



What's up Doc?!

The quarterly newsletter for Bentham Medical Practice.

Issue 21 - Summer 2019

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Welcome to issue 21, the latest edition of What's Up Doc?! the Bentham Medical Practice Newsletter.



I have finally managed to put together a new edition of the practice newsletter. It is a full year since the last one so I hope that you find a lot of new information in this.

As always if you have comments or an article that you would like to suggest for submission in the newsletter or if you have any queries at all then please write to me at the practice or email jonathan.scott@gp-B82061.nhs.uk. You can also contact me to request for an electronic copy of each newsletter.

Wishing you all well.

Best regards
Jonathan Scott
Practice Manager

Staff News

As many of you may know the Bentham Medical Practice family is expanding with two new births this year. On 27th January Dr Rebecca Brandwood gave birth to Thomas James, a 9lb 5oz baby boy. A potential new GP of the future or maybe he will follow in fathers' footsteps as a hill farmer. On 28th February Tim Austin's wife, Colette, gave birth to Miranda Rose, weighing in at 6lb 7oz. All are doing fine and we wish Rebecca, Graham, Thomas, Tim, Colette and Miranda all our best.

Dr Dean John, our Foundation Year Two (FY2) doctor who joined us in December left at the end of March to continue his medical training. Next stop emergency department. Dean became a great member of the team in the short time he was with us, respected and liked by both patients and colleagues. We hope that his time at Bentham was been useful to him and maybe tempted him towards a career in General practice. We wish him well in whatever course his career and life takes him.



Staff News (cont)

It is now about 18 months since Dr Heather Walker left us. Since then, as you may know, we have had to employ locums to cover the gap and also to cover for Dr Brandwood's maternity cover. Thankfully we have been fortunate with locums and have managed to keep to a few regulars with Dr Dave Kew and Dr Sylvia Chudley almost becoming part of the fixtures and fittings. However, our intention has always been to try and replace Heather on a full time basis. Not easy in the NHS these days. Consequently we are delighted to announce that in June we were joined by Dr Maria Martin as a new permanent salaried GP. Maria has a wealth of experience as a GP having served as GP Partner at James Cochrane practice in Kendal for the last 17 years. She also has a number of specialist interests including dermatology. It is great that Maria has chosen to join us and it will be good to get back to a stable team. Here are a few words from Maria “ **I am thrilled to be joining the team at Bentham Medical Practice and look forward to getting to know the practice, patients and area. Thank goodness for Sat Nav. Of course I enjoy all aspects of being a GP (except for NHS politics!), but my particular interests are dermatology, contraception, sexual and women’s health and, more recently, psychotherapeutic methods to improve physical pain, emotional distress and resilience. For the last 18 years I have been a GP in South Cumbria but you’ll be able to tell from my vowel sounds that I grew up in South Africa, where I studied medicine at the University of Cape Town. My GP training was in South West Wales. I live in Kendal, so I appreciate the free car park in Bentham. Everyone has made me feel really welcome, thank you”.**

We will continue to employ locums until Dr Brandwood returns from maternity leave.

Unfortunately Sister Karen Levens left us in February to pursue other, non-nursing opportunities. Karen will be greatly missed having been a member of the team for the last ten years and a well-liked and respected nurse and colleague. Barbara Maudsley has continued to help out on a locum basis but we have been looking for permanent replacements. In April Libus Rucastle joined the team and we are hoping that we have another nurse join in September. So, after a period of struggling slightly we should very soon be back in a stable situation, actually offering substantially more nursing hours than before. We wish our new nurses all the best in their new roles at Bentham.

Recently, due to staffing problems, we have employed a new receptionist, Lynette Robinson, on a temporary basis. Lynette is not new to the surgery having worked for us in the past and also having been part of the Health Visitor team for a number of years.

It is good that in these uncertain times in the NHS people see Bentham as a desirable place to continue their careers.

Charity Efforts

Many of you will know that we also raise money for charity through second hand books in the waiting room. It's an honesty based system where you give what you can afford for a book or books that you fancy. We regularly switch the charity that we collect for. This time we are supporting Christian Restoration Ministries International. Many of you will know that this is a charity very close to Sister Meg's heart. In fact she has been out to Africa twice in the last two years to help with their work.

