries and urgent medical problems visit The Urgent Care Centre at Weymouth Hospital
Open 8am-10pm

Adult Access Team

Provide services and advice on:

Independent Living
Safety & Security
Aids / Equipment
Day Centres
Support for Carers
Dementia Care

**Call
01305 221016
for help and advice**

My Life My Care

Your 'One Stop' website providing information and advice about care and support, helping you live safely and independently.
www.mylifemycare.com

Long Term Conditions

Chronic Obstructive Pulmonary Disease (COPD)

- **Chronic** = it's a long-term condition and does not go away
- **Obstructive** = your airways are narrowed, so it's harder to breathe out quickly
- **Pulmonary** = it affects your lungs
- **Disease** = it's a medical condition

COPD is the name for a group of lung conditions that cause breathing difficulties, it includes:

Emphysema - damage to the air sacs in the lungs.

Chronic Bronchitis - long term inflammation of the airways

COPD is a common condition that mainly affects middle-aged or older adults who smoke. Many people do not realise they have it.

The breathing problems tend to get gradually worse over time and can limit your normal activities, although treatment can help keep the condition under control.

The main symptoms of COPD are:

Increasing breathlessness, particularly when you're active

A **persistent chesty cough** with phlegm – some people may dismiss this as just a "smoker's cough"

Frequent **chest infections**

Persistent wheezing

Without treatment, the symptoms usually get slowly worse. There may also be periods when they get suddenly worse, known as a flare up or exacerbation.

When to get medical advice

See your GP if you have persistent symptoms of COPD, particularly if you're over 35 and smoke or used to smoke.

Don't ignore the symptoms. If they're caused by COPD, it's best to start treatment as soon as possible, before your lungs become significantly damaged.

Your GP can organise a breathing test to help diagnose COPD and rule out other lung conditions, such as asthma.

Your GP can prescribe inhalers and medication to help make breathing easier.

Stop smoking – if you have COPD and you smoke, this is the most important thing you can do

Outlook for COPD

The outlook for COPD varies from person to person. The condition can't be cured or reversed, but for many people treatment can help keep it under control so it doesn't severely limit their daily activities.

Coronary heart disease (CHD)

CHD is a major cause of death both in the UK and worldwide.

CHD is sometimes called **ischaemic heart disease**.

The main symptoms of CHD are:

- Angina (chest pain)
- Heart attacks
- Heart failure

However, not everyone has the same symptoms and some people may not have any before CHD is diagnosed.

Causes of coronary heart disease

Coronary heart disease is the term that describes what happens when your heart's blood supply is blocked or interrupted by a build up of fatty substances in the coronary arteries.

Over time, the walls of your arteries can become furred up with fatty deposits. This process is known as atherosclerosis. This can be caused by lifestyle factors and other conditions, such as:

- Smoking
- High cholesterol
- High blood pressure (hypertension)
- Diabetes

Diagnosing coronary heart disease

If your doctor feels you're at risk of CHD, they may carry out a risk assessment. This involves asking about your medical and family history, your lifestyle and taking a blood test.

Further tests may be needed to confirm a diagnosis of CHD, such as

- A CT scan
- An MRI scan
- A Coronary Angiography

Treating coronary heart disease

Coronary heart disease can't be cured but treatment can help manage the symptoms and reduce the chances of problems such as heart attacks.

Treatment can include - Lifestyle changes, such as regular exercise and stopping smoking, Medication, Angioplasty - using balloons and stents to treat narrow heart arteries or surgery.

Recovering from the effects of CHD

If you have a heart attack or have had angioplasty or heart surgery, it's possible to eventually resume a normal life.