

Aylesbury Surgery Health & Engagement Forum

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Mr. Rajash Mehta – Forum Chairman

Walking is simple, free, and one of the easiest ways to get more active, lose weight and become healthier.

Walking is sometimes overlooked as a form of exercise, walking briskly can help you build stamina, burn excess calories and make your heart healthier

Walking can have a bigger impact on disease risk and various health condition. Walking for 2.5 hours a week—that's just 21 minutes a day—can cut your risk of heart disease by 30%, reduce the risk of diabetes and cancer, lower blood pressure and cholesterol, and keep you mentally sharp. What's more, it's free and has practically no negative side effects.

Walking for health

It's also a wonderful way to meet new people and connect with neighbors. It can help relieve everyday stresses, too. Put on your shoes, step out the door, and rediscover the joys of walking.

If you're not very active but are able to walk, start off slowly and increase your walking distance gradually.

The easiest way to walk more is to make walking a habit. Think of ways to include walking in your daily routine.

Examples include:

- walking part of your journey to work
- walking to the shops
- using the stairs instead of the lift
- leaving the car behind for short journeys
- walking the kids to school
- doing a regular walk with a friend
- going for a stroll with family or friends after dinner

Walking in a group is a great way to start walking, make new friends and stay motivated.



Mr Mehta and Dr Bhomra have actively taken part in the annual fun run in past years. They are an example to us all. It shows that taking active part in such events is a perfect way to keep healthy and have an enjoyable day. The weather did not dampen their spirits as they completed the run.



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Fundraising is a walk in the park for hospice supporters

John Taylor Hospice is inviting people to join its fundraising summer walk and help raise vital funds for care and support services.

The Sunset Walk – a new event for summer 2019 – will be taking place on Saturday 20 July at Sutton Park. The event will open with entertainment to get walkers in the party spirit before they put their best foot forward along the 10k route around the Sutton Coldfield beauty spot.

Walkers will be presented with a medal at the finishing line and be invited to toast their achievements at a sparkling fizz after-party at Sutton Town Hall.

“We are very excited to introduce this new way to fundraise for John Taylor Hospice,” said hospice Community and Events Fundraising Manager Emily Boate.

“The Sunset Walk promises to be an evening to remember packed full of fun and celebrations with a real party atmosphere! It’s a perfect opportunity to get together with friends and family to enjoy the summer sun, while at the same time raising money for a fantastic charity that supports hundreds of local people every day.”

Today more than 600 people and their families will receive the specialist care they need from John Taylor Hospice teams including 24-hour In-Patient Unit care, support at home, counselling and well-being, physiotherapy, occupational therapy, pharmacy and complementary therapies.

To sign up visit

www.johntaylorhospice.org.uk/sunsetwalk or call the Fundraising Team directly on 0121 728 6739.



Diabetes

There is a common misconception that diabetes isn't all that serious and it might stem from the fact that we don't often hear about people passing away from this condition, or maybe it's because it's so common that we've become desensitized by it. Either way, the factual answer is that diabetes is a serious condition. Thankfully, diabetes can also be a somewhat manageable condition by adopting healthier lifestyle choices with exercise and diet.

It's true, being overweight is a big risk factor for diabetes, but there are many cases where someone who is a normal weight or only moderately overweight develops type 2 diabetes. More commonly, diabetes is caused by other factors like a family history of diabetes, high blood pressure, or a sedentary lifestyle,

What are the early signs of diabetes?

Common warnings signs of diabetes include:

- Excessive thirst
- Increased hunger (especially after eating)
- Frequent urination (from urinary tract infections or kidney problems)
- Weight loss or gain.
- Fatigue. (weak, tired feeling)
- Irritability.
- Blurred vision.
- Slow-healing wounds.
- Nausea.
- Dry mouth.
- Headaches.

A healthy diet and keeping active will help you manage your blood sugar level. It will also help you to control your weight and generally feel better.

