

PATIENT NEWSLETTER

MAY 2021

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COVID vaccination



The NHS COVID vaccination programme has been incredibly successful. Eligibility is changing rapidly, with more of the adult population becoming eligible. To see if you are eligible to book your vaccination, you can check here: <https://www.nhs.uk/conditions/coronavirus-vaccination/book-coronavirus-vaccination/>

Post-natal depression

Post-natal depression can be very difficult to deal with. If you've recently had a child and you're finding you're not enjoying life as much as you normally do, it's possible it's more than just the 'baby blues'. Although it's predominantly women who are affected, men can be diagnosed too.

<https://www.nhs.uk/mental-health/conditions/post-natal-depression/overview/>

<https://www.rcpsych.ac.uk/mental-health/problems-disorders/post-natal-depression>

Mental health awareness (10th – 16th May)

10th – 16th May is Mental Health Awareness Week. The theme this year is 'nature'. You might wonder what nature has to do with mental health, but connecting with the natural environment is beneficial to mental health. With the challenges that lockdowns have brought over the last year, it's more important than ever to make sure everyone can access the natural environment.

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Smoking, tobacco and vaping



If you're a teen smoker, you might want to think about giving up. Your long-term health can be seriously affected by smoking. It's not just your health, though; smoking can seriously damage your wallet.

If you're 16 and smoke ten cigarettes a day until you retire, you'll have spent almost £130,000 on cigarettes in today's money! If inflation over the next 50 years is the same as it has been in the last 50 years, a week's worth of cigarettes will cost you almost £600.

<https://www.nhs.uk/live-well/quit-smoking/quitting-smoking-under-18s-guide/>

<https://www.nhsinform.scot/stopping-smoking/calculate-my-savings>

Slips, trips and falls



Incredibly, more than 30% of people aged over 60 will have a fall once a year. But there are some things you can do to make sure you're minimising the risk of you being one of them. Falls are the most common cause of injury-related deaths in the over 75s. So, if you fall, or someone you care for does, what should you do?

<https://www.helpinghandshomecare.co...enting-slips-trips-and-falls-for-the-elderly/>

<https://www.nhs.uk/conditions/falls/>

Diabetes



It's not unusual for sufferers of Type 2 Diabetes to have had the symptoms of Diabetes for years before they're diagnosed. Symptoms can come on very slowly, and this can mean that you don't notice the changes. If you've been diagnosed with Diabetes, whether Type 1 or Type 2, we'll invite you each year to have a review. It's really important to come to your review when invited, as the check we do helps us to detect any changes in your condition that might need further investigation.

<https://www.diabetes.co.uk/diabetes-symptoms.html>

<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/care-to-expect>

Smile and dental health (17th May – 16th June)



17th May marks the start of National Smile Month. If you rinse after brushing, that might not be the best way to look after your teeth. Did you know how closely linked your dental and overall health are? If not, you might find this video interesting:

<https://www.bhf.org.uk/information-support/heart-matters-magazine/medical/oral-health>

<https://www.dentalhealth.org/how-to-clean-your-teeth>

Dementia awareness (17th – 23rd May)

17th – 23rd May is Dementia Action Week. The Alzheimer's Society is calling on the Government to 'Cure the Care System'. A dementia diagnosis doesn't just affect the patient, it affects their family too, and getting the right support is vital. If you're caring for someone with dementia, it can be very challenging. There are a few things you should think about to make sure your situation is sustainable:

<https://www.alzheimers.net/caring-for-someone-with-dementia>

<https://www.alzheimers.org.uk/get-involved/dementia-action-week>

Staying healthy and National Walking Month



1.2 million more adults were inactive during the first eight months of the COVID-19 restrictions. Walking is an easy and free way to change things, if that applies to you. Walking six miles a week or more can help to reduce your risk of dementia. There are lots of incredible ways in which walking helps your overall health. The changes in physical activity during the COVID-19 pandemic have had a negative impact on the health of many. If you're sitting at a desk all day, possibly working from home in less than ideal conditions, have you considered what types of exercises might help or exacerbate your lower-back pain?

It's not just inactivity that's having an impact; what we're eating makes a difference too. The NHS has developed a brilliant set of resources grouped together under 'Eat Well'. Providing dietary and nutritional advice, along with delicious recipes, you really can enjoy food without sacrificing your healthy diet. Overall, adults are clearly less active, so what kind of example does that set for our children? 2020 and 2021 have been years like no others, with many

children having spent months learning at home with their parents and carers. Who would have thought that children would be desperate to get to school? Make the most of that enthusiasm and get them walking! It'll keep them fit, and help you get more active at the same time.

<https://www.bbc.co.uk/sport/56928594>

<https://activenation.org.uk/thelocker/may-national-walking-month/>

<https://www.webmd.com/back-pain/ss/slideshow-exercises>

<https://www.nhs.uk/live-well/eat-well/?tabname=digestive-health>

<https://www.livingstreets.org.uk/products-and-services/projects/walk-to-school-week>