CRMI supports three villages approximately 30miles north of Kampala [the capital], Bombo, Nakaseke and Ssanga. Education in Uganda isn't free and it was the vision of Pastor John Bunjo to provide education to those who are unable to pay. Education is one of the most important factors that will break the circle of despair that many Ugandans are in. With



education people can understand how to control pests that destroy crops, understand the causes and prevention of HIV, get better jobs and become the future leaders in their country. In the last 10 years the charity has raised enough funds to build two schools, one in Bombo and the second one in Nakaseke, which were opened this year and now support over 300 sponsored children



So far we have collected over £400 through the second hand book scheme. We will continue to collect for CRMI until January 2020 so please come in and pick a book or bring in some of your old ones for others to enjoy.

Triage Request!!!

We like to think that we run a very good triage system here at Bentham Medical Practice. Anyone wanting to speak to a doctor on the same day can do and anyone needing to see a doctor on the same day can do either by an appointment at the surgery or by a home visit. **BUT**, this service comes at a price and can be very difficult to manage. By the very nature of the types of calls we get the GPs can be extremely busy with urgent cases and have to work very hard to prioritise their working day. This is made even more difficult if we get calls mid to late in the afternoon asking for an appointment on that date. Unless an urgent problem arises in the afternoon can you please call in with any urgent issues **BEFORE** 11.30 in the morning. This will help us to help you and see you sooner. Thank you



Chairs

Many of you will have noticed that we recently replaced all the chairs in both the waiting rooms and consultation rooms at Bentham and Ingleton. The existing chairs were starting to show their age and also the new chairs are specially designed and manufactured to be as safe and sterile as possible. They also bring new colours and brightness to the rooms!



Out of hours

Many of you will know that we have been running early morning and late evening surgeries for a number of years now for people who work and find making appointments during the day difficult. For the last year or so this has been extended with Cumbria Health on Call, (CHoC), offering both GP and nurse appointments in the evenings and at weekends (Saturday and Sunday). These are offered at various locations in South Lakes with Kendal being the closest. Bentham reception can book you directly into these appointments should you wish



Telephone System

We have recently installed a 'state of the art' phone system which will hopefully help when contacting the surgery



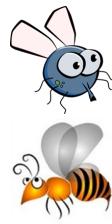
Acute Appointments

As some of you may know, some months ago we changed the way we run our Monday mornings. We still have the triage system where you can call in and a GP will phone you back but now we also have a number of free appointment slots through the course of the morning where a receptionist can book you directly into an appointment if you have an urgent need to see a doctor or nurse. To take advantage of one of these appointments the receptionist will need to know a brief summary of your problems/symptoms so the GPs can allocate the work properly. We are not able to tell you at the point of booking which GP you will be seeing although we will do our best to accommodate requests to see a GP of a particular gender.



Insect bites

Remember that in the last episode we ran a piece on the dangers of insect bites in the summer. Well, it's that time of year again so here is a brief recap.



Insect bites can often become infected. Horse fly bites can be very nasty but the blistering and swelling they can produce are usually just the body's reaction to them. It is unusual to get an infection. We would recommend oral antihistamines initially. These can be bought over the counter. Better still, take in advance if you are prone to reactions.

If the bite is not settling or you get new redness, swelling or blistering of a bite you have had for a few days, then you can get further advice via the pharmacist, practice nurse or triage doctor.

Tick bites are also common. If the tick is still present then use of a tick removing tool is advised to get the whole tick out. Contact us if the site of the bite starts to develop a circular rash around it.



Contact the surgery when you want, how you want

Do you ever call the surgery to make an appointment, order a prescription or get a test result and find that you are waiting on the phone for a long time? That's because there could be up to 7500 other people trying to do the same thing, at the same time! For a long time now we have had the repeat prescription order line. Just call **Bentham 63618** and leave a message. Saves any waiting on the phone. **You can also make and cancel appointments, receive appointment reminders, order medications and view your medical record online on your PC, laptop, tablet or smartphone any time of day or night without having to wait. Simply go to www.mygp.io/app or download the MyGP App at the App or Google store. Alternatively ask at reception for details.**



Make sure that we have your up to date mobile phone number so we can send you reminders for your appointments. Simple!

