



Sun Awareness

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With the summer months upon us we all need to take care in the sun.

Follow these simple tips;

Spend time in the shade between 11am and 3pm make sure you never burn.

- Cover up with suitable clothing and sunglasses.
- Take extra care with children.
- Use at least factor 30 sunscreen.

Sunscreen Application

How to apply sunscreen from the NHS:

- Adults; remember 2, 2, and 2:
2 teaspoons of sunscreen for your head, arms and neck.
2 tablespoons for your entire body (such as when wearing a swimming costume).
Applied twice before going out - 30 minutes before and then again just before going out.

For further guidance and advice go to;

<https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/>

<https://www.nhs.uk/conditions/baby/first-aid-and-safety/safety/safety-in-the-sun/>

Preventing Diabetes

Symptoms of diabetes;

- Increased thirst
- Frequent urination
- Fatigue
- Burred vision
- Irritability
- unexplained weight loss
- Extreme Hunger

Could you be at risk of developing Type 2 diabetes?

Type 2 diabetes is a chronic disease that affects millions of people worldwide. Fortunately, preventing Type 2 diabetes is easy. Use the NHS Type 2 diabetes risk checker tool to see if you could be at risk. <https://www.nhs.uk/conditions/type-2-diabetes/symptoms/>



Type 2 diabetes is primarily the result of two interrelated problems:

- Cells in muscle, fat and the liver become resistant to insulin. Because these cells don't interact in a normal way with insulin, they don't take in enough sugar.
- The pancreas is unable to produce enough insulin to manage blood sugar levels.

Exactly why this happens is unknown, but being overweight and inactive are key contributing factors.

If you show some of the symptoms and are concerned contact the practice on 01244 351000 and we will book you an appointment to discuss.

To understand diabetes better use the link below



<https://www.diabetes.org.uk/type-2-diabetes>

Teenage Mental Health

Make your
MENTAL HEALTH
your priority

Asking for help is the
1st step
Tell someone you are
struggling



Did you know..
"Over half of all
mental ill health
disorders start
before the age of
14, with 75 per
cent by 24 years
of age."

Adolescence is a crucial period for developing and maintaining social and emotional habits important for mental well-being. These include adopting healthy sleep patterns; taking regular exercise; developing coping, problem-solving, and interpersonal skills; and learning to manage emotions. Supportive environments in the family, at school and in the wider community are also important. An estimated 10-20% of adolescents globally experience mental health conditions, yet these remain underdiagnosed and undertreated.

If you are concerned that you are developing a mental health problem you should contact the practice as a matter of priority. If you are in distress and need immediate help and are unable to see a GP, you should visit local A & E. they have the trained staff to support and advise you.

There are various online supports such as....

stem4
supporting teenage mental health

<https://stem4.org.uk/>

SilverCloud is our online self-referral option that will enable you to access a programme full of Cognitive Behavior Therapy (CBT) techniques for anxiety and depression. It allows people to complete therapy in their own time, at a time and pace that suits them, whilst having regular weekly or fortnightly online reviews with a qualified mental health practitioner.

To find look under mental health on our website you can also access our social prescriber who can advise.

<https://www.elmsmedicalcentre.co.uk>

KOOTH is an online mental and wellbeing app. [Kooth.com](https://www.kooth.com)

This is a free safe & anonymous place for young people to find online support and counselling. There features & tools to support you if you're looking for advice or simple aren't feeling your best.

HELP AVAILABLE

If you are a young person experiencing a mental health crisis, you can text the **YoungMinds Crisis Messenger for free, 24/7 support.**

Text Shout 85258 from all major mobile networks in the UK.

Local NHS urgent mental health helpline for Chester:

Cheshire and Wirral Partnership NHS Foundation Trust

0800 145 6485 Help is available 24 hours a day, 7 days a week.

If you call, you'll speak to a professional in your local NHS mental health service.

kooth

Free online counselling support for young people!

Cervical Screening

Cervical screening also known as a Smear.

Most women called probably dread it, when it's their turn; make up excuses as to why not to have it done.

Is it worth the risk?

NO!!!

Did you know that this is the best way to prevent Cervical Cancer?

It tests for a virus called high risk human papilloma virus (HPV). High risk HPV can cause cervical cells to become abnormal. Most cases of cervical cancer are linked to high risk HPV.

Use this link for more information to help you make the right decision.

<https://www.gov.uk/government/publications/cervical-screening-description-in-brief/cervical-screening-helping-you-decide--2>

When did you last have your Cervical Screening?

On average Cervical screening saves around 4,500 lives every year in the England

If you would like to speak to one of our practice nurses prior to making an appointment please contact the practice on 1244 351000 **please** don't put it off.....Your health is so important.

Blood Pressure

Blood pressure is the force that moves blood through our circulatory system.

It is an important force because oxygen and nutrients would not be pushed around our circulatory system to nourish tissues and organs without blood pressure.

High blood pressure, or hypertension, rarely has noticeable symptoms. But if untreated, it increases your risk of serious problems such as heart attacks and strokes.

Around a third of adults in the UK have high blood pressure, although many will not realise it.

All adults over 40 are advised to have their blood pressure checked at least every 5 years.

Getting this done is easy and could save your life.

You can get your blood pressure tested at the practice as well as at your local pharmacy, or book in for a health check with our Health care Assistant.

Making healthy lifestyle changes can sometimes help reduce your chances of getting high blood pressure and help lower your blood pressure if it's already high.

When you are in next, get your BP checked by using our machine in the waiting area, then hand the reading in to be recorded



News and Updates

Prescriptions

Make sure your order in time if you going on holiday this year...

Please allow us time to deal with your requests.

Why not order your medication online using...

- Patient Access
- NHS app
- Through your pharmacy

Once set up you receive reminders and help. For more information go to <https://www.nhs.uk/nhs-services/online-services/how-to-order-repeat-prescriptions-online/>



NHS App



Have you download the NHS App yet?

<https://www.nhs.uk/nhs-app/>

With the NHS App you can;

- View & share your Covid pass for events and travel
- Order repeat prescriptions
- Book appointments
- Get health advice

And more.....

Shingles Vaccinations

If you are aged 70 – 79 and would like your vaccination please contact the practice to be booked in

01244 351000

For more information about the vaccine got to

<https://www.nhs.uk/conditions/vaccinations/who-can-have-the-shingles-vaccine/>



Staff Training

The Elms Medical Practice
2nd Floor
Fountains Health
Delamere Street
Chester
CH2 1DS
01244 351000

We're on the Web!

See us at:

<https://www.elmsmedicallcentre.co.uk/>

We closed for Training
1pm – 5pm on;

15th July 2021

17th August 2021

22nd September 2021

During this time if you need medical advice please use NHS 111



As the NHS turned 73 on 5th July we as a practice would like to say a big thank to all our staff that play a vital role here at the Practice.