

Danestone Matters



Winter 2017



Working together, caring for your health

Danestone Medical Practice

Fairview Street, Danestone,

Aberdeen AB22 8ZP

Tel: 01224 822866 Fax: 01224 661586

Website: www.nhsgrampian.org/danestone

Flu Season!

If you are eligible for a free flu jab this year you still have time to book in to one of our clinics. If you are **aged over 65** or if you suffer from: **heart, liver or kidney problems; diabetes; chest problems** including **asthma** which requires steroid inhalers; **neurological disease (eg MS)**; or if you have had a **stroke**. You are also recommended to have the free flu jab if you are **pregnant**, the **main carer** for an elderly or disabled person or **very overweight**.

Please ring the surgery to book an appointment as soon as possible

ANTIBIOTIC RESISTANCE IS ONE OF THE BIGGEST THREATS FACING US TODAY

Taking antibiotics when you don't need them means they are less likely to work for you in the future. The best way to treat common colds, coughs or sore throats is plenty of fluids, rest and painkillers if needed, not antibiotics. Colds and sore throats typically last about 7 days and coughs can last for up to 3 weeks. For more information, if you are worried, or if symptoms continue for much longer than this then talk to your pharmacist or doctor.

Find out how you can help

at www.Antibioticguardian.com



ANTIBIOTIC GUARDIAN

Keep Antibiotics Working



We would like to send you all our best wishes for a Happy and Healthy Christmas and New Year!

CLAN Cancer Support Service

Are you affected by Cancer and a patient at Danestone Medical Practice? In conjunction with CLAN we are pleased to offer appointments at our CLAN Cancer Support Service in the practice. Appointments are available on the last Wednesday of the month starting from Wednesday 29th November - please call the surgery on 01224 822866 for more information or to book an appointment.

www.clanhouse.org
#LivingWithCancer



Supporting local people affected by cancer

Are you affected by cancer and a patient of Danestone Medical Practice?

CLAN provides free support in the heart of your community at Danestone Medical Practice.

Danestone Medical Practice

CLAN Cancer Support Service

Last Wednesday of each month

Appointments can be booked by calling 01224 822866

Cancer support for all

PUBLIC HOLIDAYS – We will be CLOSED on MONDAY 25th & TUESDAY 26th DECEMBER 2017 and MONDAY 1st & TUESDAY 2nd JANUARY 2018

otherwise normal opening

IF YOU NEED ADVICE WHEN WE ARE CLOSED PLEASE CALL NHS24 ON 111

NEW YEAR - NEW YOU?

If you are thinking of stopping smoking in the new year here are some helpful tips

- Write down a list of the reason(s) why you want to quit and put it somewhere you will see it such as on the fridge or in your purse/wallet. This will help keep you motivated.
- Set a date to quit, this will give you something to aim for.
- Give yourself time to prepare.
- Get rid of things that remind you of smoking such as ashtrays and lighters.



Tips for dealing with cravings - the 4 D's

Delay - cravings are very short lived and will disappear if you can delay smoking for 3-5 minutes.

Do something else - If you used to smoke a cigarette at the same time as a particular activity (eg with a cup of coffee) then change that habit and you may find it easier to cut out that cigarette. Try changing what you drink, change from tea to orange juice, or coffee to tea. You will have your own individual habits, once you have identified them, it will be easier to break them and find something else to do.

Deep breathing - take some time out and practice some deep breathing (without the addition of dangerous chemicals) to help you take the stress out of your life.

Drink water - this will help flush the toxins out of your system. Carrying a bottle of water around will also give you something to replace the hand to mouth action associated with smoking.

Contact the NHS Grampian Smoking Advice Service for further information and advice:

Freephone 08085 20 20 30 (calls from mobiles may be charged) Monday-Friday 9am-5pm.

Text 'ADVICE' to 82727

E-mail: grampiansas@nhs.net

With the holiday season fast approaching, now is the time to make sure you have enough of your regular medication to see you through the festive period. Please note the dates we are closed (see page 1) and remember the repeat prescription turnaround is 48 hours collection from the surgery or pharmacy.

You don't need to over order - we are open again as usual after the public holidays - but do make sure you have enough of your usual medications.



Just for Fun! We found these tips to help remind us about keeping safe and healthy over the holiday time. Sing to "The 12 days of Christmas" if you like!

1. The 1st way to health, my GP said to me - **Eat your 5 fruit and veg per day.**
2. The 2nd way to health, my GP said to me - **Get enough sleep**, and eat your 5 fruit and veg per day.
3. The 3rd way to health, my GP said to me - **Manage your stress**, Get enough sleep, and eat your 5 fruit and veg per day.
4. The 4th way to health, my GP said to me - **Don't drink and drive**, manage your stress, Get enough sleep, and eat your 5 fruit and veg per day.
5. The 5th way to health, my GP said to me - **BE SMOKE-FREE**, don't drink and drive, manage your stress, Get enough sleep, and eat your 5 fruit and veg per day.
6. The 6th way to health, my GP said to me - **Drink plenty water**, BE SMOKE-FREE, don't drink and drive, manage your stress, Get enough sleep, and eat your 5 fruit and veg per day.
7. The 7th way to health, my GP said to me - **Don't miss booked appointments**, drink plenty water, BE SMOKE-FREE, don't drink and drive, manage your stress, Get enough sleep, and eat your 5 fruit and veg per day.
8. The 8th way to health, my GP said to me - **Take the flu jab if offered**, don't miss booked appointments, drink plenty water, BE SMOKE-FREE, don't drink and drive, manage your stress, Get enough sleep, and eat your 5 fruit and veg per day.
9. The 9th way to health, my GP said to me - **Try self-care remedies**, take the flu jab if offered, don't miss booked appointments, drink plenty water, BE SMOKE-FREE, don't drink and drive, manage your stress, Get enough sleep, and eat your 5 fruit and veg per day.
10. The 10th way to health, my GP said to me - **Make time for a blether**, try self-care remedies, take the flu jab if offered, don't miss booked appointments, drink plenty water, BE SMOKE-FREE, don't drink and drive, manage your stress, Get enough sleep, and eat your 5 fruit and veg per day.
11. The 11th way to health, my GP said to me - **Take part in screening offered**, make time for a blether, try self-care remedies, take the flu jab if offered, don't miss booked appointments, drink plenty water, BE SMOKE-FREE, don't drink and drive, manage your stress, Get enough sleep, and eat your 5 fruit and veg per day.
12. The 12th way to health, my GP said to me - **Eat well and get moving**, Take part in screening offered, make time for a blether, try self-care remedies, take the flu jab if offered, don't miss booked appointments, drink plenty water, BE SMOKE-FREE, don't drink and drive, manage your stress, Get enough sleep, and eat your 5 fruit and veg per day

Happy Christmas!

(If you would like further info on any of these topics please ask next time you're in the surgery.)