Facebook. The practice is now on Facebook. Log in to find out all the latest news!!



Patient Representative Group

Message from Lorraine Crossley, Chair of Bentham Medical Practice PRG



In the last year we have seen some changes in the practice and there are more in the pipeline for this year. Thank you to all the staff that have moved on to other things, we wish you success in all that you do and we extend a very big welcome to all new faces.

As usual, the group has been active in its support and its views and opinions on things happening in the neighbourhood. I am heavily involved with The North Craven Action Group which was initiated by North Yorkshire County Council. The group has recently been looking at loneliness and isolation in the area and has recently conducted a survey of the population to gauge public opinion. Results of the survey were published earlier this year.

There is another group working in the area called 'Nurturing Neighbourhoods' which is looking at what is good for the people and community and what could be improved. This group meets regularly and invites new members.

If anyone would like to join the PRG Group then please either contact Jonathan Scott at the surgery or myself on 01524 734486. *Lorraine*



Community Car Scheme

The scheme has been set up to support people in North Craven, who have problems using public transport, to get to GP and hospital appointments. There is a nominal charge for this service. Bentham Medical practice help to fund this scheme.

Are you a good and steady driver? Do you enjoy working with people? Can you spare some time each month? (no regular commitment required). Why not become a Volunteer Car Scheme driver (mileage expenses paid).

To register for the scheme or to enquire about becoming a volunteer driver contact

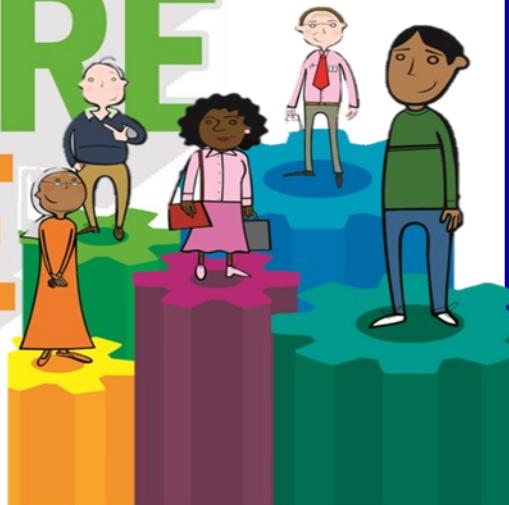
Sandra Kay, Age UK

North Craven, Cheapside, Settle, BD24 9EW.

Tel: 01729 823066, Email: SKay@ageuknorthcraven.org



CHOOSE SELF CARE FOR LIFE



People have a key role in protecting their own health, choosing appropriate treatments and managing long-term conditions.

Self-management (or self-care) is a term used to include all the actions taken by people to recognise, treat and manage their own health.

They may do this independently or in partnership with the healthcare system.

As GPs need to spend more time treating patients with complex health problems and long term illnesses, the notion of self-care is becoming more and more important.

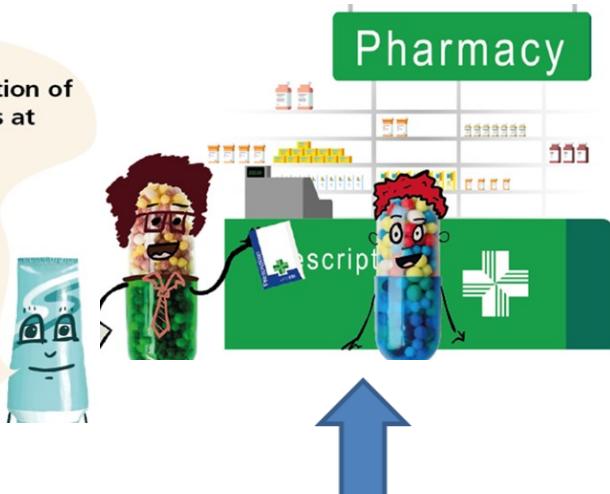


By keeping a selection of essential medicines at home you can:

- Treat common conditions quickly
- Get treatment without the need to see your doctor
- Avoid unnecessary trips to A&E



By promoting self-care, the aim is to reduce unnecessary GP appointments and encourage the use of, for example, over the counter medications for minor ailments and common conditions.



