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MILL ROAD SURGERY NEWSLETTER

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Have you had all of your jabs yet?

SURGERY NEWS

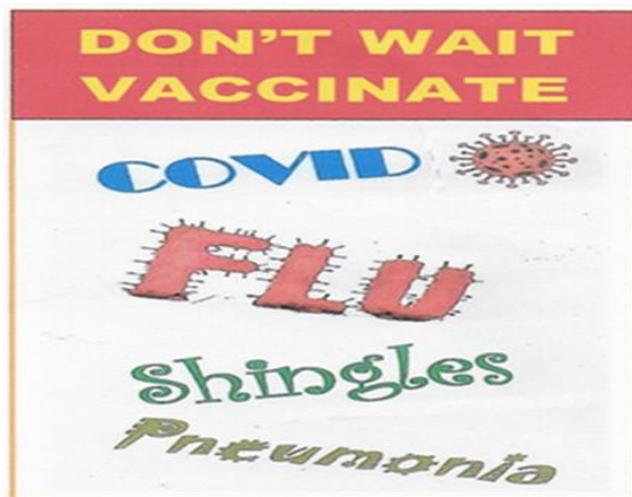
We are pleased to welcome a new Salaried GP to the team, Dr Alison MacGregor joined us in September this year and is providing 6 sessions per week of clinical support. Dr MacGregor has already received great feedback from patients and we are privileged to have her as part of the team.

The building works have commenced in the old 'polyclinic' and it is taking shape of what will be Room 16 and Room 17. There have been delays as always with so many interdependencies going on at once, but we are hoping to be seeing patients in these rooms by Christmas. We apologise to those who experience noise interruptions during this time, unfortunately these aren't avoidable but we thank everyone for their patience.

Following the advice from NHS England instructing vaccination sites to bring forward their COVID/flu clinics in order to vaccinate the vast majority of patients in the month of October, we are pleased to say that over 2,000 patients were vaccinated in October alone, with many continuing to be vaccinated where possible throughout November. We are immensely grateful once more for the support provided by the PPG and patients who are not part of the PPG but volunteered to support with operational duties on the day of our Saturday clinics.

Without the PPG support the clinics wouldn't have been anywhere near as successful as they have been this year and for that we count ourselves very lucky as a surgery to have a PPG so engaged. We also thank all our staff for giving up time over their weekends to work through the vaccination season and reach the goal advised by NHS England.

Compiled by Patient Participatint Group (PPG)



How can I stay healthy in winter?

Cold temperatures can raise blood pressure and increase the risk of flu and other lung-related problems. Our blood pressure takes longer to return to normal, and this can put you at greater risk of a heart attack or stroke. That's why it's so important to look after yourself in the winter.

Keep moving

Even if you don't feel like it, staying active will not only keep you fit and healthy, it will also generate heat to keep you warm. If it's not too cold, take a short walk in the middle of the day.

Preparing for winter

Cold weather can be a worry in later life. As we get older, our bodies respond differently to the cold which can leave us more susceptible to serious health problems.

Eat well

Hot meals and drinks help to keep you warm, so eat at least one hot meal each day and have hot drinks throughout the day.

Include a good range of foods in your diet and aim for five portions of fruit and get plenty of nutrients and vitamins. Remember that frozen vegetables are as good as fresh. Keep basic food items in the cupboard or freezer in case it's too cold to go shopping.

Check if you've had the 'pneumo' jab

The 'pneumo' (or pneumococcal) jab is a one-off jab that helps protect you against pneumonia, meningitis and septicaemia (a type of blood poisoning). If you're over 65 and haven't had one, ask your GP.

Preparing for winter

Cold weather can be a worry in later life. As we get older. With a little preparation, and by following some simple suggestions, you can stay healthy, safe and comfortable this winter. Our blood pressure takes longer to return to normal, and this can put you at greater risk of a heart attack or stroke.

Keep moving

Look for ways to keep active - get up and walk around, make yourself a warm drink.

If you're over 65, have that flu jab every year.



DIETARY FIBRE: Essential for a healthy diet

Eat more fibre. You've probably heard it before. But do you know why fibre is so good for your health?

