



GREEN PRACTICE GOVAN HEALTH CENTRE NEWS LETTER SPRING 2018



NO SMOKING DAY MARCH 14th 2018 10 steps to stopping smoking

Stopping smoking isn't easy, but there are things you can do to improve your chances of success

- 1. Pick a quit date** - Choose a day that will be stress-free, and stick to it.
- 2. Make a list** - Write down all the reasons you want to quit. Keep the list handy and read it when the cravings start.
- 3. Build a support network** - Pair up with someone else who's looking to give up smoking and support each other.
- 4. Remove any reminders** - Before your quit date, get rid of ashtrays, lighters and matches, and any remaining cigarettes.
- 5. Use stop smoking services** - Contact your local NHS Stop Smoking Service for support from trained specialists.
- 6. Try nicotine replacement therapy** - Consider using nicotine replacement therapy, which can more than double your chances of stopping smoking. Read about e-cigarettes and whether they can help quit smoking.
- 7. Start moving** - Scientific studies have proven that exercise, as little as a five minute walk or stretch, cuts the urge to smoke and may even help your brain produce anti-craving chemicals.
- 8. Avoid trigger situations** - Anticipate stressful or trigger situations. So, if you smoke after a meal, go for a short walk instead.
- 9. Practise saying "no"** - Don't be tempted by just one cigarette; it often leads to another.
- 10. Treat yourself** - Put away some, or all, of the money you would have spent on cigarettes and buy something special.

What do people know about mental health?

Surveys from across the world have shown that most of us do not know all that much about what mental health problems are, what causes them or what can be done to tackle them. The more you know your enemy the more in control you will be. This is one reason why this website has been set up. <http://wellbeing-glasgow.org.uk/> The South Glasgow Wellbeing Services consists of psychologists, cognitive-behavioural therapists, counsellors and guided self-help workers.

We offer a variety of self-help materials, groups and courses for all sorts of problems that you may be facing. We also offer brief individual talking therapies if we believe this is the best approach for you. Can we help you? Anyone can download the self-help materials. If you live within the South of Glasgow you can use any of our other services and book online for any of the courses.

How to contact us

If you can't find what you need on the website
call – 0141 232 2555 Monday – Friday, 8.30am – 4.00pm

or email us on:

PCMHT@ggc.scot.nhs.uk - <http://wellbeing-glasgow.org.uk/>



Pharmacy First allows patients to access FREE advice and/or treatment for uncomplicated Urinary Tract Infection in women

Are you a woman aged between 16 and 65 with any of the following?

Burning or stinging sensation on passing urine?

Need to pass urine frequently?

Need to pass urine urgently?



You can now present directly at your local pharmacist if you have any of the above symptoms. Your pharmacist will ask you about your symptoms in order to give you the right advice. You should be aware there are some exclusions which can prevent your pharmacist from treating you and you may need to be referred to your GP.

You must be registered with a GP practice in Scotland and should normally expect to attend the pharmacy to allow the pharmacist to assess your symptoms before deciding on whether to offer advice, treatment on the NHS or to refer you to another clinician.

Minor Ailments Services at your local Pharmacy

What is the NHS Minor Ailment Service?

- The Minor Ailment Service is an NHS service for children, people aged 60 or over, people who hold a medical exemption certificate and people on certain benefits.
- When you are registered for the Minor Ailment Service, your pharmacist can give you medicine for a minor illness or complaint, if they think you need it. You will not have to pay for this.

HOW DOES IT WORK?

You register for the service with the community pharmacy of your choice. You don't have to make an appointment. You can go along at a time that suits you. Your consultation will always be with a qualified pharmacist. You will be able to get advice and free treatment (if you need it) from your pharmacist for minor illnesses and complaints, such as: *acne / headache / athlete's foot / head lice / backache / indigestion / cold sores / mouth ulcers / constipation / nasal congestion / cough / pain / diarrhoea / period pain / earache / thrush / eczema and allergies / sore throat / haemorrhoids (piles) / threadworms / hay fever / warts and verrucae*

- Your pharmacist, like your doctor, can only give out certain medicines and products. You may not get the medicine or product you would normally buy.


The NHS Minor Ailment Service
at your local pharmacy



Information for patients



Changes to advice on vitamin D supplementation in Scotland



Everyone age 5 years and above should consider taking a daily supplement of 10 micrograms vitamin D, particularly during the winter months (October – March).