The Pharmacy can be a great place to go for qualified advice about many healthcare conditions. And you will be directed to a GP if they feel it is required.

Have a look at the self-care board and folder in our waiting room for further advice and information on specific conditions and choosing the right service. Or alternatively, try the NHS Website.

Self Care (cont)

Examples and what action to take

CONDITION FOR SELF CARE	HOW TO TREAT AT HOME	WHEN TO SEE A GP
Cough and Cold	Plenty of rest and fluids, OTC (over the counter) medications. *Can access advice regarding OTC treatments at the pharmacy (applies for all conditions included)*	Temp above 39°C. Confusion. Sharp pain. Severe headache or swelling. Breathing issues.
Indigestion and Heartburn	Cut down on caffeine, alcohol, rich, spicy and fatty foods. Losing weight if overweight. Stopping smoking. OTC treatments.	Long term symptoms or frequent recurrence. Pregnant or Breastfeeding. History of stomach problems. Taking NSAIDS.
Infrequent Migraine	Sleeping or lying in a darkened room during/ at onset of an attack. Avoiding any recognised triggers, i.e. stress/ certain food. OTC treatments.	Sudden and severe. Worse over time. Severe head injury. Any muscle weakness, slurred speech, confusion, drowsiness, high temp.
Insect bite or sting	To prevent: Remain calm around wasps, hornets or bees and move away slowly. Cover exposed skin. Apply insect repellent that contains 50% DEET. To treat: Remove sting/ tick from skin (if able) and wash area thoroughly. Apply cold compress for at least 10 mins. Avoid scratching. OTC treatments.	Symptoms of infection- pus, increasing pain, swelling or redness. No improvement or worsening after few days. Affected area in mouth or throat, or near eyes.
Mild to moderate hay fever	Vaseline around nostrils and wraparound sunglasses. Shower and change clothes after being outdoors to wash pollen off. Stay indoors when possible. Vacuum regularly and dust with damp cloth. OTC treatments.	Wheezing, breathlessness or tight chest. Pregnant or breastfeeding. If done self-care measures and no improvement.
Minor aches and pains	Gentle exercise- walking, gardening or swimming. Healthy lifestyle. Hot and cold compresses regularly. OTC treatments.	Over 5 days of pain, or worsening despite self-care measures.
Sunburn	Regularly apply and re-apply sun cream (high-factor), especially every time after exposure to water. Avoid mid-day heat. Wear suitable protection clothing: T-shirts, sunhats	Broken/ inflamed skin, symptoms not eased by OTC treatments.

Useful Numbers

Bentham Medical Practice	015242 61202
Bentham Medical Practice Fax	015242 62905
Repeat Prescription Line	015242 63618
Bentham Well Pharmacy	015242 61733
Ingleton Pharmacy	015242 41154
Patient appointment and referral enquiries - UMBHT Hospitals	08450 559990
My Wellbeing College appointments	01274 221234
My Wellbeing College self-referral	0300 555 5551
North Yorkshire Horizons Hub	01723 330730
Royal Lancaster Infirmary	01524 65944
Westmorland General Hospital	01539 732288
Airedale General Hospital	01535 652511
Settle Health Centre	01729 823880
Settle Health Centre (Physios)	01729 892985
Emergency Dentist - Settle Health Centre	01756 701723
Emergency Dentist - Queen Victoria Hospital Morecambe	01524 405700
Pioneer Projects / Looking Well - Bentham	015242 62672
Age Concern, Bentham	015242 61757
Craven Taxi Bus	01609 780780
Slimming World	07960 190208
Ingleborough Nursing Home	015242 41593
Patient Transport to UMBHT Hospitals	0800 032 3240



Bentham and District Dementia Friendly Community



BDDFC was set up recently as a charitable organisation with the objectives of improving awareness of dementia amongst as many people as possible in the area and also to provide support, assistance and opportunities for those living with dementia and their carers. The group is run by a small number of trustees but we are asking as many people as possible to join up and support us with ideas, time and increased dementia awareness. The last week in May was Alzheimer's Dementia Action Week and the group supported this by asking shops and businesses in the town to decorate their frontages with dementia displays. The results were amazing. What a testament to the community spirit of the people of Bentham as mentioned in the Craven Herald.

