

**PLEASE NOTE THE SURGERY WILL BE CLOSED FROM 1PM ON THURSDAY THE 16TH JANUARY, FOR TRAINING. MORNING OPEN SURGERY WILL RUN AS NORMAL.**

*Facebook: @WestcroftHouseSurgery*

Dr CM Heasman; Dr JHM Mercer;

Dr HA Stevenson, Dr R Rotar



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WESTCROFT HOUSE SURGERY NEWSLETTER

66 Main Street, Egremont, CA22 2DB

Tel 01946 820348; Fax 01946 821611

http://www.westcrofthouse.co.uk/

**JOIN MILLIONS OF PEOPLE AND SIGN UP TO DRY JANUARY AT** [**https://alcoholchange.org.uk/get-involved**](https://alcoholchange.org.uk/get-involved)

* **HOW MUCH ALCOHOL IS RECOMMENDED?** 14 units/week spread over three days or more and with at least two days off.
* **DID YOU KNOW?** Alcohol has been linked with more than 60 health conditions, including high blood pressure, depression, liver disease and seven types of cancer.
* **DID YOU KNOW?** Alcohol is the biggest risk factor for death, ill-health and disability in the UK for people aged 15-49.
* **WHY JOIN DRY JANUARY?** Because it is good for your health! A 2018 research found that a month off alcohol reduced the blood pressure, the cholesterol and the risk of diabetes.
* **WHY JOIN DRY JANUARY?** A month off alcohol is an excellent opportunity to get us thinking about how much alcohol we drink and to also make not drinking feel normal.
* **THE RULES**: no alcohol until the 1st Feb.
* **2018**. During last year’s Dry January 88% of the participants saved money, 71% slept better and 58% lost weight.

**DO YOU KNOW ABOUT THE 🌟PRESCRIPTION PREPAYMENT CERTIFICATE (PPC)?**

💊 Having a **PPC** allows you to get free NHS prescriptions for a certain amount of time, regardless of how many you need.

💊 A **PPC** does not cover wigs and fabric supports (spinal support, surgical brassiere).

💊 You can buy a **PPC**:

 💻 online, at https://apps.nhsbsa.nhs.uk/ppc-online/patient.do

 👩‍🦳 in registered pharmacies

 📱 via telephone, by calling 0300 330 1341

💊 You can choose when your **PPC** starts, up to one month before or after the date or purchase.

💊 A PPC costs £29.10 for 3 months or £104 for 12 months.

You may have heard about the NHS no longer endorsing the prescribing of bath emollients. This follows the BATHE study, which has showed that bath emollients make absolutely no difference to the eczematous (dermatitis) skin. Leave on emollients however, should be used regularly by those with dry skin conditions.

The BATHE study was conducted by the University of Southampton, Cardiff and Bristol. It included over 480 families with children with eczema. Half of these used a bath additive and half did not. They all kept a weekly diary for a whole year. The conclusion was that there was no difference in how eczema changed between the two groups.

You can find more information here: <https://www.southampton.ac.uk/bathe/index.page>

It is that time again, when we set goals for the New Year. This can be losing weight, quitting smoking, cutting down on your alcohol intake, eating healthy and so on. Only 1 in 10 people will achieve their goals. And it seems to be because we tend to choose goals which are too big and difficult to achieve.

Try breaking your goal into small steps, or sub-goals.

Reward yourself when you have reached a sub-goal.

Don't feel bad about reverting to old habits occasionally; it is normal. Simply get back to working on your goal after that.

WE HOPE YOU WILL HAVE AN AMAZING 2020! 🎊

**TYPE 2 DIABETES CAN BE PREVENTED!**

Everyone with raised blood sugars which have not reached the diabetes threshold, that is HbA1c= 42-47 mmol/L, should be referred to the **🌀NATIONAL DIABETES PREVENTION PROGRAMME**.

The **🌀NATIONAL DIABETES PREVENTION PROGRAMME** has been running since 2016. These are groups sessions held locally (St Mary’s Church Hall, Egremont) for at least 16 hours over 13 sessions and 9 months.

The **🌀NATIONAL DIABETES PREVENTION PROGRAMME** aims to help people achieve a healthy weight, healthy diet and increase their activity levels. Those who have attended have reduced their chances of developing diabetes by about a quarter.

The **🌀NATIONAL DIABETES PREVENTION PROGRAMME** is also available in digital format, for those unable to attend the group sessions

***What is your blood sugar level, your HbA1c? Could you benefit from a referral to the 🌀NATIONAL DIABETES PREVENTION PROGRAMME? Please speak to one of our nurses or GPs!***

• HbA1c (or glycated haemoglobin) measures the average blood sugar levels over the past 3 months!

From spring 2020, organ donation in England will move to an 'opt out' system.

This means that all adults in England will be considered to have agreed to be an organ donor when they die, unless they have recorded a decision not to donate or are in one of the excluded groups.

You can register your decision at: https://www.organdonation.nhs.uk/register-your-decision/