There's nothing you can't eat if you have type 2 diabetes, but you'll have to limit certain foods.

You should:

- eat a wide range of foods – including fruit, vegetables and some starchy foods like pasta
- keep sugar, fat and salt to a minimum
- eat breakfast, lunch and dinner every day – don't skip meals

What are the main food groups?

- [Fruit and veg](#)
- [Starchy foods](#), like bread, pasta and rice
- [Protein foods](#), like beans, pulses, nuts, eggs, meat and fish
- [Dairy and alternatives](#)
- [Oils and spreads](#)

[Fruit and vegetables](#)

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Having diabetes doesn't mean you can't have fruit. Fruit and veg are naturally low in calories and packed full of vitamins, minerals and fibre. They also add flavour and variety to every meal.

Fresh, frozen, dried and canned – they all count. Go for a rainbow of colours to get as wide a range of vitamins and minerals as possible. Try to avoid fruit juices and smoothies as they don't have as much fibre.

If you're trying to limit the amount of carbs you eat, you might be tempted to avoid fruit and veg. But it's so important to include them in your diet every day. There are [lower carb options](#) you can try.

Fruit and vegetables can help protect against [stroke](#), [heart disease](#), [high blood pressure](#) and some cancers – and when you have diabetes, you're more at risk of developing these conditions.

Benefits

- Help to keep your digestive system working well
- Help protect the body from heart disease, stroke and some cancers

How often?

Everyone should aim to eat at least five portions a day. A portion is roughly what fits in the palm of your hand.



Starchy foods

Starchy foods are things like potatoes, rice, pasta, bread, chapattis, naan and plantain. They all contain carbohydrate, which is broken down into glucose and used by our cells as fuel. The problem with some starchy foods is that it can raise blood glucose levels quickly, which can make it harder for you to manage your diabetes.

There are some better options for starchy foods – ones that affect blood glucose levels more slowly. Foods like wholegrain bread, whole-wheat pasta and basmati, brown or wild rice. They also have more fibre, which helps to keep your digestive system working well. So if you're trying to cut down on carbs, cut down on things like white bread, pasta and rice first.

Benefits

- The fibre helps to keep your digestive system healthy
- Some affect your blood sugar levels more slowly
- Wholegrains help protect your heart

How often?

Try to have some starchy foods every day.

Protein foods like beans, nuts, pulses, eggs, meat and fish

Meat and fish are high in protein, which keeps your muscles healthy. But a healthy diet means less red and processed meat – they've been linked to cancer and heart disease. Oily fish like mackerel, salmon and sardines have a lot of omega-3 oil, which can help protect the heart.



Benefits

- Helps keep your muscles healthy
- Oily fish protects your heart

How often?

Aim to have some food from this group every day. Specifically at least 1 or 2 portions of oily fish each week. But you don't need to eat meat every day.

Dairy foods and alternatives

Milk, cheese and yogurt have lots of calcium and protein in – great for your bones, teeth and muscles. But some dairy foods are high in fat, particularly saturated fat, so choose lower-fat alternatives.

Check for added sugar in lower-fat versions of dairy foods, like yoghurt. It's better to go for unsweetened yoghurt and add some berries if you want it sweeter. If you prefer a dairy alternative like soya milk, choose one that's unsweetened and calcium-fortified.

Benefits

- Good for bones and teeth
- Keeps your muscles healthy

How often?

We all need some calcium every day.

Oils and spreads

We need some fat in our diet but we need less saturated fat. This is because some saturated fats can increase cholesterol in the blood, increasing the risk of heart diseases and stroke. These less healthy options are butter, palm nut oil and coconut oil.

Healthier saturated fats are foods like olive oil, vegetable oil, rapeseed oil, spreads made from these oils, and nut butters.

Benefits

- Unsaturated fats help protect your heart

Foods high in fat, salt and sugar

These foods include biscuits, crisps, chocolates, cakes, ice-cream, butter and sugary drinks. These sugary foods and drinks are high in calories and raise blood sugar levels, so go for diet, light or low-calorie alternatives. And the best drink to choose is water – it's calorie free.

