



Can you reduce your risk of dementia?

Although getting older is the biggest risk factor for dementia, evidence shows there are things you can do to help reduce your own risk. These include keeping active, eating healthily and exercising your mind.

Doing regular physical activity is one of the best ways to reduce your risk of dementia. It's good for your heart, circulation, weight and mental wellbeing.

Eating a colourful healthy balanced diet may help reduce your risk of dementia. The brain needs its own fuel and it requires healthy fats, fruit, vegetables, lean proteins along with adequate vitamins and minerals. Some research suggests including plenty of leafy green vegetables, such as spinach and kale along with dark fruits and berries, as these contain high levels of antioxidants. Sweet potatoes, carrots and swede (orange vegetables) are rich in beta-carotene which has also said may benefit the brain and memory.

The Alzheimer's Society says that high levels of antioxidants may help to protect against some of the damage to brain cells associated with the disease. Inflammation in the form of a chemical change in the brain is associated with Alzheimer's disease and the charity says there are suggestions that a diet high in antioxidants reduces the signs of this inflammation.

Drinking too much alcohol increases your risk of developing dementia. At most, you should aim to drink no more than 14 units each week. If you regularly drink much more than this, you're at risk of alcohol-related brain damage.

Keep your mind active. Regularly challenging yourself mentally seems to build up the brain's ability to cope with disease. One way to think about it is 'Use it or lose it'. Find something you like doing that challenges your brain and do it regularly. It's important to find something that you'll keep up. For example:- do puzzles, crosswords or quizzes. Play card games or board games. Read challenging books or write (fiction or non-fiction). Talking and communicating with other people may also help to reduce your risk of dementia.

Mid-life is an important time to start taking care of your health, if you're not doing so already. For further information visit

www.alzheimers.org.uk or www.nhs.uk

Closure of Abbotsbury Road Practice

As you may have heard Abbotsbury Road Practice is closing at the end of March 2019. All practices in Weymouth and Portland have been working together to plan the transfer of care of all patients to other local practices, this has now been completed.

Patients from Abbotsbury Road will be transferred to their new practice throughout January, February and March and we will be welcoming patients to both our surgeries.

The Partners and practice team have spent time planning to welcome these patients. A variety of additional resources are being put in place, welcome events are being held for our new patients and opportunities for all patients to access care in new ways will become available through ongoing innovation and collaboration.

New Service coming soon...

A new GP online consultation system to help patients gain better access to instant medical care and advice.

Patients can access **eConsult** around the clock 24/7 to quickly access their symptoms and receive on the spot advice about the next steps they need to take to get treatment for their condition.

GP Online Services via Evergreen Life

The **Evergreen Life** app allows patients to download their medical information, book GP appointments, order repeat prescriptions and view test results. The app has a number of other helpful tools including a medication diary and reminder, donor data and a health and fitness monitor which records results such as heart rate, blood pressure, body fat and muscle mass.

Next time you visit your GP ask to have access to online services. You will need to provide 2 forms of ID for a receptionist to issue you a password and identification number. Download the **Evergreen Life** app onto your mobile device, you will need to enter your **Password** and **Identification number** to link to the app. Once done you can also access Evergreen via a computer.

Some patients prefer Evergreen and find this app easier to use and manage than SystmOnline. If you have a smart phone why not have a look at the **Evergreen app**.

The **SURGERY** will be **CLOSED** on:

Thurs 14 Feb
at 3.30pm

Tue 19 Feb
at 4.30pm

Wed 27 Feb
at 4.30pm

We apologise for any inconvenience this may cause

Would you like **an evening or weekend routine GP or nurse appointment?**

GP and Nurse appointments are available at Weymouth Hospital outside of normal GP surgery hours.

Just ask a receptionist to book one of these appointments.

We can send your prescription direct to a pharmacy for you to collect your medication quicker. Inform reception today of your chosen pharmacy.

Weymouth Urgent Care Centre
Weymouth Community Hospital
Open every day
8am-8pm

(last patient to arrive before 7.30pm)

Clinicians on hand to deal with minor ailments and injuries, including broken bones, cuts, sprains, burns and wound infections.

Please consider the UCC to ease the pressure on A&E services.

Tel: 01305 762541