

# Aylesbury Surgery Health & Engagement



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## Her Majesty Queen Elizabeth II

On behalf of Aylesbury Surgery Health and Engagement Forum I extend my most sincere and deepest condolences to His Majesty King Charles III and to all of the members of The Royal Family on the passing of Her Majesty Queen Elizabeth II. Thank you to our beloved Queen Elizabeth for her 70 years of dedicated service to the people of the UK. Many of us have lived through the entire reign of Her Majesty The Queen was a constant in our ever wavering world.

A great lady with quite an abundance of character as evidenced by her legacy, the family she left to all of us for generations to come. Rest in peace your majesty



## WHY IS THE FLU VACCINATION IS IMPORTANT?

Flu vaccination is important because, while flu is unpleasant for most people, it can be dangerous and even life threatening for some people, particularly those with certain health conditions.

With COVID-19 still present in our community, flu shots are an especially important step in keeping our community healthy this flu season. While the flu shot won't protect you from COVID-19, both viruses are airborne and attack the respiratory system.

The flu vaccine can prevent you from catching the flu or reduce the severity of your symptoms if you do get the virus.. An annual seasonal flu vaccine is the best way to help reduce the risk of getting flu and any of its potentially serious complications. Complications of flu can include bacterial pneumonia, ear infections, sinus infections and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

If you have an underlying health condition please consider having the Flu Vaccination. Contact your GP

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# END OF AN ERA

An end of an era, as the 70-year reign of Queen Elizabeth II draws to a close and the reign of King Charles the III begins. The passing of the late monarch, who died at Balmoral Castle on 8 September aged 96, will be formally marked on 19 September when her late majesty the Queen has been laid to rest at the end of 96 year long journey.

During her reign she has left her mark in people's heart, as well as leaving a legacy as the country's longest-reigning monarch in history.

She was born Elizabeth Alexandra Mary at 2.40am on April 21, 1926, at 17 Bruton Street in London's Mayfair. Her grandfather George V was King and she was third in line, behind her uncle Edward, Prince of Wales and her father, The Duke of York. In 1952 at the age of 25, little did she know at the time that life would change forever as the young princess prematurely assumed a life of duty to her country.



Throughout the Queen's unprecedented reign, there have been a series of major milestones and celebrations, including:

- \* The Silver Jubilee in 1977 (25 years on the throne)
- \* The Golden Jubilee in 2002 (50 years)
- \* The Queen and the Duke of Edinburgh's Diamond Wedding anniversary in 2007
- \* The Diamond Jubilee in 2012 (60 years)
- \* The Queen becomes Britain's Longest Reigning Monarch on September 9, 2015
- \* The Queen celebrates her 90th birthday on April 21, 2016
- \* The Sapphire Jubilee in 2017 (65 years)
- \* The Queen and the Duke of Edinburgh's Platinum Wedding anniversary in 2017
- \* The Queen reached her Platinum Jubilee in June 2022 (70 years)

Her reign has not always been plain sailing, with the 1990s proving particularly difficult for the Royal Family.

Despite often appearing as a picture of poised professionalism at royal events, the Queen – once dubbed by a historian as 'Elizabeth the silent' – proved that one could also be amusing, naturally funny and unstuffy when out in public.

Having been married to Prince Philip, the Duke of Edinburgh, for 73 years, their marriage was peppered with beautiful and heartfelt moments.

During this time, saw the couple raise 4 Children -three sons – Charles, Andrew and Edward – and a daughter, Anne and went on to become grandparents to 8 Grandchildren: Peter Phillips, Zara Phillips Tindall, Prince William, Prince Harry, Princess Beatrice, Princess Eugenie, Lady Louise Windsor, and James, Viscount Severn; and Great grand parents to 12 Great-grand-children: Savannah and Isla Phillips; Prince George, Princess Charlotte and Prince Louis; Mia, Lena, and Lucas Philip Tindall; Archie Harrison and Lilibet Diana Mountbatten-Windsor; August Philip Hawke Brooksbank; and Sienna Elizabeth Mapelli Mozzi.