They're also high in unhealthy saturated fats, they aren't good for cholesterol levels and your heart.

And they can also be full of salt – processed foods especially. Too much salt can make you more at risk of high blood pressure and stroke. You should have no more than 1 tsp (6g) of salt a day.

Tips for eating healthy :

- ***Cook more meals from scratch at home, where you can control the amount of salt you use.***
- ***Check food labels – look for green and orange colours. We've got more information to help you read labels and we're campaigning for things to get more consistent and less confusing.***
- ***Try unsweetened teas and coffees – they're better than fruit juices and smoothies as they don't add any extra calories and carbs.***
- ***Banish the salt shaker from the table – black pepper, herbs and spices are great ways of adding extra flavour to your food.***
- ***Making your own sauces, like tomato ketchup and tandoori marinades.***

Being active lowers your blood sugar level

Physical exercise helps lower your blood sugar level. You should aim for 2.5 hours of activity a week.

You can be active anywhere so long as what you're doing gets you out of breath. This could be:

- ***walking***
- ***climbing stairs***
- ***doing more strenuous housework or gardening***

Why it's important to have Diabetic check-ups

Every 3 months

Blood sugar checks (HbA1C test)

- Checks your average blood sugar levels and how close they are to normal.
- You have these checks every 3 months when newly diagnosed, then every 6 months once you're stable.

This can be done by your GP or diabetes nurse.

Once a year

Feet

Checks if you've lost any feeling in your feet, and for ulcers and infections.

You should check your feet every day. Diabetes can reduce the blood supply to your feet and cause a loss of feeling.

- This means foot injuries don't heal well and you may not notice if your foot is sore or injured. These problems can lead to ulcers and infections.

Simple things are important, like:

- keeping feet clean and dry to avoid infection
- trying not to go barefoot outside to avoid nicks and cuts
- wearing shoes that fit well

Speak to your GP or diabetes nurse if you notice any changes in your feet, including:

- cuts, cracks or blisters
- pain or tingling
- numb feet

Eyes

- Checks for damage to blood vessels in your eyes. Your eyes should be checked every year for damaged blood vessels, which can cause sight problems (diabetic retinopathy) and blindness.
- Eye checks can detect damage before it affects your sight. Treating damaged blood vessels early can prevent sight problems.

Speak to your GP immediately if you notice changes to your sight, including:

- blurred vision, especially at night
- shapes floating in your vision (floaters)
- sensitivity to light

Blood pressure, cholesterol and kidneys

- Checks for high blood pressure, heart and Loss of feeling

You should let your GP or diabetes nurse know if you notice any changes in your body.

Diabetes can damage your nerves (neuropathy). This usually affects your feet, but it can affect other parts of your body, causing:

- numbness
- pain or tingling
- problems with sex
- constipation or diarrhoea
- kidney disease.

Early treatment can prevent nerve damage getting worse.

Pregnancy and diabetes

- Speak to your GP or care team if you're thinking of having a baby.
- You can have a safe pregnancy and birth if you have type 2 diabetes. But you will need to take extra precautions and have more appointments before and during pregnancy.

Easter bonnet parade at Christ the King School in Kingstanding

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Congratulations to everyone that took part in the Easter Bonnet competition. Once again the Children from Christ the King school in Kingstanding have exhaled all expectations.

Mum's, dad's, grandma's, grandad's and not forgetting the children have done Kingstanding proud. The creativity and passion that has flowed has wowed us once again.

We would like to thank the teachers, parents and Children for allowing Dr Bhomra and Mr Mehta to join them for the day.

The children have spent hours this week at home making the most creative and colourful Easter bonnets. They paraded to show off their work to the judges Dr Bhomra and Mr. Rajash Mehta before one winner was chosen from each class.

Just look at some of those hats!