Dietary fibre — found mainly in fruits, vegetables, whole grains and legumes — is probably best known for its ability to prevent or relieve constipation. But foods containing fibre can provide other health benefits as well, such as helping to maintain a healthy weight and lowering your risk of diabetes, heart disease and some types of cancer.

Selecting tasty foods that provide fibre isn't difficult. Find out how much dietary fibre you need, the foods that contain it, and how to add them to meals and snacks.

What is dietary fibre? Dietary fibre, also known as roughage or bulk, includes the parts of plant foods your body can't digest or absorb. Unlike other food components, such as fats, proteins or carbohydrates — which your body breaks down and absorbs — fibre isn't digested by your body. Instead, it passes relatively intact through your stomach, small intestine and colon and out of your body.

Soluble fibre. (dissolves in water). This type of fiber dissolves in water to form a gel-like material. It can help lower blood cholesterol and glucose levels. Soluble fibre is found in oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium.

Insoluble fibre. (does not dissolve) This type of fibre promotes the movement of material through your digestive system and increases stool bulk, so it can be of benefit to those who struggle with constipation or irregular stools. **Continued >** Whole-wheat flour, wheat bran, nuts, beans and vegetables, such as cauliflower, green beans and potatoes, are good sources of insoluble fibre.



INHALER RECYCLING IN COLCHESTER
Boots – Morrisons – Sainsburys – Tesco
Asda – Rowlands Mile End

All used inhalers should be returned to a store or pharmacy to be disposed of safely

They should NOT be put into waste bins
Landfill disposal is harmful to the environment both material waste and as greenhouse gas imissions, as the residual gas from canisters is released into the atmosphere

The amount of soluble and insoluble fibre varies in different plant foods. To receive the greatest health benefit, eat a wide variety of high-fibre foods.

Benefits of a high-fibre diet. A high-fibre diet Normalises bowel movements. Dietary fibre increases the weight and size of your stool and softens it. A bulky stool is easier to pass, decreasing your chance of constipation. If you have loose, watery stools, fibre may help to solidify the stool because it absorbs water and adds bulk to stool.

Helps maintain bowel health. A high-fibre diet may lower your risk of developing hemorrhoids and small pouches in your colon (diverticular disease). Studies have also found that a high-fibre diet likely lowers the risk of colorectal cancer. Some fibre is fermented in the colon. Researchers are looking at how this may play a role in preventing diseases of the colon.

Lowers cholesterol levels. Soluble fibre found in beans, oats, flaxseed and oat bran may help lower total blood cholesterol levels by lowering low-density lipoprotein, or "bad," cholesterol levels. Studies also have shown that high-fibre foods may have other heart-health benefits, such as reducing blood pressure and inflammation. Helps control blood sugar levels. In people with diabetes, fibre — particularly soluble fibre — can slow the absorption of sugar and help improve blood sugar levels. A healthy diet that includes insoluble fibre may also reduce the risk of developing type 2 diabetes.

Aids in achieving healthy weight. High-fibre foods tend to be more filling than low-fibre foods, so you're likely to eat less and stay satisfied longer. And high-fibre foods tend to take longer to eat and to be less "energy dense," which means they have fewer calories for the same volume of food.

Studies suggest that increasing your dietary fibre intake — especially cereal fibre — is associated with a reduced risk of dying from cardiovascular disease and all cancers.

How much fibre do you need?

Fibre: Daily recommendations for adults;

	Age 50 & Under	Age 51 & Over
Men	38 grams	30 grams

Women	25 grams	21 grams
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Your best fibre choices If you aren't getting enough fibre each day, you may need to boost your intake. Good choices include Beans, Peas, and other Legumes, Nuts and Seed



Overview

Diabetes mellitus refers to a group of diseases that affect how the body uses blood sugar (glucose). Glucose is an important source of energy for the cells that make up the muscles and tissues. It's also the brain's main source of fuel. The main cause of diabetes varies by type.

But no matter what type of diabetes you have, it can lead to excess sugar in the blood. Too much sugar in the blood can lead to serious health problems. Chronic diabetes conditions include type 1 diabetes and type 2 diabetes. Potentially reversible diabetes conditions include prediabetes and gestational diabetes.