But their 73rd wedding anniversary in 2020 would be their last, as Prince Philip died aged 99 in April 2021. The image of the monarch sitting by herself at the funeral, due to COVID-19 restrictions during the pandemic, was a visible reminder she would reign alone after so many years with her consort by her side.

However the Queen showed her resilience once again, by attending her first in-person royal duty just a few days after her husband’s passing and attended the State Opening of Parliament a month after his death. She did not shy away from the momentous occasion of the Platinum Jubilee celebration when she took part in a sketch with Paddington Bear.

Moving on from troubled times has been a hallmark of the monarch. Always portraying a poise of calmness , grace and dignity. A monarch who retained tranquility in the face of demandingly stressful circumstances. showing her strength and resilience.

Balmoral Castle in Aberdeenshire, held a special place in the Queens heart. It was a site of many momentous royal occasions, both sorrowful and joyous. It was place where the Queen cherished childhood holidays, Queen Elizabeth II and Prince Philip spent their honeymoon there in 1947; a young Prince Charles brought Diana Spencer there in 1980, before they later married and spent their honeymoon at castle’s hunting lodge; and it is said to have been the location for Prince Harry’s 32nd birthday party. It was also where Princes William and Harry learnt of their mother’s tragic death in 1997. “I think Granny is the most happy there,” Princess Eugenie once said of Balmoral. “I think she really, really loves the Highlands.” It was here that she chose to spend her last days.

When King Charles III, the Queen’s eldest son and heir, was proclaimed King at St James’s Palace on Saturday, he also approved an order stipulating that his mother’s funeral will be a bank holiday.

Her Majesty Queen Elizabeth II was both a rock and an inspiration to many. She was loved and admired by so many and will hold a special place in our hearts and history.



HRH King Charles III

Our deepest  
condolences go  
out to the Royal  
Family on the  
passing of Her  
Majesty Queen  
Elizabeth II May  
she rest in peace.



# MENTAL HEALTH



Mental health is your state of mind, our emotional, psychological, physical and social well-being.

Our surroundings and events affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Over the course of our life, we may go through ups and downs. Depending on our strengths and weaknesses we all face difficult times differently. ? Sometimes we struggle to cope, we experience mental health problems/illness, our thinking, mood, and behaviour can be affected. Many factors contribute to mental health problems/illness, including:

- ◆ Biological factors, such as genes or brain chemistry (schizophrenia, bipolar disorder)
- ◆ Life experiences, such as trauma or abuse
- ◆ Family history of mental health problems
- ◆ The Loss of a Loved One
- ◆ Our personal lives and relationships
- ◆ Money, work or housing
- ◆ Pregnancy
- ◆ Smoking, drinking, gambling and drug misuse.
- ◆ Environment Health
- ◆ Experiencing Discrimination and Stigma
- ◆ Life Changes

Mental health problems are common but help is available. People with mental health problems can get better and many recover completely.

## EARLY WARNING SIGNS

Not sure if you or someone you know is living with mental health problems? Experiencing one or more of the following feelings or behaviours can be an early warning sign of a problem:

- ◆ Eating or sleeping too much or too little

- ◆ Pulling away from people and usual activities
- ◆ Having low or no energy
- ◆ Feeling numb or like nothing matters
- ◆ Having unexplained aches and pains
- ◆ Feeling helpless or hopeless
- ◆ Smoking, drinking, or using drugs more than usual
- ◆ Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- ◆ Yelling or fighting with family and friends
- ◆ Experiencing severe mood swings that cause problems in relationships
- ◆ Having persistent thoughts and memories you can't get out of your head
- ◆ Hearing voices or believing things that are not true
- ◆ Thinking of harming yourself or others
- ◆ Inability to perform daily tasks like taking care of your kids or getting to work or school

People can experience different types of mental health problems. These problems can affect your thinking, mood, and behaviour. Many symptoms of mental health disorders are common. The symptoms can add up to the level of a disorder if these symptoms are more severe and/or long-lasting and affect your functioning.

## ANXIETY DISORDERS

People with anxiety disorders respond to certain objects or situations with fear and dread. Anxiety disorders can include obsessive-compulsive disorder, panic disorders, and phobias.

