

Much Wenlock & Cressage Medical Practice

Practice News

April 2018

EASTER BANK HOLIDAY PRACTICE CLOSURE DATES

MUCH WENLOCK AND CRESSAGE MEDICAL PRACTICE WILL BE CLOSED FOR THE EASTER BANK HOLIDAYS ON:

30 March Good Friday
2 April Easter Monday

SHOULD YOU NEED URGENT HEALTH CARE DURING THIS TIME, PLEASE CONTACT SHROPDOG ON: **0333 222 6655**

The Practice will re-open at 8.30 am 3 April 2018

SAVE THE DATE: 17 APRIL 2018

The Much Wenlock and Cressage Medical Practice Patients' Voice **Annual General Meeting** will take place on Tuesday 17 April, 6pm at Much Wenlock Practice followed by their quarterly meeting.

All patients of the Practice are welcome to attend the AGM.

Minor Illness Clinic

The Minor Illness Clinic is for patients aged 10 years and over. Nurse Sue Webber is the Practice Minor Illness Nurse who has extensive experience in assessing and treating minor illnesses. Appointments for the Minor Illness Clinics are held on a Tuesday and Thursday morning at the Cressage Practice.

If the Nurse considers you require a doctor's opinion you will be referred directly to your GP.

If you have one of the following symptoms please ask for an appointment in the Minor Illness Clinic.

- Coughs and colds
- Ear ache
- Hayfever
- Headaches
- Urine infections
- Sore Throat
- Sore eyes
- Insect bites and stings
- Rashes

Alternatively visit <https://www.nhs.uk> for further information and advice.

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Spring is finally here!

Losing weight is a popular topic this time of year. If you are overweight or obese you increase the risk of developing the following conditions:-

- Heart Disease
- Depression
- High Blood Pressure
- Stroke

Are you a healthy weight for your height? How we measure this is by your BMI (Body Mass Index) this indicates whether you are a healthy weight for your height. To work out your BMI divide your weight in kilograms by your height in metres squared, then divide the answer by your weight again or to get your BMI calculation visit: <https://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx>.

BMI ranges:-

- Ideal BMI is between 18.5 and 24.9 for most adults.
- If your BMI is under 18.8 this is under weight
- If your BMI is between 25 and 29.9 you're overweight
- If it is 30 or above you are in the range of obese

Staying physically active is an essential part of losing weight. Adults should aim to have at least 150 minutes of moderate exercise per week. You can achieve this by doing 30 minutes of exercise five days a week. Any types of physical activity that gets your heart beating faster and makes you feel slightly out of breath counts as moderate exercise.

All of these activities can help to lose weight; brisk walking, swimming, dancing, cycling, gardening and even house work!

Stand more – sit less: – Reduce the amount of time you spend sitting. By standing more you will lower your blood sugar levels and reduces your risk of heart attack. Try standing more during advert breaks, park your car at the far end of the supermarket car park and iron standing up.

It is medically proven that people who do regular physical activity have up to a 35% lower risk of dementia, up to 83% lower risk of osteoarthritis, up to 35% lower risk of heart disease and stroke up to 50% lower risk of type 2 diabetes.

Exercise will help you feel better and look better – so go on, get active this spring!