The next open meeting of BDDFC is at 2.00pm at Bentham Golf Club on 24th July and everyone is welcome to come along and see how they can get involved. Any queries please contact Jonathan Scott at the surgery.



PeerTalk

Living with Depression?

PeerTalk could help.

PeerTalk (<https://peertalk.org.uk>) offers peer support to people living with depression through a national network of peer support groups. Facilitated by trained volunteers, the groups provide a safe space for people to share, and be heard, without judgement.

One of the newest of these groups meets at ***The Folly*** in Settle each Tuesday night from 7.30 to 9pm and it is always ready to welcome new members. No 'referral' is required, and no names are taken other than the name by which someone wishes to be addressed in the group. Just turn up and see if it's for you. You may well be surprised



Continuity of Care

Nationally, one of the main criticisms patients will have about general practice is that they don't get to see 'their' doctor all the time. This is understandable as most people feel more confident seeing the same person and don't like to keep repeating their problems to different clinicians. People will often hark back to the days when they could see the same GP all of the time. But times have changed. A lot of GPs these days work part time or work in other areas and whereas GPs in the past generally saw you when you were ill a vast amount of GP time these days is in seeing people before they get ill to keep them well. However, it is recognised that continuity of care is an aspiration that we should hold dear.



To further this aim clinical commissioning groups (CCGs) throughout England were asked a couple of years ago if they wanted to take part in a continuity of Care pilot project. Of all the CCGs 5 were chosen of which Morecambe Bay was one them. All practices in the CCG were then invited to take part and again 5 were chosen with Bentham being one. So, for the next year or so we will be working with our patients to find out exactly what your views and understanding of continuity are and what we can do to improve things for you. To do this we will be reaching out to our patients to find your views.

Primary Care Networks (PCNs)

You may have heard in the news about many GP practices merging into 'super practices' some with several hundred thousand patients on their lists. We have no intention to merge with another practice but the clear message in the NHS at the moment is that practices should look at economies of scale and what advantages they could get by working more collaboratively with other practices. GP practices have now been asked to join together to form Primary Care Networks (PCNs). These PCNs allow practices to keep their own identity and legal basis as a single partnership but also to work with other similar practices to share resources, skills and experience to the benefit of all their patients. It was anticipated that PCNs would cover a patient list of between 30 and 50,000 patients. Our ideal neighbours to join up with as a PCN were Lunesdale (Kirkby) and Sedbergh but we only have 17500 patients between us. However, NHS England have been prepared to make an exception as they see that our demographics and rurality are very similar and there may be far many more advantages of a collaboration between the three practices than disadvantages. Consequently the three practices have now formed the Western dales PCN. Initially patients will see very little difference but we will be engaging with patients from all practices more closely and hopefully there will be some really positive steps forward in the coming months including employing a new pharmacist to help in practice and a new social prescriber. More details about Primary Care Networks can be found on line or by contacting Jonathan Scott at the practice.



Vaccinations

The NHS offer a range of vaccinations to children and adults for a variety of diseases. Many of these diseases can extremely serious, debilitating and, in some cases, fatal. Please see below a summary of vaccinations currently available

If you're not sure whether you or your child have had all the routine vaccinations, ask at your GP surgery.

Surgery staff can arrange for you or your child to have any vaccines that have been missed and are still needed according to you or your child's age.



Try to have your vaccinations on time to make sure you and your child are protected.

Often, taking up a vaccine not only protects you but also it protects your nearest and dearest and the wider community from disease.

If you're not going to be able to get to the GP surgery when a vaccination is due, talk to the surgery.

Rearrange the appointment for a time you can make with as little delay to the vaccination schedule as possible.

Vaccinations continued over.....