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## BEHAVIOURAL DISORDERS

Behavioural disorders involve a pattern of disruptive behaviours in children that last for at least 6 months and cause problems in school, at home and in social situations. Examples of behavioural disorders include Attention Deficit Hyperactive Disorder (ADHD), Conduct Disorder, and Oppositional-Defiant Disorder (ODD).

## EATING DISORDERS

Eating disorders involve extreme emotions, attitudes, and behaviours involving weight and food. Eating disorders can include anorexia, bulimia, and binge eating.

## MENTAL HEALTH & SUBSTANCE USE DISORDERS

Mental health problems and substance abuse disorders sometimes occur together.

## MOOD DISORDERS

Mood disorders involve persistent feelings of sadness or periods of feeling overly happy, or fluctuating between extreme happiness and extreme sadness. Mood disorders can include depression, bipolar disorder, Seasonal Affective Disorder (SAD), and self-harm.

## OBSESSIVE-COMPULSIVE DISORDER

If you have OCD, you have repeated, upsetting thoughts called obsessions. You do the same thing over and over again to try to make the thoughts go away. Those repeated actions are called compulsions.

## PERSONALITY DISORDERS

People with personality disorders have extreme and inflexible personality traits that are distressing to the person and may cause problems in work, school, or social relationships. Personality disorders can include antisocial personality disorder and borderline personality disorder.

## PSYCHOTIC DISORDERS

People with psychotic disorders experience a range of symptoms, including hallucinations and delusions. An example of a psychotic disorder is schizophrenia.

## SUICIDAL BEHAVIOUR

Suicide causes immeasurable pain, suffering, and loss to individuals, families, and communities nationwide. That are suicidal feelings?

Suicide is the act of intentionally taking your own life.

Suicidal feelings can mean having abstract thoughts about ending your life or feeling that people would be better off without you. Or it can mean thinking about methods of suicide or making clear plans to take your own life.

How you might think or feel

- ◆ hopeless, like there is no point in living
- ◆ tearful and overwhelmed by negative thoughts
- ◆ unbearable pain that you can't imagine ending
- ◆ useless, not wanted or not needed by others
- ◆ desperate, as if you have no other choice
- ◆ like everyone would be better off without you
- ◆ cut off from your body or physically numb
- ◆ Fascinated by death.

But you are not alone. Many people think about suicide at some point in their lifetime.

## TRAUMA AND STRESS RELATED DISORDERS

Post-traumatic stress disorder (PTSD) can occur after living through or seeing a traumatic event, such as war, a hurricane, rape, physical abuse or a bad accident. PTSD makes you feel stressed and afraid after the danger is over.

Learn more about specific mental health problems and where to find help.

## Mental Health and Wellness

Positive mental health allows people to:

- Realize their full potential
- Cope with the stresses of life
- Work productively
- Make meaningful contributions to their communities

Ways to maintain positive mental health include:

- Getting professional help if you need it
- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Developing coping skills



### GET HELP

People often don't get the mental health help they need because they don't know where to start.

Going to your GP is a good starting point for getting support. It is common to worry about talking to your doctor about suicidal feelings. But they will be used to listening to people who are experiencing difficult feelings.

**YOUR GP CAN:**

- \* REFER YOU TO TALKING THERAPIES
- \* PRESCRIBE YOU MEDICATION
- \* REFER YOU TO SPECIALIST SERVICES, SUCH AS A COMMUNITY MENTAL HEALTH TEAM (CMHT).

The earlier you let someone know how you're feeling, the quicker you'll be able to get support

tackle these issues. But it can feel difficult to open up to people.

Small Changes you can make to help in your recovery

It can be scary to reach out for help, but it is often the first step to helping you heal, grow, and recover.

