

September 2015 – Surgery Newsletter



Apart from one really wet week the summer was pretty good this year. Hayfever symptoms have cleared, the nights are drawing in and our children and young people are going back to school/ college or university. Talking of young people, if your birth date is between 1st September 1996 and 31st August 1997, you will be offered a new vaccine to protect against Meningitis ACWY. This vaccine will protect against four different causes of meningitis as well as septicaemia. If you are going to university it's recommended that you have this vaccine two weeks before you start, so call us now! Younger teenagers will be offered this vaccination in their routine school programme.

We are now also heading into our annual flu vaccination season. If you think you are eligible for a free NHS seasonal flu vaccination, please call us now to check and make your appointment in one of our special clinics arranged at the end of this month or early in October.

Finally the Patient Participation Group is meeting on Thursday 17th September 2015 at 6.30pm in the Great Bentley Village Hall. We hope to be able to discuss some subjects submitted via our new "Virtual PPG" for the first time. If you would like to be part of this new group who are unable to attend regular meetings, just send an email to Melvyn Cox (PPG Chairman) using melvyncox141@yahoo.co.uk.

Richard P Miller – Practice Manager



SUGAR - Most of us eat too much sugar. It can be hidden in foods without us realising it. Try to cut down by eating fewer sugary foods such as cakes biscuits and fizzy drinks. Many processed foods and surprisingly low fat foods can have a high sugar content. Drinking lots of sugary drinks has been linked to an increase risk of type 2 diabetes. Sugary foods and drinks can also cause tooth decay especially if you eat them between meals.

The government recommends that sugars shouldn't make up more than 5% of the energy (calories) you get from food and drink each day that is a maximum of 30g which is roughly 7 sugar cubes. Children should have less - 19g for a child 4-6 years - 5 sugar cubes or 24g for a child 7-10 years - 6 sugar cubes. Just ONE can of cola can have as much as 9 cubes of added sugar!

TIPS TO CUT DOWN SUGAR

- Instead of fizzy drinks and juice go for water or unsweetened juice. Try diluting fruit juice with sparkling water.
- Cut down or stop having sugar in tea or coffee
- Swap cakes or biscuits for a currant bun or scone.
- Watch your breakfast cereals many are very high in sugar. Try porridge, Weetabix or Shreddies (Other brands are available!)
- Ready sauces and soups often have added sugars. Try to make your own - it is really easy and a lot cheaper. An average sized jar of pasta sauce (roughly 150g) can contain over 13g of sugar which is the equivalent of 3 teaspoons!
- Get used to reading food labels and comparing products for healthier options. High - over 22g of total sugars per 100g - Low - 5g of total sugars per 100g

Have a look at the really useful **Change4lifesugarswaps app** on your Smartphone or visit <http://www.nhs.uk/change4life/Pages/low-sugar-healthy-snacks.aspx>