

HIGHBRIDGE HIGHLIGHTS

APRIL 2015
EDITION 1



Welcome to the first edition of our Highbridge Medical Centres' Monthly update for patients registered with the practice.

We hope to bring advice on health related matters as well as keeping you informed of any practice developments, staff changes, news.

Healthy Eating

A healthy diet may prevent certain long-term (Chronic) diseases such as heart disease, stroke and diabetes. It may also help to reduce your risk of developing some cancers and help you keep a healthy weight.

Different Food Groups

Your body needs energy to work normally and keep you alive. You obtain this energy from nutrients in the food that you eat – mostly carbohydrates, fats and proteins. Minerals and Vitamins are other nutrients that are also important in your diet to help your body stay healthy.

It is important to find the right balance between these different nutrients to achieve maximum health benefits. A balanced diet generally contains food from each of the following groups:

- Starchy foods such as bread, rice, potatoes, and pasta.
- Fruit and Vegetables
- Milk and dairy foods
- Protein foods – these include meat, fish, eggs and other non-dairy sources of protein e.g. nuts, tofu, beans and pulses.

In addition having plenty of fibre and water in your diet is also important for your health.

Other parts to remember:-

- Don't have too many sugary foods and drinks "Sugary foods are high in calories."
- Don't eat too much salt "Too much salt increases the risk of developing high blood pressure." Guidelines state no more than 6g of salt per day.
- Don't forget portion sizes.
- Think about what you are drinking:
- Choose healthier – non-alcoholic drinks

- Keep alcohol to recommended limits,
- Men no more than 21 units per week
- Women no more than 14 units per week



As a general rule; vegetables, fruits and starchy foods should provide the bulk of most of your meals. The remaining part of your diet should be made up from milk, dairy and protein foods. You should limit the amount of food and drinks that are high in fat or sugar.

The above is general advice for most people. If you have a specific health problem or specific dietary requirements, this advice may not apply to you. There are also some changes pregnant women need to make to their diet.

When should I visit A/E? :

As another holiday weekend approaches it is important that we all remember what Accident and Emergency departments are for:

- To assess and treat patients with serious injuries and illnesses
- You should visit A&E or call 999 for life threatening emergencies such as:
 - ...loss of Consciousness
 - ...acute confused state and fits that are not stopping
 - ...severe chest pain
 - ...breathing difficulties
 - ...severe bleeding that cannot be stopped.

When the practice is closed at Weekends/ Bank Holidays and at Night

If you have an episode of illness and feel you need to see a doctor, please phone 111 who will assess your need, advise you and make an appointment with the Out of Hours doctor if it is felt necessary.



DR ELLIOTT

Dr Elliott will be leaving us on April 25th for 5 months sabbatical – to pursue personal interests in France.

During her absence we welcome Dr Alex Gundry who will be covering Dr Elliott's usual surgeries and patient caseload.

We all wish her well and hope she has a restful break from work.