### BUILD YOUR SUPPORT SYSTEM

- ◆ Find someone—such as a parent, family member, teacher, faith leader, health care provider or other trusted individual, who:
  - ◆ Gives good advice when you want and ask for it; assists you in taking action that will help
  - ◆ Likes, respects, and trusts you and who you like, respect, and trust, too
  - ◆ Allows you the space to change, grow, make decisions, and even make mistakes
  - ◆ Listens to you and shares with you, both the good and bad times
  - ◆ Respects your need for confidentiality so you can tell him or her anything
  - ◆ Lets you freely express your feelings and emotions without judging, teasing, or criticizing
  - ◆ Works with you to figure out what to do the next time a difficult situation comes up
  - ◆ Has your best interest in mind

### FIND A PEER GROUP

Find a group of people with mental health problems similar to yours. Peer support relationships can positively affect individual recovery

Participate in Your Treatment Decisions

It's also important for you to be educated, informed, and engaged about your own mental health.

### PLAY AN ACTIVE ROLE IN YOUR OWN

## TREATMENT.

Get involved in your treatment through shared decision-making. Participate fully with your mental health provider and make informed treatment decisions together. Participating fully in shared decision making includes:

- ◆ Recognizing a decision needs to be made
- ◆ Identifying partners in the process as equals
- ◆ Stating options as equal
- ◆ Exploring understanding and expectations
- ◆ Identifying preferences
- ◆ Negotiating options/concordance
- ◆ Sharing decisions
- ◆ Arranging follow-up to evaluate decision-making outcomes

## DEVELOP A RECOVERY PLAN

Recovery is a process of change where individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. Studies show that most people with mental health problems get better, and many recover completely.

You may want to develop a written recovery plan. Recovery plans: Enable you to identify goals for achieving wellness

Specify what you can do to reach those goals

Can be daily activities as well as longer-term goals

## TRACK YOUR MENTAL HEALTH PROBLEM

Identify triggers or other stressful events that can make you feel worse, and help you learn how to manage them

Recovery from Mental Health illness can take time and may be slow process but your mental health team will work with you for your recovery. Mental health illness due to biological or genetics may not be curable completely but with the right help and

medications can give you a better quality of life.

## ORGANISATIONS THAT CAN HELP

### NATIONAL SUICIDE PREVENTION HELPLINE UK

**0800 689 5652**

[www.spbristol.org/NSPHUK](http://www.spbristol.org/NSPHUK)

Helpline offering a supportive listening service to anyone with thoughts of suicide, available 24/7.

### NHS 111 (ENGLAND)

111 / [111.nhs.uk](http://111.nhs.uk)

Non-emergency medical help and advice for people in England.

### SAMARITANS

116 123 (freephone) / [jo@samaritans.org](mailto:jo@samaritans.org)

Freepost SAMARITANS LETTERS / [samaritans.org](http://samaritans.org)

Samaritans are open 24/7 for anyone who needs to talk. You can visit some Samaritans branches in person. 0808 164 0123 (7pm–11pm every day).

### SHOUT

85258 (text SHOUT) [giveusashout.org](http://giveusashout.org)

Confidential 24/7 text service offering support if you are in crisis and need immediate help.

### STAY ALIVE

[prevent-suicide.org.uk](http://prevent-suicide.org.uk)

App with help and resources for people who feel suicidal or are supporting someone else.

### SURVIVORS OF BEREAVEMENT BY SUICIDE (SOBS)

[uk-sobs.org.uk](http://uk-sobs.org.uk)

Emotional and practical support and local groups

## Why is diabetic eye screening important?

Eye screening is a way of spotting eye problems before you notice any changes to your sight.

Everyone living with diabetes will get an invite to a regular eye screening. At first, the screening should be every year, then this can change depending on your results.

At your eye screening, your healthcare professional will look for signs of eye disease caused by your diabetes. The aim of your regular eye screening is to catch any issues early on. This way you can get the treatment you need in time.

Eye screening is an important part of managing your diabetes. Having diabetes can mean you're more at risk of developing eye problems, such as **diabetic retinopathy**. This can sometimes lead to sight loss.

As diabetic retinopathy doesn't show any symptoms in the early stages, it can become quite advanced before you start to notice it. Going to your routine eye screening can help you spot and treat diabetic retinopathy early, which should prevent it from progressing to a stage where it's more difficult to treat.

## What happens at a diabetic eye screening?

It's important to know that this type of eye screening isn't the same as a regular eye test with an optician. You still need to have regular eye tests, as they check for lots of other problems.

