



# Minster Health Newsletter

Summer 2005

Drs. M Jones, J Moroney, P Bolter, M Ashley & F Forsythe

## Staff Update:

We are sorry to be saying goodbye to both of our GP registrars, Dr Davina is going back into York Hospital, to work in the ENT department, as the next stage in her training, and Dr Dickinson is moving to a community Obstetrics and Gynaecology post. Both of these doctors have been very popular with staff and patients alike and we will miss them.

Dr Suma Bhaskar will be replacing them: we are only having one junior doctor for six months, as Dr Ashley will be training a nurse practitioner.

Dr. Bhaskar is joining us from the care of the Elderly team at York Hospital; she is a graduate of Bangalore Medical School, and speaks six other languages as well as English!

This will be her first experience of working in Primary care, although she is an experienced doctor, having worked for some time in the speciality of ENT. I am sure that she will be made to feel welcome here.



I am pleased to be able to report that we have had no changes in other personnel in the surgery, although the health care assistants are now offering a morning clinic for taking blood samples.

## Practice Web site:

This can be located on the World Wide Web by accessing [www.minsterhealth.co.uk](http://www.minsterhealth.co.uk). The site has been upgraded by Dr. Davina, who has spent many hours doing so, please have a look

at it and use the 'contact us' facility to let us know what you think.



There are many new features there, but we feel that the links to NHS Direct and to the Patient Information website are especially useful.

There is a section for **'Prescriptions to You'** (P2U), which may be of help to some people to enable their regular drugs to be posted to their own homes or place of work.

This newsletter is available on the website in colour; we are open to any suggestions you have for links or topics.

## Weight Reduction and Diets

There is no doubt that we are, as a nation, getting heavier and taking less exercise. Obesity is associated with many medical problems, from heart disease and diabetes to arthritis of the knees and chronic back pain.

Some people find it much harder to lose weight than others, because their bodies are better adapted for coping with starvation; i.e. they are more efficient!

However, there is no escaping the fact that taking in more energy (in the form of calories), than is used in activity, results in weight gain, as fat is laid down for storage.

Thus when attempting to lose weight there are several guidelines that will help:

**To loose 1kg of fat (2.2 lbs), you need to 'loose' (i.e. either by not eating it or by taking extra exercise) some 7,500 calories.**

An average woman needs 2000 calories per day and the average man 2500.

To avoid your body thinking it is being starved, (and thus becoming more efficient), it is

important to eat at least 3 times per day regularly (but with smaller portions on each occasion).

**‘Breakfast’ like a king; ‘lunch’ like a prince and ‘supper’ like a pauper is a good rule.**

Try to avoid ‘diets,’ (because we know that most people put weight straight back on when they come off the diet); look instead to make small but sustainable changes to both food intake and exercise taken

Walking an additional 2000 steps per day increases energy expenditure by 100 calories – remember that physical activity becomes easier with time

You should aim to get at least 30 minutes of physical activity 5 times per week.

Even obese people who are active have a reduced risk of illness and death, compared with those who are both overweight and inactive.

The ‘Atkins Diet’ probably works because protein is relatively lacking in calories! It is also interesting to note that the Atkins business empire have recently been declared bankrupt!



## Premises Update:

Some of you may be aware that we have been looking for new premises for quite some time: we feel that we have totally outgrown this site. The buses are no longer convenient, there is no parking and we have had to ‘farm out’ various services (Eg. we store the clinical notes off site). We are delighted to announce that we have managed to secure a place in the development of the ‘old gas works’ at Heworth Green. There is going to be a large amount of building there, once the site has been thoroughly decontaminated: the plans show houses, a nursing home, a chemist outlet and spacious modern premises for us. We have been given an estimated time for completion as the autumn of 2007.



We all feel that we would rather wait until all the building work is complete before we move, having put up with working on a building site on several occasions in the recent past!

We will keep you posted as the details become ‘firmer’, but at the moment we are studying plans to make sure each room has a window!

## Vaccine update:

### **Pneumovax:**

This vaccination, which protects against the germ that frequently causes pneumonia, has recently been permitted for anybody who is over the age of 65. It is a ‘once in a lifetime’ injection, and can safely be given at the same time as the influenza vaccination. Please ask at the desk if you feel you may want one, and they will check for you

### **Influenza:**

The government has now recommended those patients with **liver complaints** or who are **carers** be included in this year’s annual programme: it is available to all those over 65 and those with chronic medical conditions

**The campaign will start in early October:**

### **MMR:**

The national mumps outbreak is continuing so we recommend that key groups should be immunised: these are

Children in the primary programme

Children in school year 10 (leaving)

Women, not rubella immune, aged 15-40

All 16-24 years old to ensure they have 2 doses of both mumps and rubella

If you would like to know more please ask the practice nurses or health visitors

**Comments on this newsletter to Di Ruston, Practice Manager, please**