Vaccinations (cont)

8 weeks

- 6-in-1 vaccine, a combined vaccine given as a single jab to protect against 6 separate diseases: diphtheria, tetanus, whooping cough (pertussis), polio, Haemophilus influenzae type b (known as Hib, a bacterial infection that can cause severe pneumonia or meningitis in young children), and hepatitis B
- Pneumococcal (PCV) vaccine The pneumococcal vaccine protects against serious and potentially fatal pneumococcal infections. It's also known as the pneumonia vaccine. Pneumococcal infections are caused by the bacterium Streptococcus pneumoniae and can lead to pneumonia, septicaemia (a kind of blood poisoning) and meningitis. At their worst, they can cause permanent brain damage, or even kill.
- Rotavirus vaccine. An oral vaccine against rotavirus infection, a common cause of diarrhoea and sickness, is given as two doses for babies aged 8 and 12 weeks, alongside their other routine childhood vaccinations.
- MenB vaccine The MenB vaccine will protect your baby against infection by meningococcal group B bacteria, which are responsible for more than 90% of meningococcal infections in young children. Meningococcal infections can be very serious, causing meningitis and sepsis (blood poisoning), which can lead to severe brain damage, amputations and, in some cases, death.

12 weeks

- 6-in-1 vaccine, second dose
- Rotavirus vaccine, second dose

16 weeks

- 6-in-1 vaccine, third dose
- Pneumococcal (PCV) vaccine, second dose
- MenB vaccine, second dose



1 year

- Hib/MenC vaccine, a combined vaccine given as a single jab to protect against meningitis C (first dose) and Hib (fourth dose)
- Measles, mumps and rubella (MMR) vaccine, given as a single jab, first dose. MMR is a safe and effective combined vaccine that protects against 3 separate illnesses – measles, mumps and rubella (German measles) – in a single injection. The full course of MMR vaccination requires 2 doses. Measles, mumps and rubella are highly infectious conditions that can have serious, potentially fatal complications, including meningitis, swelling of the brain (encephalitis) and deafness. They can also lead to complications in pregnancy that affect the unborn baby, and can lead to miscarriage.
- Pneumococcal (PCV) vaccine, third dose
- MenB vaccine, third dose

2 to 9 years (including children in reception class and school years 1 to 5)

- Children's flu vaccine (annual). Flu can be a very unpleasant illness for children, with potentially serious complications, including bronchitis and pneumonia.

3 years and 4 months

- Measles, mumps and rubella (MMR) vaccine, second dose
- 4-in-1 pre-school booster, a combined vaccine given as a single jab to boost protection against diphtheria, tetanus, whooping cough (pertussis) and polio

12 to 13 years (girls only) - Administered in school

- HPV vaccine, 2 jabs given 6 to 24 months apart. Girls can get the human papillomavirus (HPV) vaccine free from the NHS from the age of 12 up to their 25th birthday. It helps protect them against cervical cancer, which is the most common cancer in women under 35 in the UK. It also helps protect women against genital warts and rarer HPV-related cancers, such as: anal cancer, genital cancers and cancers of the head and neck.
- From 1/09/2019 boys will also be getting the HPV vaccine

14 years - Administered in school

- 3-in-1 teenage booster, a combined vaccine given as a single jab to boost protection against diphtheria, tetanus and polio
- MenACWY vaccine, given as a single jab to protect against four meningococcal groups A, C, W and Y that cause meningitis and blood poisoning (septicaemia).

Vaccinations (cont)

65 years

- Pneumococcal (PPV) vaccine The pneumococcal vaccine protects against serious and potentially fatal pneumococcal infections. It's also known as the pneumonia vaccine. Pneumococcal infections are caused by the bacterium *Streptococcus pneumoniae* and can lead to pneumonia, septicemia (a kind of blood poisoning) and meningitis. At their worst, they can cause permanent brain damage, or even kill.

65 and over

- Flu vaccine (every year) Flu vaccination is available every year on the NHS to help protect adults and children at risk of flu and its complications. Flu can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within a week. However, flu can be more severe in certain people, such as:
 - anyone aged 65 and over
 - pregnant women
 - children and adults with an underlying health condition (such as long-term heart or respiratory disease)
 - children and adults with weakened immune systems

Anyone in these risk groups is more likely to develop potentially serious complications of flu, such as pneumonia (a lung infection), so it's recommended that they have a flu vaccine every year to help protect them. **CURRENT FLU SEASON STARTS MID SEPTEMBER. ASK FOR DETAILS ON CLINICS NEARER THE TIME AND MAKE SURE YOU ARE VACCINATED!!**

