

NEWSLETTER

PRODUCED BY THE PATIENT PARTICIPATION GROUP FOR SALTSCAR SURGERY



What are the benefits of quitting smoking?

You might notice benefits sooner than you think:



- your heart rate and blood pressure will begin to return to normal after 20 minutes
- your sense of smell and taste will begin to improve after 2-3 days
- your risk of a heart attack is half that of a smoker after 1 year.

It's **never** too late to benefit from stopping smoking – you will add years to your life

What is in a cigarette?

Cigarettes contain many toxic chemicals that harm your body even after you've finished your cigarette:

Carbon monoxide

Carbon monoxide is a poisonous gas. It prevents your blood from carrying oxygen around your body properly. This forces your heart to work harder and also stops your lungs working as well as they should.

Tar

Tar stains smokers' teeth and fingers and is very harmful to your health, it can cause: cancer, lung disease, heart and circulatory diseases, your lungs to be more vulnerable to infections

Nicotine

Nicotine is the addictive chemical found in regular cigarettes and most e-cigarettes. It increases your heart rate and blood pressure. Untreated high blood pressure is dangerous to health and is often undetected.

Keeping Well Through the Winter: A Guide for Seniors

6 Tips for Healthy Eating

It is more important to eat healthily in Winter to maintain your immune system and fight off coughs and colds

1. Base your meals on higher fibre carbohydrates
 Starchy carbohydrates should make up about a third of the food you eat. They include potatoes, bread, rice, pasta and cereals.

2. Eat lots of fruit and veg

They can be fresh, canned or frozen

3. Eat more fish, including a portion of oily fish
 Oily fish include: salmon, sardines, mackerel

4. Cut down on saturated fat and sugar

Saturated fat is found in many foods, eg fatty meat, sausages, butter, cheese, cakes, biscuits, pies.

5. Eat less salt: no more than 6g a day for adults
 Eating too much salt can raise your blood pressure.

6 Do not get thirsty

You need to drink plenty of fluids to stop you getting dehydrated

Keep Warm



Image by Freepic

You should keep your home heated to at least **18-21°C**. Wear layers of clothing with cotton, wool and fleece, and have regular hot meals and drinks. Close curtains at dusk, and use a draught excluder. Stay active to boost your circulation.

If you were born before 22 September 1959 you should be eligible for a Winter Fuel Payment worth between £100 and £300 to help you pay your heating bills. **Make sure you have got yours!**

Get your jabs

It is not too late to get your flu/COVID-19 jabs – **contact the surgery for details.**

Go out and see friends

Although it is tempting to stay at home when it is cold – make sure you get out and about and meet with people to maintain your mental health too

Prescribing Focus



Meet the Prescribing team.

Our prescribing team is based upstairs at the practice and consists of

Prescribing Clerks

who deal with all incoming prescription requests either through the NHS app or by paper request at the surgery. They also operate the Prescription query line 10am-12.30pm each day.

Please be aware unless pre-arranged all medication requests should be through the NHS app or by paper request at the surgery

Practice Pharmacist – Gemma Manning

whose role involves

- Complex medication reviews,
- Home Blood Pressure consultations,
- Statin initiation and intensification consultations
- Providing expert advice around medicines

Medicines Management Technicians – Carol Garland, Joanne Bailey

whose role involves

- Medication reviews (long term conditions),
- Monitoring of high risk medicines,
- Reconciliation of Hospital discharges and clinic letters (updating any changes to medication during a hospital stay or new medication at the request of a clinic),
- Opioid reduction clinics,
- Dealing with day to day medication queries.



The NHS App



You can no longer order your prescriptions via EMAIL. You can instead use online service via the NHSapp or hand the request in via your repeat slip via reception.

How to register for the NHS App

Getting Started

The NHS App gives you a simple and secure way to access a range of NHS services. Download the NHS App on your smartphone or tablet via the [Google play](#) or [App store](#). You can also access the same services in a web browser by [logging in through the NHS website](#). Ask a staff member for the 'Getting started with the NHS App' leaflet or visit nhs.uk/helpmeapp

The App makes it simple to:

- order repeat prescriptions and nominate a pharmacy where you would like to collect them
- book and manage appointments
- book and manage COVID-19 vaccinations
- register your organ donation decision
- use NHS 111 online to answer questions and get instant advice or medical help near you

Easter opening

We are closed on the Bank Holidays

Friday 3rd April and Monday 6th April

Also Monday 4th May is a Bank Holiday

