



# Knitwick Surgery

# Newsletter



November/December 2017



Drs Bywater, Salter & Hinton

Issue 39



This month we are delighted to welcome our new receptionist, Becca Wild. Being a fellow dog walker we think she will fit in perfectly with the team.

Christmas is coming.... I know it is early to be thinking about all things festive but don't forget to note down our Christmas opening hours and remember to order any medications that may run out over the holiday season



**Have you had your flu jab yet?**



If you received an invite from us and have not taken up our offer of a free flu jab then there is still time to book your annual booster. Please speak to one of our receptionists about making an appointment.

If you are not eligible for a free flu jab then it is still available from some local pharmacies. You will need to make an appointment with them and the cost will be around £12.00.



**Medicines cost money**



- STOP** before you ask for your medicines
- THINK** what medicines do you really need?
- GO** tick the repeat slip to order

**Only order what you need**



## Christmas Opening Hours

We will be open up until 07:00pm on the 22nd December.

We will then re-open at 08:00am on Wednesday 27th December.



## New Year Opening Hours

We will be open up until 07:00pm on the 29th December and reopen again on Tuesday 2nd January 2018!



## GLOBAL A.F. AWARENESS WEEK 20th-26th November 2017

Atrial fibrillation or A.F. is the most common heart rhythm disorder. It can be symptomless which makes detection difficult.

A.F. increases the risk of having a stroke which is why detection is important.

Once detected A.F. can be treated and the stroke risk reduced.

We now have a portable device which can screen for A.F. in just 30 seconds.

Our healthcare assistants may offer you screening during your appointment with them.

If the screening detects an abnormality you will be offered an E.C.G. to investigate further.



**Do you find it harder to roll out of bed in winter when the temperature drops and the mornings are darker? If so, you're not alone. Many people feel tired and sluggish during winter.**

Here are five energy-giving solutions that may help – and some conditions that can sometimes be the cause.



### 1. Let in some sunlight

As the days become shorter, your sleep and waking cycles may become disrupted. The lack of sunlight means your brain produces more of a hormone called melatonin, which makes you sleepy.

Open your blinds or curtains as soon as you get up to let more sunlight into your home, and get outdoors in natural daylight as much as possible. Try to take even just a brief lunchtime walk, and make sure your work and home environments are as light and airy as possible.

### 2. Get a good night's sleep

Getting enough undisturbed sleep is vital for fighting off winter tiredness.

It's tempting to go into hibernation mode when winter hits, but that sleepy feeling you get doesn't mean you should snooze for longer.

In fact, if you sleep too much, chances are you'll feel even more sluggish during the day. We don't actually require any more sleep in winter than we do in summer – aim for about eight hours of shut-eye a night, and try to go to bed and get up at the same time every day.

Make sure your bedroom helps you feel relaxed and sleepy: clear the clutter, have comfortable and warm bedding, and turn off the TV.

### 3. Get regular exercise

Exercise may be the last thing you want to do when you're feeling tired on dark winter evenings. But you might be surprised by how energetic you feel after getting involved in some kind of physical activity every day.

Exercise in the late afternoon may help to reduce early-evening fatigue and also improve your sleep. Try to reach the recommended goal of 150 minutes of exercise a week.

### 4. Learn to relax

Are you feeling pressured to get everything done during the shorter daylight hours? If so, it may be contributing to your tiredness – stress has been shown to make you feel fatigued.

There's no quick-fire cure for stress, but there are some simple things you can do to help to reduce it. Many people find adding meditation, yoga, breathing exercises or mindfulness techniques into their day helps them to calm down and feel more relaxed.

### 5. Eat the right food

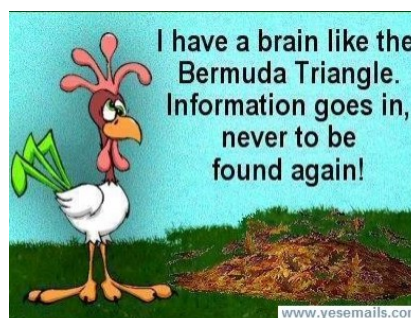
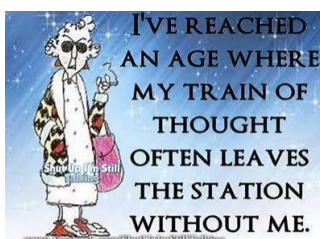
Being overweight or underweight can affect your energy levels and leave you feeling sleepy. So it's important to make sure you eat a healthy, balanced diet.

Once the summer ends, there's a temptation to ditch the salads and fill up on starchy foods such as pasta, potatoes and bread. However, you'll have more energy if you include plenty of fruit and vegetables in your comfort meals. Winter vegetables – such as carrots, parsnips, swede and turnips – can be roasted, mashed or made into soup to provide a warming winter meal for the whole family. And classic stews and casseroles are great options if they're made with lean meat or pulses, and plenty of veg.

	<h2 style="text-align: center;"><u>Christmas Cards for Sale</u></h2> <p style="text-align: center;"><b>This Christmas we are supporting The Cinnamon Trust and have a selection of their Christmas cards for sale in our waiting room.</b></p>	
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**Christmas getting too Stressful?  
Take time out for a good giggle.**



# Childrens Corner



**Christmas  
colouring**





## Focus on Atrial Fibrillation

**Atrial fibrillation is a heart condition that causes an irregular and often abnormally fast heart rate.**

A normal heart rate should be regular and between 60 and 100 beats a minute when you're resting. You can measure your heart rate by feeling the pulse in your neck or wrist.

In atrial fibrillation, the heart rate is irregular and can sometimes be very fast. In some cases, it can be considerably higher than 100 beats a minute.

This can cause problems including dizziness, shortness of breath and tiredness. You may be aware of noticeable heart palpitations, where your heart feels like it's pounding, fluttering or beating irregularly, often for a few seconds or, in some cases, a few minutes.

Sometimes, atrial fibrillation doesn't cause any symptoms and a person with it is completely unaware that their heart rate isn't regular.

### When to see your GP

You should make an appointment to see your GP if:

- you notice a sudden change in your heartbeat
- your heart rate is consistently lower than 60 or above 100 – particularly if you're experiencing other symptoms of atrial fibrillation, such as dizziness and shortness of breath

**See your GP as soon as possible if you have chest pain.**

### Who's affected?

Atrial fibrillation is the most common heart rhythm disturbance, affecting around one million people in the UK.

Atrial fibrillation can affect adults of any age, but it becomes more common as you get older. It affects about 7 in 100 people aged over 65, and more men than women have it.

### Treating atrial fibrillation

Atrial fibrillation isn't usually life-threatening, but it can be uncomfortable and often requires treatment.

Atrial fibrillation increases the risk of having a stroke but detecting and treating the condition reduces the chance of this happening.

**Please see the NHS Website for further information**



For feedback / comments about this Newsletter, please contact Karen Pattinson on 01886 821279 or email [karen.pattinson@nhs.net](mailto:karen.pattinson@nhs.net) A large print format is available on request. This Newsletter will also be available on the local Clifton on Teme website