You will start by having a quick check of your eyes, which will be followed by the main part of the eye screening. This is when the back of your retina is photographed.

Diabetic retinopathy is detected during an eye examination that includes:

**Visual acuity test:** Uses an eye chart to measure how well a person sees at various distances ( i.e., visual acuity ).

**Pupil dilation:** The eye care professional places drops into the eye to dilate the pupil. This allows him or her to see more of the retina and look for signs of diabetic retinopathy. These eye drops may sting, but the screening as a whole should not be painful.

Your vision will be blurry after the drops, and you will find this makes it difficult to focus on objects close to you. This can last for up to six hours, so it's a good idea to bring someone with you to take you home. You may also find that everything seems brighter than usual, so you may want to bring sunglasses for after the screening.

You'll have photos taken of each eye and both times there will be a flash of light. Your eye won't be touched by the camera and you shouldn't experience any pain.

## Understanding diabetic eye screening results

After a screening you will get a letter with your results from your eye screening within six weeks. When you get them you will see an 'R' followed by a number. The R stands for retinopathy and the number tells you how much damage, if any, has been done.

You might also see an 'M' which stands for maculopathy. This is when fluid builds up in part of your eye. Once again there will be a number which will tell you your result. M0 means there is no reason to worry yet and M1 means that you will need treatment for maculopathy.

Depending on what your results say, you will have different steps to follow.

## Looking after your eyes



Your results	Your next steps
No retinopathy (R0)	Continue your regular eye screening
Background changes (R1)	You may be asked to return sooner
Non-proliferative retinopathy (R2)	More regular eye screenings
Proliferative retinopathy (R3)	You will be seen by an eye specialist quickly and taken through your treat-

Your regular eye screening will help you keep track of how your eyes are doing. But there are steps you can take to **reduce your risk** of developing serious complications too. These include:

looking out for any changes to your sight e.g. floaters, dimmer vision, struggling to see in the dark

- ◆ knowing your target **blood sugar levels** If you check your blood sugar level at home, **it should be 4 to 7mmol/l**. The level can vary throughout the day, so try to check it at different times..
- ◆ The check done at your GP surgery is a measure of your average blood sugar level over the past few weeks. You should know this number, as it is the most important measure of your diabetes control.

**It's called HbA1c, and for most people with diabetes it should be around 48mmol/mol or 6.5%.**

- ◆ keeping on top of your **blood pressure** - **If you have diabetes, you'll normally be advised to aim for a blood pressure reading of no more than 140/80mmHg,**

**or less than 130/80mmHg if you have diabetes complications, such as eye damage**

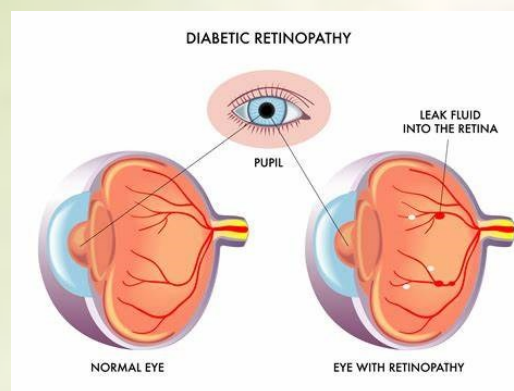
- ◆ **A healthy total cholesterol level is below 4mmol/l.**

Your diabetes can be controlled by:

- ◆ eating a healthy diet
- ◆ being active
- ◆ giving up smoking.

If you do start to develop eye problems, your healthcare team can support you and talk to you about your **treatment** options. It's important to remember that you can prevent them from getting worse if they're spotted early enough.

## How diabetes can affect the eyes



The retina is the light-sensitive layer of cells at the back of the eye that converts light into electrical signals. The signals are sent to the brain which turns them into the images you see.

The retina needs a constant supply of blood, which it receives through a network of tiny blood vessels. Often due to blood sugars and high blood pressure these vessels can get damaged causing blurred vision or other serious problems. It is very important to manage your diabetes and get regular checks.