If the children can produce such beautiful and creative pieces at such a tender age , who knows what they will spire to produce in the future.





Warren Farm Lodge

Here at Warren Farm Lodge Care home you'll find a highly skilled team that's passionate about helping your loved one to live happily and independently, providing carefully planned support 24-hours a day. Happy Living for the years ahead.

Warren Farm Lodge,
123, Warren Farm Road,
Kingstanding,
Birmingham
B44 0PU

Telephone Number 0800 085 2952



We would like to thank everyone that attend the forum meeting on the 19th June 2019. We had speakers Rebecca Craddock & Fauzia Begum From Witton lodge , (above), Clive Whittaker - MD Change Brief Therapy Ltd- Change (top right) and Tony Manville from Shared reading(bottom right) Jackie Mclean – Warren Farm Lodge(bottom left) and joined by local stakeholders and community members

Forum meeting 19th June 2019

June & Laurence Locke



June and Laurence Locke have been patients at the surgery for many years and June, a remarkable lady, is the chairwoman for the PPG at the surgery. This year they not only celebrated Laurence's 93rd birthday, but also June and Laurence's 60th wedding anniversary.

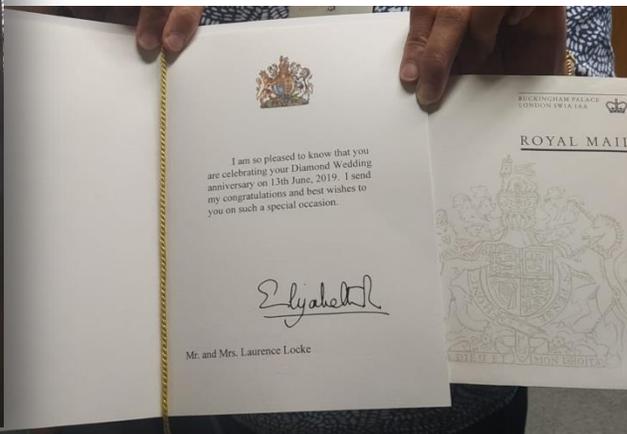
A couple's 60th wedding anniversary is a remarkable achievement. Known as the diamond anniversary, it is a milestone only a few manage to meet. That's why when a couple such as June and Laurence Locke managed such an amazing accomplishment; we thought a celebration is very much in order.

These days, loyalty and faithfulness are not as common as they should be. They have a bond that is admirable. We are sure it wasn't moonlight and roses throughout the past 60 years. But the way they have chosen to love and support each other through thick and thin is a powerful message and example to all of us.

To mark this momentous occasion on 13th June 2019, they received a card from Her Royal Majesty the Queen congratulating them on their Diamond wedding anniversary.

We were honoured and humbled that they chose to celebrate with us this wonderful milestone in their lives. We hope you two have many more years together as a couple. Your dedication to each other has shown us the meaning of true love.

No words can truly express how humbled we are to be friends with such a special and wonderful couple, and we're proud to be part of your family.





We would like to say thank you to everyone that joined us on Sunday 30th June 2019 for our annual health walk.

Each year, millions of people walk for hundreds of causes from cancer to infertility, from hunger to education.

How important are health walks ?

Research has taught us just how important walks can be and how much they can be a catalysts for improvements in physical, mental, and emotional health. Between providing education, raising awareness, and creating a sense of community, walks have numerous public health benefits.

- **Feel more energetic**
- **Get a healthier body shape and appearance**
- **Control your weight**
- **Feel less stressed**
- **Increase your self-confidence**
- **Sleep more easily**
- **Enjoy your surroundings**
- **Meet people and make new friends through walking groups**
- **Save money**

Get motivated to walk regularly by signing up to local health walk groups
Rajash Mehta

Aylesbury Surgery Health & Engagement Forum

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Aylesbury Surgery
 Health & Engagement
 Forum
 Next meeting will be
 held on
 Wednesday
 25th September 2019
 at 2.00 pm

