

Danestone Matters



Spring 2013 Newsletter



Working together, caring for your health

Danestone Medical Practice

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Welcome Back!

- **Dr Christine Paterson** returned from maternity leave at the beginning of February.

Bye for now!

- **Dr Gurpriya Kaur** has completed her 6 month rotational placement with us. She will return in August 2014 to complete her GP rotational training. We are expecting **Dr Kunle Adeyemi** to return in August 2013 for his final year with us as part of his GP rotational training.
- Healthcare Assistant **Pat Hunter** left us at the end of January for a well deserved retirement. Our own **Maxine Esson** will be increasing her Healthcare Assistant duties as a result.

Healthy bladder and bowel habits can help you avoid bladder and bowel control problems such as incontinence. Incontinence can have a major impact on your quality of life. If you or someone you know is affected by incontinence, it is important to remember that:



- You are not alone - it is estimated that 6 million people in the UK are affected by incontinence
- It affects both men and women, regardless of your age or background
- It can be treated, managed and in many cases cured, and
- There are many avenues of help available.
- Learn more about bladder and bowel health, incontinence risk factors and treatment and management of incontinence.

For further information check out
www.bladderandbowelfoundation.org

Alcohol Behaviour Change - 'Drop a Glass Size'



A new campaign has been launched aimed at encouraging Scots to think about the health effects of regularly drinking above the recommended alcohol guidelines.

Figures in the Scottish Health Survey show that around 38 per cent of women regularly exceed sensible drinking guidelines. It is possible for a woman to exceed the weekly guidelines for less than £3. It is estimated that 1 in 30 female deaths in Scotland is alcohol-related.

The campaign encourages people to make small changes to the way they drink such as alternating alcohol with soft drinks or water and having two alcohol-free days a week. For further information and to download a smartphone app "drinking time machine" check out

<http://www.scotland.gov.uk/News/Releases/2012/02/alcohol07022012>

PATIENT PARTICIPATION GROUP

Chairman: **Andy Cowie**

HEALTH WALK

We are organising a **HEALTH WALK** to be held on:

Saturday 18th May 2013

One Mile Sponsored Walk from Danestone Community Area Car Park and back.

Please meet at 10a.m. in the Car Park at the Practice.

*Acupuncture for certain conditions is now an appropriate treatment. However, the consumables involved are not covered on NHS. Monies raised for our sponsored walk will purchase the required needles. Please support our Practice to provide this new treatment. Sponsor/donation forms are available in the practice (**Sponsorship is optional**) and all are welcome to join in the Health Walk.*

NO SMOKING DAY

13 March 2013



**Want to quit?
Set the date
Get prepared**

Call a stop **smoking helpline** or visit your **GP** or **pharmacist** for help. Join thousands of quitters on the **WeQuit forum** for extra support.

SWAP YOUR FAGS FOR SWAG

We Quit is the no smoking Day website for smokers who want to quit. Get the support you need from people who know what it's really like. This year they celebrate their 30th anniversary!

www.wequit.co.uk

No Smoking Day is on Wednesday 13 March. This year it's all about what you'll gain when you quit - as well as improved health, you'll also have extra cash to spend on whatever you like!

Not only do cigarettes contain the highly addictive drug nicotine, but they also contain 4,000 other harmful chemicals that cause damage to your health. The theme for this year's No Smoking Day is "Take the Leap" which encourages smokers to give up smoking in order to gain many health

benefits – and saving you lots of money.

On 13th March 2013, your local Healthpoint at Aberdeen Indoor Market or Aberdeen Royal Infirmary will have trained health advisors on hand to offer free, confidential information and advice.

Visit your local Healthpoint for more information and advice of how you can "Take the Leap" and stop smoking to achieve a healthier, wealthier future.

For more information:

call the free healthline on 0500 20 20 30

email healthpoint@nhs.net

text the word 'INFO' to 82727

or drop into your local Healthpoint at Aberdeen Indoor Market or Aberdeen Royal Infirmary

Danestone Gala 6 July 2013

A date for your diaries! We are all looking forward to another fun day at the next Danestone Gala on 6 July.

Salt Awareness Week 11th – 17th March 2013

Between the 11th – 17th March visit your local **Healthpoint** at Aberdeen Indoor Market or Aberdeen Royal Infirmary who will have trained health advisors on hand to offer free, confidential information and advice on how you can improve your health by being aware of your salt intake.

The daily recommended amount in the UK is no more than 6grams a day; however, current intake is about 9grams per day – that's 50% higher than recommended for good health. The focus for this year's awareness week is the role of reducing salt to prevent strokes. High blood pressure is the single most important risk factor for strokes and salt is the major factor that raises blood pressure. Salt is therefore responsible for many of these strokes. There are many ways which you can reduce your salt intake which the **Healthpoint** advisors can inform you of.

Visit your local **Healthpoint** for more information and advice of how you can reduce your salt intake to achieve a lower risk of a stroke.

GET FIT AND HAVE FUN WITH ACTIVE SCOTLAND

www.activescotland.org.uk



Looking for ways to get active, but not sure where to start? Active Scotland is here to get you going. Put your postcode or town in the search box and they will find activities close to home, from easy to extreme.

There are many ways to a more active life: choose a category for some new ideas, or explore the map and see what's available near you. They can help find active groups in your area too, clubs and teams involved in activities from archery to yoga.

Protected Learning Time (PLT)

We will be closed from 1.30pm for staff training on the following afternoons:

15th May 2013

12th June 2013

All patients in need of urgent advice or need to see a doctor during PLT afternoons should telephone the surgery number and an answering machine message will give you the telephone number for NHS 24