# RED FLAG SYMPTOMS

## Chest Pain

- discomfort that feels like squeezing, pressure, or heaviness
- pain and sweating, nausea, or a feeling of dread
- difficulty breathing
- any change in the pattern or frequency of "normal" pain
- pain or pressure that gets worse with exertion and improves with rest
- pain associated with passing out or feelings of light-headedness
- pain or shortness of breath in anyone with a swollen or painful leg
- feeling like their heart is fluttering or beating quickly

## Shortness of Breath

- difficulty breathing that worsens when they lie flat or when you exert themselves
- feeling like they are breathing faster than usual or are having difficulty talking
- difficulty breathing that starts suddenly
- worsening of formerly stable shortness of breath, such as is seen in an acute asthma attack
- shortness of breath with fever
- coughing up blood
- difficulty breathing in anyone with a swollen or painful
- Symptoms of Stroke or TIA

Any of these symptoms are concerning even if they are transient or improve:

- weakness, numbness, or inability to move any part of their body
- any changes in vision, including double vision, blurry vision, or loss of vision
- difficulty speaking
- confusion
- feelings of dizziness, loss of balance, un-

- steadiness, or difficulty walking
- recent head injury (such as a fall) or stroke
- seizure.

## Abdominal and Gastrointestinal Symptoms

- bloody stools or bloody diarrhoea
- diarrhoea associated with severe abdominal pain
- new onset of constipation, or stools that look darker than normal
- vomiting blood or vomit that looks like coffee grounds
- history of heavy alcohol use
- vomiting or pain that is keeping you from taking your regular medications
- abdominal pain associated with fever, vomiting, diarrhoea, or lack of appetite
- abdominal pain that becomes worse after meals
- abdominal pain in the presence of chronic ibuprofen (or any other NSAID drug) or aspirin use
- abdominal pain that starts suddenly
- abdominal pain that doesn't resolve
- any of the above symptoms associated with a history of heavy alcohol use.

## Loss of Consciousness or Significant Light-headedness

- passing out associated with chest pain, palpitations, abdominal pain, shortness of breath, or headache
- passing out associated with the presence of any symptoms concerning for stroke or TIA
- passing out without preceding warning symptoms
- passing out during exercise.

## Severe Headache

- headache that starts suddenly (you can pinpoint the exact moment your headache began), like a "thunderclap"

- headache that you would describe as the "worst headache of your life"
- headache associated with confusion, fever, stiff neck, vomiting, seizure, weakness, numbness, visual changes, or pain with chewing
- recent trauma or fall.

#### Visual Changes

- double vision, blurry vision, or loss of vision (even if transient)
- history of glaucoma
- history of diabetes, high blood pressure, or atrial fibrillation
- changes in vision associated with severe eye pain, headache, scalp or jaw pain.

#### Allergic Reaction (Following an insect sting or ingestion of any substance such as a food or medication)

- feeling like it is difficult to breathe
- hoarseness
- swelling of lips, face, tongue, or throat
- redness, rash or hives over the body.

#### Depression

- feeling that they want to hurt themselves or someone else
- history of abuse or feeling that they are unsafe at home
- persistent sadness
- loss of interest in normal activities
- increased use of alcohol or substances.

#### Back Pain

- incontinence or retention of stool or urine
- weakness or numbness of the legs or groin area
- persistent pain that comes on with no history of falls or other trauma
- history of osteoporosis
- history of cancer
- back pain associated with fever
- back pain associated with burning or painful urination.

Seek medical help urgently if you (or another adult) develop any of these signs:

**Sepsis**, sometimes called septicaemia or blood poisoning

#### HOW TO SPOT SEPSIS IN ADULTS

Seek medical help urgently if you (or another adult) develop any of these signs:

- S** - slurred speech or confusion
- E** - extreme shivering or muscle pain
- P** - passing no urine (in a day)
- S** - severe breathlessness
- I** - Illness so bad that it feels like you're going to die
- S** - skin mottled or discoloured

#### HOW TO SPOT SEPSIS IN CHILDREN

- A child may have sepsis if he or she:
- Is breathing very fast
- Has a 'fit' or convulsion
- Looks mottled, bluish, or pale
- Has a rash that does not fade when you press it
- Is very lethargic or difficult to wake
- Feels abnormally cold to touch

If you spot any of these signs, call 999 or go straight to A&E and Just ask: "could it be sepsis?"

