

January 2023 – Surgery Newsletter



We would like to wish all our patients a very Happy New Year

NEW YEAR NEW YOU!

With the start of the New Year, it's a great time to make some changes to try and stay as healthy as possible.

Did you know that if you are overweight this could really be having a huge impact on your health without you even realising it yet? With a huge increase in Type 2 diabetes, and other chronic health conditions such as high blood pressure, high cholesterol, your weight could be the number one cause! Likewise, if you have one of these conditions, making some changes now could have a huge impact and prevent future complications that these conditions can lead to.

We know that looking after yourself today will protect you from some of these health conditions developing in the future. Better diet choices and increasing your activity/exercise can drastically reduce your chances of developing these conditions or even put them into remission. Sometimes all we need is to understand some simple changes to what we eat or some alternative ideas that will help. One of the main pieces of advice is to cut down on the amount of sugar you are eating. Stop having it in your hot drinks. Switch to a sweetener! Try eating eggs for breakfast, boiled, scrambled, poached instead of cereals. If it's a case of time making eggs for breakfast will only take 5 minutes! Try looking at everything you buy that is in a packet and asking yourself can I make this with real ingredients, real food? Or can I exchange this packet that I'm opening and have a better choice? It normally is much easier than you think. In the busy world we live in – it has become all too easy to buy snacks, Jars, meals that are ready to eat almost instantly. **Sometimes all you need is a fresh approach.**

FLU VACCINATIONS

For anyone who is entitled to a flu vaccination, either because they are over 50 or younger than this but with a pre-existing condition, these can still be booked by contacting a member of the reception team on tel. 01206 250691.

SURGERY TRAINING AFTERNOON

Along with all other surgeries in the area we will be shut from 12.00 noon on Tuesday, 31 January 2023 for staff training.

PATIENT PARTICIPATION GROUP

The next meeting of the Patient Participation Group will be held on Thursday, 19 January 2023 at 6.30 pm at Great Bentley Village Hall.

Sue Mitson – Operations Manager