



Love your Heart

Love your heart this month by making small but beneficial changes towards a healthier lifestyle.

Alcohol

Drinking more than the recommended amount of alcohol can have a harmful effect on your heart and general health. It can cause abnormal heart rhythms, high blood pressure, damage to your heart muscle and other diseases such as stroke, liver problems and cancer.



Healthy eating

A healthy diet can help reduce your risk of developing coronary heart disease and stop you gaining weight, reducing your risk of diabetes and high blood pressure.



Staying active

Physical activity can help reduce your risk of heart disease. It can also help you control your weight, reduce blood pressure and cholesterol and improve your mental health – helping you to look and feel great.

Bowel cancer awareness month

Bowel cancer also called colorectal cancer, affects the large bowel, which is made up of the colon and rectum.

Bowel cancer is the fourth most common cancer in the UK, after breast, prostate and lung cancers. Over 41,200 people are diagnosed with bowel cancer every year in the UK.

More than nine out of ten new cases (94%) are diagnosed in people over the age of 50, and nearly six out of ten cases (59%) are diagnosed in people aged 70 or over.

But more than 2,500 new cases are diagnosed each year in people under the age of 50.

Around 268,000 people living in the UK today have been diagnosed with bowel cancer. It is treatable and curable, especially if it's diagnosed early.

More than nine out of ten people diagnosed with stage 1 bowel cancer survive five years or more after diagnosis. However this drops significantly as the disease develops.

Almost 16,000 people die from bowel cancer in the UK every year.

It is the second most common cause of cancer death in the UK, behind lung cancer.

If you are worried about a change in bowel habit make an appointment to see you doctor.



Parkside in partnership with MacMillan

Parkside is delighted to be involved in a new project with MacMillan to make end of life care better for our patients.

When you think of end of life most people will think of terminal cancer or old age, but this can also be people with chronic disease and frailty.

The last year of life can be a difficult time for patients and their families. Many patients find it difficult to talk about their expectations of death and the decisions that they have to make.



- Who will speak for me if I am unable to?
- Where do I want to die?
- Do I want to donate my organs?
- How do I want my funeral to be planned?

It's never too early to think about what you want to happen if you become ill or frail. An Advance Care Plan will convey your wishes to medical professionals, family and friends.

You can change your mind at any time and updating your directives is simple.

Planning ahead can relieve the responsibility for your loved ones by making choices for yourself. Knowing what you want makes it easier for your family to fulfil your wishes.

An **Advance Care Plan** is individual to you, we are here to support you make and record your wishes on everything from who you want to look after you or where you want to die, to advance care directives on what treatment you want to receive or refuse.

If you would like to complete your own Advance care plan go to: www.willenhospice.org.uk/upload/managerFile///Advanced%20Care%20Planning/The%20ACP%20document%20PDF%20April%202015%20editable.pdf (A small supply available at reception upon request.)

Mamma Mia At Parkside

Thursday the 15th March went with a bang as our 3rd musical charity night got under way. Dr Simpson, Mrs Simpson, Dr Thao and JC and the bluebells were the stars of the show raising £435.00 for Bone Cancer Research.



Parkinson's Disease

Parkinson's disease is a condition in which parts of the brain become progressively damaged over many years.

The main symptoms of Parkinson's disease are:

- involuntary shaking of particular parts of the body (tremor)
- slow movement
- stiff and inflexible muscles
- depression and anxiety
- balance problems – this may increase the chance of a fall
- loss of sense of smell (anosmia)
- problems sleeping (insomnia)
- memory problems

Causes of Parkinson's disease

Parkinson's disease is caused by a loss of nerve cells in part of the brain called the substantia nigra. This leads to a reduction in a chemical called dopamine in the brain. Dopamine plays a vital role in regulating the movement of the body. A reduction in dopamine is responsible for many of the symptoms of Parkinson's disease.

Exactly what causes the loss of nerve cells is unclear.

Experts think that a combination of genetic and environmental factors is responsible.

Treating Parkinson's disease

Although there's currently no cure for Parkinson's disease, treatments are available to help reduce the main symptoms and maintain quality of life for as long as possible.

These include: supportive treatments – such as physiotherapy and occupational therapy medication and in some cases, brain surgery

You may not need any treatment during the early stages of Parkinson's disease, as symptoms are usually mild. However, you may need regular appointments with your specialist so your condition can be monitored.



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Newsletter

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Raising Money at Parkside

On Sunday 11th March Dr Simpson and Jonathan, our prescription clerk ran a half marathon to raise money for charity. Splitting the money between two charities, Bone Cancer Research and Domestic violence charity MKACT Dr Simpson and Jonathan raised £265.70.

The money will provide lifesaving research and help the patients and families of those affected by bone cancer get more information about the disease.

Jonathan's money will help women, children and men fleeing from domestic violence. £5.00 will buy a new sim card to make an emergency phone call. £10.00 pays for a family to take refuge away from their abuser. £25.00 buys emergency food for the fleeing family for a week.

Parkside are proud to support both charities and we want to say a big thank you to everyone who gave money to sponsor Dr Simpson and Jonathan.

Advice on bullying at work

If you feel you are experiencing bullying in the workplace, this can affect your performance and your health. You may feel low and anxious at the thought of going to work and facing the bully. Don't suffer in silence, your employers can help you tackle workplace bullying and make it **STOP**.

Every employer should have a policy in place, stating clearly that this type of behaviour is inappropriate. You should report the behaviour to your manager or HR giving examples of what happened and when. If you are a victim of bullying call the Family Lives helpline on **0808 800 2222** for advice and support.



Opening times
Monday—Friday
7.30—19.00
Closed Saturday, Sunday
and
Bank holidays

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