

# PATIENT NEWSLETTER FEBRUARY 2021

## Millview Surgery

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### Stay well in Winter

If you're an older adult, it's really important to make sure you stay warm, because getting cold can have unintended consequences. It's one of the reasons why the Government gives a winter fuel payment. There's been some extreme weather in the last few weeks, and February can be very cold. You can sign up to cold weather alerts from the Met Office, so you'll know if you need to take extra precautions.



<https://www.ageuk.org.uk/informatio...keep-well-this-winter/stay-healthy-in-winter/>

<https://www.metoffice.gov.uk/public/weather/cold-weather-alert/?tab=coldWeatherAlert&season=normal>

### Keeping active when you don't feel like it

If you're struggling to get motivated to exercise now that the winter has drawn in, we've got some ideas for you. Exercise is much easier to keep up with if you're having fun. If you don't have a current exercise routine, then it's important to find something you enjoy doing.

EXERCISE



While military fitness isn't for everyone, here are some good suggestions about how to stay motivated even when it's the last thing you feel like doing. With lockdown keeping all of us inside for longer than is normal, a good exercise routine will help you to stay fit and active.

<https://www.12minuteathlete.com/things-that-dont-feel-like-exercise/>

<https://www.military.com/military-f...tegies-working-out-even-when-you-dont-feel-it>

## COVID

If you've received a letter from the NHS to invite you for your coronavirus vaccination, you can book an appointment online. You might be experiencing some uncertainty about whether to have the vaccination or not, but vaccination is critical to ensuring the safety of you and others.



<https://www.nhs.uk/conditions/coronavirus-vaccination/book-coronavirus-vaccination/>

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/>

With a daily-changing picture, guidance, rules and data alter frequently. Information provided by the Government and the NHS is reliable and kept up to date. With the NHS under increasing pressure, we can all stay at home to save lives. Information from the Government website ensures that you can see the most up-to-date information about rules for staying at home.

<https://coronavirus.data.gov.uk/>

<https://www.gov.uk/coronavirus>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

With coronavirus infections still at high levels within the community, washing our hands is one of the most effective ways of stopping the spread of the disease. It seems straightforward, but there's more to washing your hands correctly than you might think. As GPs, we're taught to use this technique every time we wash our hands. If you've never given it any thought, this is the best way to wash your hands.

If you have young children, you might find that singing along to a familiar song helps with hand hygiene. Children are brilliant mimics and quick to learn, so the best way to get them practising good hand hygiene is to model the behaviour yourself.

[https://assets.publishing.service.g...\\_data/file/886217/Best\\_practice\\_hand\\_washing.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/886217/Best_practice_hand_washing.pdf)

<https://www.bbc.co.uk/cbeebies/watch/washing-your-hands-song>

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>



## Stress in children

We're all under unusual stress in uncertain times, and this applies to children as well as adults. It's worth reading this article if you have children. Signs of stress can be wide-ranging. Children may exhibit signs of stress differently to adults. Uncertainty can add to anxiety, and anxiety can be a lifelong difficulty for some people. If you have a child who's anxious, there are things you can do to help and support them. It's also important to know when to seek help if they're very anxious or their anxiety continues for a long time.



<https://kidshealth.org/en/parents/stress.html>

<https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>

## Depression in men

The current coronavirus crisis has caused low mood and depression in many people. Difficulties ranging from home situations to work and money are causing more and more people to seek help. If you're finding things hard, don't wait to ask for the support you need.



Symptoms of depression often present differently in men than in women. It's good to have an idea of what the differences are so that you can keep an eye on mental health for yourself and others. Mental health has been a big feature of this year and last.

With 2020 being one of the most challenging years from a mental health perspective, we're all beginning to understand just how easily mental health moves from being fine to not fine at all. While some conversations are better face to face, you might find that if you're showing a willingness to listen, using your online presence, that someone who needs to talk will feel that they can. Never underestimate the difference that feeling you can approach someone can make.

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

<https://www.priorygroup.com/mental-health/depression-treatment/depression-in-men>

## Self-care

We talk about self-care, but what do we really mean? There's a pyramid that can help you to understand what you need to do to look after yourself, and this article provides a really good explanation. The crux of the issue is that you need to take care of the basics first, then, once you've managed that, you can start to think about the things that make you feel warm and fuzzy inside. Besides the basics of life and self-care, there's also self-care in a healthcare context. Self-care is a really important part of healthcare, and knowing when you can safely look after yourself and when you need to seek further help is vital. If you're unsure, your pharmacist can help with lots of minor ailments.