A child under 5 may have sepsis if he or she:

- Is not feeding
- Is vomiting repeatedly
- Has not passed urine for 12 hours

If you spot any of these signs, call 111 or see your GP and Just ask: "could it be sepsis?"



**FREE**

# Community Hot Meal

**Sunday 30th of October at 4.00pm**

*at St Johns Centre  
124 Warren Farm Road Kingstanding B44 0QN*

**Everyone is Welcome no booking required**

**If you or you know someone that would benefit from a hot meal or would like more information or to book in advance please call -07763466488**



Above: MR Rajash Mehta with Birmingham Erdington Labour MP Paulette Hamilton, selected by local members from a shortlist of two as Labour's candidate in Birmingham Erdington, ahead of a by-election triggered by the death of Mr Jack Dromey

MP Paulette Hamilton has been a Birmingham councillor since 2004. As the cabinet member for health and social care, she has led Birmingham's response to the pandemic, appearing on BBC News night and winning a local government award for her work.

The MP, born in Handsworth. She worked as a nurse before entering politics and has lived in Erdington for the last 35 years,

# Small Changes in your lifestyle

A sedentary lifestyle can contribute to obesity, diabetes, and some types of cancer. The health risks of sedentary lifestyle is well known but new associations with various diseases . However, this type of lifestyle can increase the risk of many of diseases. .

**Type 2 Diabetes:** A sedentary lifestyle is one of the major risk factors of type 2 diabetes. The link may be the associated obesity with being less active.

**Coronary Artery Disease:** The coronary arteries carry oxygen-rich blood to the heart. Reduced physical activity is associated with atherosclerosis where fatty plaques form in the artery walls. This can cause narrowing of the coronary arteries. Eventually causing blockage of the artery leading to death of a portion of the heart wall. This is known as a heart attack .

**Stroke:** A stroke arises when a portion of the brain tissue dies as a result of inadequate blood supply. The reduced physical activity contributes towards atherosclerosis. These fatty plaques may build up in the arteries supplying blood to the brain. Eventually the narrowed artery may become blocked and a stroke occurs.

**Cancer:** A sedentary lifestyle is a risk factor for certain cancers. It is not always clear why this may occur. Furthermore it is known that a sedentary lifestyle reduces the effectiveness of the immune system, an important component in cancer regulation.

It is important to get regular exercise and walking is the easiest and cheapest way of getting regular exercise. The general health benefits of regular walking include:

## **Benefits**

- Stronger, more stable joints
- Better balance
- Improved cognitive function
- Stronger leg muscles
- Less stress and anxiety
- Raise good cholesterol and lower bad cholesterol
- Lower triglycerides

- increase cardiovascular fitness

## **Lower your risk of:**

- Coronary heart disease (CHD)
- Chronic obstructive pulmonary disease (COPD)
- Heart attack
- Stroke
- High blood pressure
- High cholesterol

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@rajashmehta

## Health Walk

Every year many become unnecessary victims of ill health due to their lifestyles. The annual health walk like previous years is held just for this purpose to raise awareness the importance of benefits of walking for health. Our Health Walks support the most inactive people to take their first small step towards enjoying physical activity.

We look to medicines to make us feel better but we overlook the best medicine available to us without side effects. Walking is a form of "medicine" itself and can counteract many of the negative effects of an otherwise sedentary lifestyle.

Walking is a welcoming way for you to start to enjoy the many benefits of being physically active. It doesn't matter how fit (or unfit) you are; walking can help it can also boost self-esteem. Walking can help your mental health. Studies show it can help reduce anxiety, depression, and a negative mood. To experience these benefits of walking aim for 30 minutes of brisk walking or other moderate intensity exercise three days a week.

The health Walk will now take place on 9th April 2023. Bringing people together to raise money and raise awareness, the importance of walking for health. Mark the date and join us for a fun day

Sign up now

**Aylesbury Surgery  
Health & Engagement Forum**

**invites you to join us for our annual health  
walk on the 9th April 2023.**

