

JANUARY



Royal Crescent Surgery Newsletter January 2018

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Beat the Bloat

Most of us have experienced the feeling of being bloated, when your tummy is stretched, puffy and uncomfortable. It often happens after a big weekend or over the festive season. For some people, bloating is more than an occasional inconvenience. If your stomach or tummy often feels bloated, it could be due to:

Excess wind – Cut down on foods known to cause wind and bloating, such as beans, onions, broccoli, cabbage sprouts and cauliflower.

Constipation - take steps to prevent it with a fibre-rich diet, drinking lots of fluids and taking regular exercise. Even a 20-30 minute brisk walk four times a week can improve your bowel function.

Swallowing too much air - Don't talk and eat at the same time, sit down to eat, reduce the amount of fizzy drinks you consume, stop chewing gum and chew with your mouth closed.

Food intolerance can lead to bloating when your bowel doesn't empty properly, the food causes gas to be trapped, or too much gas is produced as a reaction to the food.

The main offenders are wheat or gluten and dairy products. The best approach if you have a food intolerance is to eat less of the culprit food or cut it out completely.

Keep a food diary for a couple of weeks, noting everything that you eat and drink and when bloating troubles you most.

Coeliac disease is a common digestive condition where your intestine can't absorb gluten found in wheat, barley and rye. This can also trigger diarrhoea, abdominal pain and fatigue. If your bloating symptoms persist, consult your GP to see if this requires any further investigations.



Staff News



Following the retirement of Kate Meacham the partners are pleased to announce **Sandra Maddison as the Practice Manager** from January 2018.

Sandra joined the practice in 2007 as Surgery Manager at Preston Road Surgery after a 20 year career in corporate banking. In the last few years Sandra has also taken on the role of Practice Business Manager. She is very much looking forward to the role of Practice Manager and working with the partners to continue to develop high quality person centred services for patients.



Patient Online

Did you know that you can now view part of your coded GP records online? You can also view your test results and what these results mean.

People who have long term conditions have found that looking at their test results online helps them make positive changes to improve their health.

If you have not yet signed up for Patient Online please enquire at reception. You will need 2 forms of ID (photo and address) to be set up for this service. If you are new to using the internet, a good way to learn is at your local library.

Age UK also helps older people use online services, their guides help you stay safe online and make the most of the internet.

For further information call **Age UK Advice Line on 0800 169 6565** or visit www.ageuk.org.uk



Keep Safe Keep Warm

If you have reduced mobility, are 65 or over, or have a health condition such as heart or lung disease, you need to keep warm in winter. To keep warm and healthy your living room should be 21C and your bedroom at least 18C. It's a good idea to keep your bedroom at this temperature all night if you can. If you are too cold your body finds it much harder to pump blood around your body.

Call the **Energy Saving Advice Service on 0300 123 1234** who can offer free impartial advice on home insulation and heating. You may be eligible for help to replace your boiler for a more high-efficiency boiler to help reduce the amount of energy used to keep your home warm.

The **DOCTORS & STAFF** would like to say **A BIG THANK YOU** for all your kind Christmas gifts and cards. We wish you all a Happy and Healthy New Year.

CALL 111

When you need urgent medical advice but its not a 999 emergency

Diabetic Patients

DCH Diabetes Nursing team is available for telephone advice 7 days a week. Call the team on **01305 255342**

Adult Access Team

Provide services and advice on:

Independent Living Safety & Security Aids / Equipment Day Centres Support for Carers Dementia Care

Call **01305 221016** For advice

SMS REMINDERS

We can now send appointment reminders by SMS to your phone, and you can cancel your appointment if not needed by SMS. Please ensure we have your correct mobile number!

Patient Participation Group

Meeting Thursday 1st February 2pm

Please inform reception if you are planning to attend.

This is Your Surgery! Help us to continue to improve it.

Stay Healthy...

Just add Water...

Drinking water is the perfect way to stay healthy and hydrated.

In order to maintain a healthy lifestyle, it is recommended that adults drink around 2 litres of water a day and considerably more when they perform exercise or if the weather is hot.

It is also vitally important that if you are taking 'water tablets' or laxatives, you maintain your fluid intake.

Drinking between 6 and 8 glasses a day will bring many benefits, including helping to reduce constipation, urinary infections and headaches, as well as improving blood pressure and sleeping patterns.

Common Myth - If you have a bladder problem, restricting your water intake will NOT work, it will probably make it worse!

A few water facts...

- Your body is composed of 60% water.
- Your brain communicates with your kidneys and tells it how much water to excrete as urine or hold onto for reserves.
- Alcohol interferes with the brain and kidney communication and causes excess excretion of fluids which can then lead to dehydration.

Tips to help you drink more..

- Have water with every snack or meal.
- Eat more fruits and vegetables, their high water content will add to your hydration.
- Keep a bottle of water with you in your car, at your desk, or in your bag.
- Add fruits or vegetables to your water to vary the taste. You could try, orange, lemon, lime, berries, kiwi, or cucumber.

Urinary Tract Infections...

UTIs occur when bacteria have a chance to grow in the urethra and bladder. Like any other kind of infection, the longer it goes untreated, the more serious the complications can be. A UTI that goes untreated can eventually lead to kidney damage.

UTI Symptoms:

- A Burning feeling when you urinate
- A frequent or intense desire to urinate
- Pain in your back or lower abdomen
- Cloudy, dark, bloody, or strange smelling urine
- Feeling tired or shaky
- Fever or chills (a sign the infection may have reached your kidneys).

If you suspect you have a urine infection you should contact your GP and provide a urine sample. A course of antibiotics may be given. You can help this by drinking lots of water to help flush the bacteria from your system.

Continence Services (bladder and bowel)

Incontinence is when you unintentionally pass urine or stools because you can't control your bladder or bowel. If you have incontinence there is help available, do not feel embarrassed to ask for help.

The continence advisory team works with people to alleviate or cure the problem, or to help them manage the problem effectively. Assessments are conducted in a secure, private environment by a specialist nurse, and support/treatment can include lifestyle advice, bladder retraining, pelvic floor exercises, electrical stimulation and bladder scanning.

They work with your GP and can prescribe medication or incontinence products where necessary and can link in with other health care professionals if more specialised treatment is needed. They can provide support for families and carers.

If you, or your loved one would like to access this service, you can speak to your GP or call the Continence Advisory Service direct on **01305 259978**.