70 years

Shingles vaccine A vaccine to prevent shingles, a common, painful skin disease is available on the NHS to people in their 70s. One off vaccination. Shingles can be very painful and uncomfortable. Some people are left with pain lasting for years after the initial rash has healed. Shingles is also fatal for around 1 in 1,000 over-70s who develop it. It's fine to have the shingles vaccine if you've already had shingles. The shingles vaccine works very well in people who have had shingles before and it will boost your immunity against further shingles attacks



Vaccines for special groups

There are some vaccines that are not routinely available to everyone on the NHS but are available for people who are in certain risk groups, such as:

- healthcare workers
- pregnant women
- people with health conditions that put them at increased risk of disease or complications

Additional vaccines for special groups include:

- flu jab for pregnant women
- whooping cough vaccine for pregnant women
- flu vaccine for people with long-term health conditions
- hepatitis B vaccination
- TB vaccination
- chickenpox vaccination
- MenACWY for first-time university entrants



Travel vaccines

There are some travel vaccines you should be able to have free on the NHS. These include:

- hepatitis A vaccine
- typhoid vaccine
- cholera vaccine

Other travel vaccines, such as yellow fever vaccination, rabies, Japanese encephalitis, hepatitis B and tick borne encephalitis are only available privately.



These 8 practical tips cover the basics of healthy eating and living.



- A healthy diet is defined as the right amount of calories, from the right types of foods, to suit your activity level.
- You should eat a wide range of healthy foods.
- Recommended daily calories per day for men = 2,500 and 2,000 for women.

1. Base your meals on higher fibre starchy carbohydrates

- Starchy carbohydrates should equal just over a third of what you eat e.g. potatoes, bread, rice, pasta and cereals.
- Try to include at least 1 starchy food with each main meal.
- Higher fibre or wholegrain carbohydrates are best.
- Reduce fats when preparing food, e.g. oil on chips, butter and creamy sauces on pasta.



2. Eat lots of fruit and veg

- Eat at least 5 portions of fruit and veg every day. Fresh, frozen, canned, dried or juiced.
- A 150ml glass of fruit juice, vegetable juice or smoothie also counts as 1 portion.



3. Eat more fish, including a portion of oily fish

- Aim to eat at least 2 portions of fish a week, including at least 1 portion of oily fish.
- Oily fish include: Salmon, trout, herring, sardines, pilchards, mackerel
- Non-oily fish include: Haddock, plaice, coley, cod, tuna, skate, hake



4. Cut down on saturated fat and sugar

- Too much saturated fat can increase cholesterol in the blood leading to heart disease.
- Average maximum daily amounts of saturated fats = 30g for men, 20g for women, children should have less but don't put children under 5 on a fat controlled diet.
- Sources of saturated fat include: fatty cuts of meat, sausages, butter, hard cheese, cream, cakes, biscuits, lard, pies.
- Choose foods with unsaturated fats: vegetable oils and spreads, oily fish and avocados.
- Consuming foods and drinks high in free sugars increases the risk of obesity and tooth decay.
- Sugars are found in many processed foods, such as: sugary fizzy drinks, sugary breakfast cereals, cakes, biscuits, pastries and puddings, sweets, and chocolate, alcoholic drinks
- Levels of over 22.5g of total sugars per 100g is high, 5g or less is low.



5. Eat less salt: no more than 6g a day for adults

- Too much salt can lead to high blood pressure, heart disease and stroke.
- Many bought foods are high in salt.
- Check food labels. More than 1.5g of salt per 100g means the food is high in salt.
- Adults should eat no more than 6g of salt a day. Children should have even less.



6. Get active and be a healthy weight

Regular exercise can help reduce your risk of getting serious health conditions.

