

YOUNGER

Events
News
Exercise
Recipes
Advice
Tips
Inspiring
Opportunities
Nutrition

NEWSLETTER JUNE 2016

THE ELMS MEDICAL PRACTICE



2nd FLOOR FOUNTAINS HEALTH
DELAMERE STREET CHESTER CH1 4DS
TEL: 01244 351000 FAX: 01244 313497
www.elmsmedicalcentre.co.uk

13-19th June



MENS HEALTH WEEK 2016

Men's health week is a national health campaign to raise awareness in regards to all aspects of men's health.

The aim of the campaign is to highlight the importance of various medical conditions that occur within men that are often undiagnosed or ignored. For more info you can visit www.menshealth.org or follow the hashtag #menshealthweek

IT'S A FACT!

- 31% of men aged between 18-60 drink over the recommended weekly units of alcohol
- Certain sexual diseases in men can often be symptomless, resulting in 11% of men not knowing that they actually have one.
- 29% of men admit to never 'checking' their male anatomy for changes in appearance etc., resulting in a 6% rise in late diagnosis of testicular cancer since 2010.
- Men are only 38 % of NHS 'Talking Therapy' referrals, yet 78% of deaths by suicide are male.

Why am I tired all the time?



Self Help Tips to Fight Fatigue

- **Eat often to beat tiredness** – eat regular meals and healthy snacks every 3 to 4 hours rather than a large meal less often
- **Perk up with exercise** – you may feel too tired to exercise but regular exercise will make you feel less tired in the long run and give you more energy
- **Lose weight to gain energy** – if your body is carrying excess weight, it can be exhausting and can also put an extra strain on your heart, which can make you tired. Losing weight will help your feel more energetic
- **Sleep well** – it may sound obvious but 2/3 of us suffer from sleep problems, and many people don't get the sleep they need to stay alert through the day
- **Reduce stress to boost energy** – stress uses up a lot of energy, try to introduce relaxing activities into your day
- **Talking therapy beats fatigue** – there is some evidence that talking therapies such as counselling or cognitive behavioural therapy might help to fight fatigue
- **Cut out caffeine** – The Royal College of Psychiatrists recommends that anyone feeling tired should cut out caffeine. Try and stay off it for a month to see if you feel less tired
- **Drink less alcohol** – you sleep less deeply after drinking alcohol, cut down on alcohol before bedtime
- **Drink more water for better energy** – sometimes you feel tired simply because you are mildly dehydrated, a glass of water will do the trick especially after exercise

Why haven't I been seen yet?

My Appointment was 20 minutes ago!

The most common reason for running late is that several patients have come with either very complex or multiple problems. Remember 10 minutes is all that is allocated and only one problem is realistic in that time frame – you should prioritise what really needs to be dealt with that day. We are dealing with complex human beings who we are trying to do our best for – you are one of them.

Urgent extras happen every single day and need to be seen – these are squeezed into a non-existent time between appointments. If you have been waiting for 20 minutes please make the reception team aware.

What can YOU do to help?

Book one 10 minute appointment for one problem, but if the problem is complicated, ask for a double appointment.

Turn up on time (if there is a queue at reception, why not try the computerised check in system, facing the reception desk)

Before you see the Dr, think about your symptoms and what you will tell him/her, e.g. how long have you had them, how severe is it, does it come and go, what makes it worse or better.

If the Dr (or nurse) is running late, please be patient and understanding emergencies happen on a daily basis.

CARERS WEEK 6 – 12TH JUNE 2016

Are you a young carer? Do you know someone that is?

Carer's week aims to support carers all around the UK and help highlight the support available to young people who care for someone else.

This year we're focusing on building Carer Friendly Communities. Communities which support carers to look after their family or friends well, while recognising that they are individuals with needs of their own.

For more information and to find out how you can get support/fundraise you can go to www.carersweek.org.uk or hash tag #carersweek

Live well recipe of the week – Sunny Lemon Chicken

Remember... always wash your hands, work surfaces, utensils and chopping boards before you start preparing food and after handling raw meat, including poultry.

Prep time – 45 mins – Serves – 2

Method

1. Gently fry the chicken in the oil until golden brown and then carefully put on a plate.
2. Toss the mushrooms and onion in the oil and add the stock. Simmer over a low heat and add a pinch of dill.
3. Grate the lemon skin into the pan and add the parsley, lemon juice and black pepper. Simmer until the sauce has reduced by half and then put the chicken back in the pan. Cook for another 15 to 20 minutes, until the chicken is cooked through.
4. Serve with boiled rice and steamed green vegetables, such as cabbage or green beans.



Ingredients

- 2 skinless chicken fillets, cut into strips
- 1 small onion, chopped
- 1 tbsp olive oil
- 1 glass of low-salt stock
- ½ lemon plus its juice
- 6 mushrooms, sliced
- 1 tbsp parsley, chopped
- a pinch of dried dill
- a pinch of black pepper

ENERGY 1226kJ 292kcal 15%	FAT 9.7g MED 14%	SATURATES 2.0g LOW 10%	SUGARS 1.4g LOW 2%	SALT 0.2g LOW 3%
---	----------------------------------	--	------------------------------------	----------------------------------



Are you off to a festival this summer?

It's that time of year again that we all look forward to, festival season! With V Festival, Creamfields, Glasto and Leeds to name a few, 1000's of young people will be out in the sun attending this year.

Of course the main outcome of a Festival is to have tones of fun! However... it is important to remember to consider your safety whilst you are at the event.

Here are a few tips to keep you safe!

- 1 – Never leave drinks un-attended, even soft drinks can be spiked!
- 2 – Don't leave any valuables in your car, theft is high at festivals.
- 3 – Use sun cream! It doesn't have to be that hot for you to burn!
- 4 – Keep hydrated, not necessarily always with alcohol! –Dehydration is one of the main causes of festival illness.
- 5 – Don't accept 'party pills' from anyone, it's not worth the risk!

HOW WE CONTACT YOU?

Do we have your most up-to-date contact details?

Did you know we can communicate with you via **EMAIL & TEXT MESSAGE?** We can let you know when test results are back and also when you are due for your annual reviews, via these methods.

If this is how you would like to be contacted please give your details to our reception team.

Cervical Cancer Awareness Week 13-19th June 2016

Cervical cancer awareness week falls between the 13-19th June 2016. Every year this campaign raises millions of pounds to contribute to ongoing research in finding a cure for cervical cancer. It is estimated that 30% of young women aged 25-30 delay having their smear test due to fear or embarrassment. The most common risk factors include smoking and obesity; with an estimated 12,500 women being diagnosed each year.

This year's campaign is based around 'Smear for Smear'. Ladies all around the world are partaking by taking a selfie with smeared lipstick and posting to social media to raise awareness. You can get involved by posting your very own selfie to Twitter with the hash tag #smearforsmear and **texting JCCT16 to 70070 to donate £5.00**. This is an amazing campaign and a great excuse to buy a new lippy!