<http://www.onelifenz.com/blog/2020/1/pyramidofself-care>

<http://www.selfcareforum.org/about-us/what-do-we-mean-by-self-care-and-why-is-good-for-people/>

### **Childhood obesity**

Childhood obesity is an increasing problem, and children who are obese may find it hard to lose weight in later life. This can lead to an increased chance of illness later on. Keeping children at a healthy weight isn't just about what they eat; it's also about their levels of fitness and exercise.



If you're trying to maintain a healthy lifestyle for your children, the NHS has some helpful advice about diet and exercise and how to stay healthy in childhood.

<https://www.rcpch.ac.uk/key-topics/nutrition-obesity/about-childhood-obesity>

<https://www.nhs.uk/live-well/healthy-weight/overweight-children-advice-for-parents/>

### **International Pre-Natal Infection Prevention Month**

Pre-natal infections can cause serious problems during pregnancy and birth. Group B Strep is generally harmless, and 2 in 5 people live with it in their bodies. However, it can cause problems during pregnancy and after birth, so it's important for mums and dads-to-be to know about it. Testing for Group B Strep isn't routine in pregnancy in the UK, though you may be tested for it if you're being tested for other things.



<https://www.groupbstrepinternational.org/>

<https://www.nhs.uk/conditions/group-b-strep/>

## **Pneumonia**

Pneumonia can make you feel very unwell. It can be a complication of bacterial infections or it can be caused by diseases such as COVID-19. We offer pneumococcal vaccinations to those who are most vulnerable from complications. If we've invited you for a vaccination but you haven't had it yet, please get in touch.



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

<https://www.nhs.uk/conditions/vaccinations/pneumococcal-vaccination/>

## **Heart awareness and Peripheral Arterial Disease**

This seems less important to worry about when you're young, but you should really think about your lifestyle and risk of vascular diseases, including heart disease and Peripheral Arterial Disease.

Heart disease can creep up on you slowly, so thinking about it sooner can help you to take steps to keep your heart healthy. If you don't know how old your heart is compared to the rest of you, now might be a good time to think about it.



Peripheral Arterial Disease can be devastating, and while some women are affected, it impacts far greater numbers of men, and much earlier in their lives.

Most people won't have heard of 'intermittent claudication', but it's quite common, and if you have it, your risk of heart attack is 3 to 5 times higher. The British Heart Foundation has lots of useful resources for those at risk of Peripheral Arterial Disease.

<https://www.nhs.uk/oneyou/for-your-body/check-your-health/heart-age-test/>

<https://www.nhs.uk/conditions/peripheral-arterial-disease-pad/>

<https://www.bhf.org.uk/information-support/heart-matters-magazine/medical/peripheral-arterial-disease>

### **Tinnitus awareness**

If you've ever suffered from tinnitus when you've had a cold, or after a loud night out, you'll know how frustrating it can be. Sufferers of tinnitus can find it difficult to concentrate or sleep among other side effects. If you suffer from tinnitus, you might think you just have to get on with it, even if you're finding it really difficult. The good news is that there are some therapies that can help. While a solution to tinnitus isn't straightforward for everyone, lots of sufferers learn to manage their condition to minimise the impact on their lives.



<https://www.tinnitus.org.uk/Pages/Category/tinnitus-week-2021>

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

### **World Cancer Day (4th February)**

World Cancer Day aims to raise awareness of cancer, and the efforts being made to tackle this disease. A cancer-free future is within our grasp. We know more about cancer now than we've ever done before. By raising awareness and increasing the funds available for research, we'll be in a better position for the future.



You might be surprised that the group with the highest increase in incidence of cancers in the last 30 years is the 0-24 age group. Numbers and types of cancers vary widely by age group. This information from Cancer Research provides detail about the types of cancer people suffer from. This information shows why the NHS focuses on screening campaigns for certain age groups and types of cancer.

<https://www.worldcancerday.org>

<https://www.cancerresearchuk.org/health-professional/cancer-statistics/incidence#heading-Two>