Follow the NHS 12 week weight loss and healthy living plan



7. Do not get thirsty

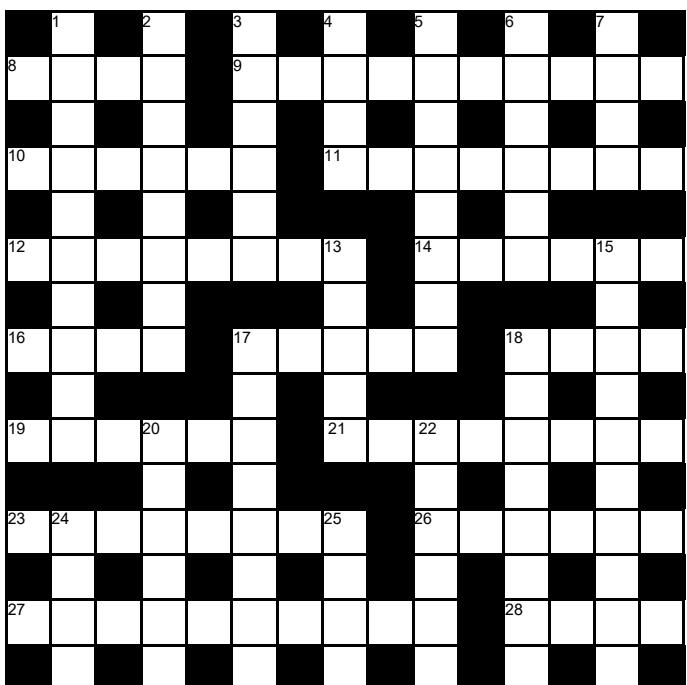
- Drink plenty of fluids to stop you getting dehydrated, about 6 to 8 glasses every day.
- Water, lower fat milk and lower sugar drinks, including tea and coffee, are healthier choices.
- Avoid sugary soft and fizzy drinks. Even unsweetened juice and smoothies are high in sugar.
- No more than 150ml combined total of fruit juice or vegetable juice or smoothies per day.



8. Do not skip breakfast

- A healthy breakfast high in fibre and low in fat, sugar and salt such as a wholegrain cereal with semi-skimmed milk and fruit sliced is a key part of a balanced diet.



CROSSWORD**Across**

- 8 Short time on satellite (4)
- 9 Terry Adams perhaps was head of operations. (10)
- 10 Cut chesty problems (6)
- 11 Four line whips can be highly toxic. (8)
- 12 Illegal organisation left a load of rubbish (8)
- 14 Tennis follower (6)
- 16 Sounds what waiter would carry in a bad hand. (4)
- 17 Had this about good scene. (5)
- 18 Top class route it's heard.. (1-3)
- 19 Article about spies in plant (6)
- 21 Company right on place in road (8)
- 23 Dance started late after school master was over sentimental. (8)
- 26 Some strolled in glen and wooded valley. (6)

27 One has faith in these investments. (4,6)

28 Incapable of hypocrisy (4)

Down

- 1 Heard to agree on rings in circles initially having same centres (10)
- 2 To take sides in Sunday recreation is not certain (8)
- 3 Me (6)
- 4 Expert female academic (4)
- 5 A doctor starts to unfasten ligatures on worker perhaps out of bed. (8)
- 6 Map victim for bird (6)
- 7 Head of department was a Dane perhaps. (4)
- 13 Record I see is heard to be sensible. (5)
- 15 Unconcerned Chantal had nothing in France. (10)
- 17 My falls, right, are insignificant. (5,3)
- 18 A hundred have vision about lofty system. (8)
- 20 Group, we hear, showed courtesy (6)
- 22 Vegetable found in extra dishes 6)
- 24 In Italy crushed walnut is seen on motorway perhaps. (4)
- 25 Enthusiasm contains an acidic centre (4)

Answers to Issue 20's Crossword

- 8a. Wand. 9a. Consonancy. 10a. Stupor.
- 11a. Headlamp. 12a. Reliable. 14a. Covert.
- 16a. Vole. 17a. Harpy. 18a. Risk. 19.a Recess.
- 21a. Hawthorn. 23a. Doorjamb. 26a. Italic.
- 27a. Lifecycle. 28a. Seek
- 1d. Battledore. 2d. Adaptive. 3d. Scarab.
- 4d. Inch. 5d. Monarchy. 6d. Pavlov. 7d. Scam.
- 13d. Earth. 15d. Restrained. 17d. Hushabye.
- 18d. Rehearse . 20d. Earner. 22d. Whilst.
- 24d. Obit. 25d. Belt.

Feedback

If you have any feedback regarding this edition of "What's Up Doc", would like to suggest an article for the next issue, or if you have any questions or thoughts about the practice then please contact Jonathan Scott by letter or at

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