

# YOUNGER

Events

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Nutrition

## NEWSLETTER

OCTOBER EDITION 2015

### THE ELMS MEDICAL PRACTICE



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SUPPORTING PROSTATE CANCER & MALE MENTAL HEALTH INITIATIVES

# MOVEMBER

Knowledge is Power • Moustache is King

## Men's Health Awareness Week 1-30<sup>th</sup> November

During November each year, Movember is responsible for the sprouting of moustaches on thousands of men's faces in the UK and around the world. The aim of which is to raise vital funds and awareness for men's health, specifically prostate cancer and other cancers that affect men. For more information visit the, [Movember UK website](http://Movember UK website)



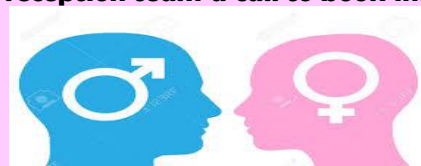
### MAKE A DIFFERENCE DAY 2015

24<sup>th</sup>  
October

Make a Difference Day, organised by Community Service Volunteers, provides people across the country with the opportunity to try out volunteering. Activities can be anything from creating a bus stop garden to teaching IT skills, renovating a homeless shelter or knitting blankets for cats and dogs in shelters. For more information visit the [Community Service Volunteers website](http://Community Service Volunteers website)

## ARE YOU ALL CLEAR??

Sexual health tests such as Chlamydia are easy to do and completely anonymous within the surgery. Simply pick up a self-test kit from our reception or patient toilets. We also offer full screening options to test against all STI's including HIV. Simply give our reception team a call to book in!



10<sup>th</sup> October, World mental health day

# MENTAL HEALTH AWARENESS WEEK

side effects mental illness mental health bipolar disorder anxiety

This year's World Mental Health Day – takes place on 10<sup>th</sup> October 2015 and shines a light on Schizophrenia.

During an episode of Schizophrenia a person's understanding and interception of the outside world is affected. They may experience:

\*Seeing or hearing things that are not there

\*Feeling like they are in danger

\*Be irritable or upset towards others

\*Lost sense of reality

\*Hostility towards friends or family



**KEEP CALM  
STOP SMOKING**



**20 MINS**

Congratulate yourself on giving up for less time than you would normally go between cigs

**48 HOURS**

Your sense of taste starts to come back. You can now officially lecture your friends about the dangers of smoking

**6 MONTHS**

Your lungs capacity is greatly improved. Resist the temptation to have a celebration cigarette just so "you can remember how bad they taste"



**8 HOURS**

You resisted the temptation to drive to the nearest gas station in tears in search of cigs. As a reward your complexion has improved dramatically.

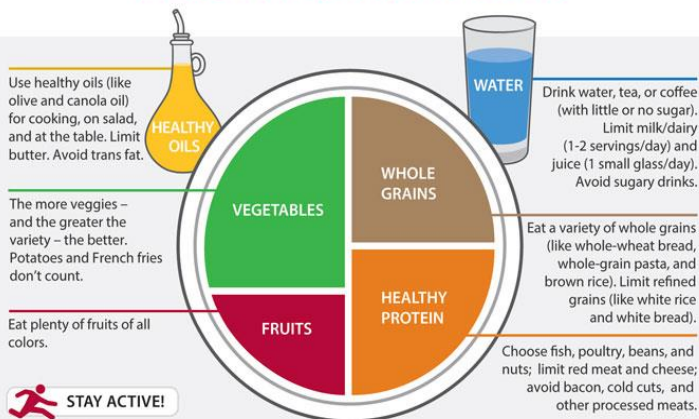
**6 WEEKS**

Your energy levels are through the roof. You might even become one of those "sporty people" you've looked down on all the time you've been busy smoking

**1 YEAR**

Well done. You've now left the most abusive relationship you will ever be in. Just don't go back...even if you're still crushing on your ex.

## HEALTHY EATING PLATE



**STAY ACTIVE!**

Harvard School of Public Health  
The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)

### Healthy Fats – choose more often

**Monounsaturated fats**  
Avocados, nuts and seeds, olive oil, peanut oil, canola oil, peanut butter

**Polyunsaturated**  
Soybean oil, corn oil, safflower oil, soft tub margarines, walnuts and sunflower seeds

**Omega-3 fatty acids**  
Fatty or oily fish such as salmon, mackerel, tuna, sardines and herring; flaxseed oil

### Unhealthy Fats - choose less often

**Saturated fats**  
Butter, meat, coconut, poultry with skin, baked goods, high fat dairy products (e.g. whole or 2% milk, cream, ice cream)

**Trans fats**  
Crackers, cookies, pastries, doughnuts, chips, stick margarine, French fries, shortening, any "Partially hydrogenated oils" listed as ingredients

Aim to eat as little trans fat as possible



kcalories	protein	carbs	fat	saturates	fibre	sugar	salt
355	18g	48g	11g	3g	6g	6g	1.81g

2 tsp oil

1 egg, beaten

2 rashers bacon, chopped

175g mushrooms, sliced

200g frozen peas

1 garlic clove, crushed

small knob of fresh root ginger, grated

2 tsp dark soy sauce, plus extra to serve

1 tsp sugar

250g cooked basmati rice

## Fast-Fix One Pan Rice – Perfect brain fuel for pre-exam hunger, quick, easy and cheap to make!

- Heat the oil in a frying pan, then tip in the egg. Leave to set for 30 secs-1 min, swirling every now and again, then tip it out and finely slice. Add bacon and mushrooms to pan, then fry until golden, about 3 mins. Add peas, garlic and ginger, then cook for 1 min.

- Mix the soy sauce and sugar together. Turn up the heat, add the cooked rice to the pan, heat through, then splash in the sweet soy sauce. Stir through the egg and serve straight away, with more soy sauce if you like.