Prediabetes happens when blood sugar levels are higher than normal. But the blood sugar levels aren't high enough to be called diabetes. And prediabetes can lead to diabetes unless steps are taken to prevent it. Gestational diabetes happens during pregnancy. But it may go away after the baby is born.

Symptoms

Diabetes symptoms depend on how high your blood sugar is. Some people, especially if they have prediabetes, gestational diabetes or type 2 diabetes, may not have symptoms. In type 1 diabetes, symptoms tend to come on quickly and be more severe. Some of the symptoms of type 1 diabetes and type 2 diabetes are:

- Feeling more thirsty than usual.
- Urinating often.
- Losing weight without trying.

Presence of ketones in the urine. Ketones are a byproduct of the breakdown of muscle and fat that happens when there's not enough available insulin.

- Feeling tired and weak.

- Feeling irritable or having other mood changes.
- Having blurry vision.
- Having slow-healing sores.

Getting a lot of infections, such as gum, skin and vaginal infections.

Type 1 diabetes can start at any age. But it often starts during childhood or teen years. Type 2 diabetes, the more common type, can develop at any age. Type 2 diabetes is more common in people older than 40. But type 2 diabetes in children is increasing.

Prevention

Type 1 diabetes can't be prevented. But the healthy lifestyle choices that help treat prediabetes, type 2 diabetes and gestational diabetes can also help prevent them. Eat healthy foods. Choose foods lower in fat and calories and higher in fiber. Focus on fruits, vegetables and whole grains. Eat a variety to keep from feeling bored.

Get more physical activity. Try to get about 30 minutes of moderate aerobic activity on most days of the week. Or aim to get at least 150 minutes of moderate aerobic activity a week. For example, take a brisk daily walk. If you can't fit in a long workout, break it up into smaller sessions throughout the day. Lose excess pounds. If you're overweight, losing even 7% of your body weight can lower the risk of diabetes. For example, if you weigh 200 pounds (90.7 kilograms), losing 14 pounds (6.4 kilograms) can lower the risk of diabetes.

But don't try to lose weight during pregnancy. Talk to your provider about how much weight is healthy for you to gain during pregnancy. To keep your weight in a healthy range, work on long-term changes to your eating and exercise habits. Remember the benefits of losing weight, such as a healthier heart, more energy and higher self-esteem.

Have your blood sugar checked every year.



BLISTER PACK RECYCLING PROGRAMME

Due to popular demand, which led to participation exceeding expectations, we have now reached the maximum number of shipping labels available for this programme. Our testament to our joint commitment to the environment!

This programme is consequently paused for the time being while we work to address the high demand. Rest assured, we are actively looking for ways to restore it.

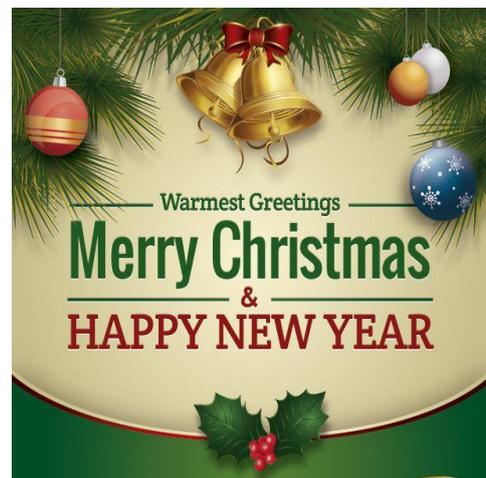
Patient Participation Group

ARE YOU INTERESTED IN JOINING THE PATIENT PARTICIPATION GROUP (PPG)

Please see our PPG noticeboard in the waiting room or contact us via the online form on our website

<https://www.millroad-surgery.co.uk>

Any comments or queries or if you would like to receive future copies by email, send to Mill Road Surgery Patient Participation Group at mrsppgc@gmail.com



*From All at
Mill Road Surgery
& Your PPG
Stay Safe - Stay Well*