

Issue 1

2020



AUCKLAND MEDICAL GROUP

Winter Newsletter

Patient Newsletter

TO ALL PARENTS and NANS and GRANDADS - PLEASE PROTECT YOUR CHILD.

In the North East we have some of the highest rates of childhood immunisations. Vaccines protect our children against really serious infections. Measles has returned to the UK and it can be deadly.

We are noticing a very small number of parents are starting to refuse this life protecting health care.

If you have any questions/ doubts: speak talk with a doctor/ nurse at Auckland Medical, thank you.

Don't rely on social media for your child's health advice. Trust professional advice.

FLU SPRAY FOR 2 AND 3 YEAR OLDS - NOT TOO LATE – BOOK NOW

The flu vaccine is offered to children age 2 and 3 as this group can get flu but also importantly spread flu to other family members. Please book your child's appointment. It is a completely safe "sniff" in each nostril.

PREVENTION IS BETTER THAN CURE.

If you were offered a free test that could save your life you would do it, right?

Many people in Bishop Auckland take up tests to protect against bowel cancer, cervical cancer and breast cancer:

Breast screening (50-70years) 80 out of 100 have been for screening

Cervical cancer (25-64years) 77 out of 100 have been for screening

We don't have local figures yet for bowel screening (one off camera test at age 55y to screen for early changes of bowel cancer and a poo test every 3 years from age 60) but PLEASE – overcome the embarrassment and put your health first

If you have been offered a screening test PLEASE take up this important offer. Often people say they are too busy or too frightened. Speak with someone, whether this is family or one of us at the practice .



HEALTHY 2020

We all try to make changes for the better- often easier said than done.

Here are 2 stories from people in our practice.

CHANGING EATING HABITS

Our Path (<https://www.ourpath.co.uk/>)

I have been overweight for as long as I can remember; I have probably lost my entire body weight two or three times – but I always ended up putting it all back on – often even more.

So when I first saw ‘Our Path’ on Facebook, I assumed it was just another fad weight loss company trying to sell unrealistic dreams.

But I dug a little deeper and found that they have worked with the NHS and use evidence and, more importantly, psychology to help people keep weight off. And it was all on-line, so I didn’t have to go to a drafty community centre for the ritual humiliation that is the weekly weigh-in – definite bonus for me!!

It isn’t available on the NHS but costs £30 per month – which was about what I was paying for other groups. (If you want an exercise tracker & electronic scales then it goes up to £60 per month). After you download the App you get an online health coach – a certified nutrition expert who will message every single day – and you have a digital support / peer group. The app has a chat function, recipes, weight & steps tracker as well as the daily educational articles to help and motivate you throughout the programme that teach you about the different aspects of lifestyle change, such as diet, exercise, sleep, stress management, thought patterns and behaviours.

The nutritional advice is pretty flexible, so you can find a way of eating that works for you forever, not just the duration of the programme or until the next time life gets crazy. They get you to cut down on processed foods and added sugars, & instead eat proteins, healthy fats and vegetables rather than refined carbohydrates. There is no cutting calories or food groups involved. And it has been designed to be budget-friendly. The focus is on creating healthier habits that you can keep up rather than short-term weight loss.

I am now on Week 8 of the plan and so far I have lost 5kg – a bit slower than on other plans but it feels sustainable so far. The biggest difference for me has been making sure that I have shopped and have enough food for a healthy packed breakfast & packed lunch at work; and I prepare evening meals at the weekend for during the week, as that was one of my major weak points; I was always too tired after work to make any effort and used to snack on whatever was in the house. The other most important change was to stop drinking diet soda / flavoured water – even though they are calorie free, they are still sweet and make your brain crave sweetness; stopping them has totally changed my tastebuds – I really enjoy natural yogurt now.

STOP PAIN MEDICATION AND FEEL BETTER!!

Mrs H had had back pain for many years. Over time she had taken more and more medications to try to control the pain. The pain continued but the medications made her feel foggy and awful. Mrs H made the decision she would wean herself off the opiate painkillers and the nerve pain medications. All had potential for addiction. The result is she is back at work and feeling more in control. Of course there is still some back pain but she has her life back.

If you would like to consider reviewing pain medication please make an appointment to speak with one of our doctors, nurse practitioners or our pharmacist team.

Couch to 5k and PARK RUN

<https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k>

<https://www.parkrun.org.uk>

You may already do this but if not why not?

Many of us don't move about much in our day to day or don't want the faff or the cost of a gym.

Couch to 5 K is aimed at everyone who would like to try regular free exercise and is a way of slowly building up to running 3 miles. There is an app and on line support and local groups, which offer the benefit of doing something together.

Once you've cracked it try one of the local park run schemes, which operate from Hackworth Park in Shildon, South Park in Darlington, Hardwick Park and hopefully soon from Bishop Auckland.

It is a great way to improve your health and wellbeing

NEED SOMETHING TO CHANGE - DON'T KNOW WHAT DON'T KNOW HOW

Often we can feel stuck, trapped, fed up. It's not always the GP or nurse that has the answers.

We know have trained Link Workers who can assess your lifestyle and stress points coming up with a variety of helpful ideas or ways forward. It could be to do with diet, exercise, bad habits, need to learn something new or volunteer. Just come and see, One to one consultation and ongoing support.

Contact Us

Watling Road

Tel: **01388 602728**

Toft Hill

Tel: **01388 834843**

St Helens

Tel: **01388 604163**

The website address is:

<http://www.aucklandmedicalgroup.co.uk/>