Between late March/early April and September, the majority of people aged 5 years and above will probably obtain sufficient vitamin D from sunlight and food.

Children aged 1 to 4 years of age should be given a daily supplement containing 10 micrograms of vitamin D. We recommend Healthy Start vitamin drops for all children in health.

It is recommended that all babies from birth up to one year of age should be given a daily supplement of 8.5 to 10 micrograms vitamin D as a precaution.

Babies fed infant formula do not require a vitamin D supplement if they are having at least 500 mls (about a pint) per day as infant formula already has added vitamin D and no other supplementation is required. We recommend Healthy Start vitamin drops for infants. It is recommended that those at greatest risk of vitamin D deficiency take a daily supplement all year round. These groups include:

- ✓ pregnant and breastfeeding mothers
- ✓ children under 5 years of age
- ✓ people who are not exposed to much sunlight, such as frail or housebound individuals, or those that cover their skin for cultural reasons
- ✓ people from minority ethnic groups with dark skin such as those of African, African-Caribbean and South Asian origin, because they require more sun exposure to make as much vitamin D.

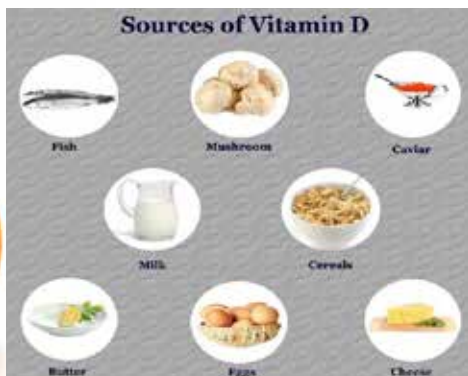
Vitamin D is essential for good bone health and a deficiency can cause Rickets in children and osteomalacia in adults. Vitamin D is found in a small number of foods but it is very difficult to get enough vitamin D from food alone.

Supplements

Single vitamin D supplements are widely available to buy.

Further information

General information leaflets on vitamin D for both the public and healthcare professionals are available online at www.healthscotland.com/documents/5274.aspx or www.nhsinform.co.uk



General administrative/ enquiries should only be made to the practice after 10:00 when we will have more time to deal with any issues you have.



Results can only

be given between 14:00 and 15:00 daily. We have a nurse available at this time to explain your results if necessary.

Bowel Screening - Take the test it could save your life! Quicker easier Testing!



Bowel screening is offered to men and women aged 50 to 74 across Scotland to help find bowel cancer early when it can often be cured. You're 14 times more likely to survive bowel cancer if it's found early. Half a million people in Scotland do their bowel screening test each year

New test kit

In Scotland, the bowel screening test was updated in November 2017 to make it quicker and easier to use. We no longer process the old bowel screening tests (cardboard test with 3 windows) and will issue you with a new test if you return it. If you received one of the old bowel screening tests (before 20 November 2017) and have not yet completed it, you'll need to request a new test kit if you want to complete a test. After returning the test, the Scottish Bowel Screening Centre will send you the results within 2 weeks.



Collecting your sample

Catch your poo using toilet paper or a container.

Twist the top of the test to open it - the lid of the test has a stick attached.

Take a small sample of poo using the stick.

Replace the lid of the test and close.

Flush the toilet paper or bag and bin any container used.

After collecting your sample, put the finished test in the prepaid envelope and post it as soon as possible.

Further information

If you've any questions about the home bowel screening test or would like to leave feedback about the bowel screening programme, contact the Scottish Bowel Screening Centre by: phone - 0800 0121 833 (Monday to Friday, 8.00am to 5.00pm)

Can I do anything to reduce my risk of bowel cancer?

As well as doing your bowel screening test, you can try:

eating a healthy diet containing wholegrains like wholegrain bread and cereals, beans, pulses, and plenty of fruit and vegetables – limit foods high in sugar or fat and avoid sugary drinks avoiding processed meat like bacon and sausages, and limiting red meat

being more active in everyday life, this includes walking more and sitting less getting to and keeping to a healthy weight – avoid gaining weight and try losing weight if overweight

drinking less alcohol – not drinking alcohol is better for cancer prevention – visit www.alcohol-focus-scotland.org.uk for more information

stopping smoking – if you do smoke, call the free **Smokeline** on 0800 84 84 84 or visit www.nhsinform.scot/smokeline to help you quit.

You can find more information about healthy living by visiting www.nhsinform.scot/healthy-living

