



AYLESBURY SURGERY HEALTH & ENGAGEMENT FORUM



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Trooping the Colour

Trooping the Colour is a tradition that has been carried out annually for over 260 years to celebrate the British monarch's birthday. The King's Birthday Parade is essentially a 'gift' from the British Army's Household Division to His Majesty to mark his birthday. Held traditionally on the second Saturday in June, regardless of the Sovereign's actual date of birth, the parade is an opportunity for the household division to demonstrate their professional excellence and loyalty to the Crown.

The 2024 Trooping the Colour ceremony was held on Saturday, June 15 to celebrate the Official Birthday of King Charles III and Queen Camilla, along with other members of the Royal Family. The event took place at the Horse Guards Parade showcasing the best of military pageantry and celebrating the Monarch's links to the Armed Forces.

It began with a big military parade, and continued with a 41-gun salute, and an RAF flypast by the Red Arrows over Buckingham Palace.

The Prince of Wales, The Princess Royal and The Duke of Edinburgh attended the parade on horseback, riding Darby, Noble and Sir John respectively and wearing the uniforms of the Regiments in which they are Royal Colonels: the Welsh Guards, the Blues and Royals and the Scots Guards. Hundreds of military working horses and more than a thousand soldiers of the British Army's Household Division delivered the parade itself.

During the parade, the King's Colour (Regimental flag) is "Trooped" (carried aloft by one of the Regiment's most junior Officers through the ranks of soldiers). The Parade consists of recent recruits aged 18-25 with only a few months of experience of Army life.

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After the parade on Horse Guards, the Irish Guards marched up The Mall as part of the Royal Procession. The Trooping of their Colour completed, they then immediately took over responsibility as the new King's Guard at Buckingham Palace for the next 24 hours.



Above: (Middle) Mr Rajash Mehta chair of Aylesbury Surgery Health & Engagement Forum with guards at Buckingham Palace



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Armed Forces Week 2024



Armed Forces work tirelessly to defend the UK and protect the people all day, everyday.

Let's take time to Salute and show our gratitude to the armed Forces this Armed Forces Day. To those men and women who risk their lives to protect us.

Armed Forces Week is a chance to show your support for the men and women who make up the Armed Forces community: from currently serving troops to Service families, veterans and cadets.

Formerly known as Veterans' Day, it began in 2006 when then-chancellor Gordon Brown declared the aim of the event was to ensure the sacrifices made by members of the Armed Forces were never forgotten.

There are many ways for people, communities and organisations across the country to show their support and get involved, from attending an event or joining us online to throwing a party or local event..

Armed Forces Day takes place on Saturday 29 June 2024.

Supporting our Armed Forces

Showing support for the Armed Forces provides a much-valued morale boost for serving personnel, veterans and their families. You can find out more about what they are doing at home and around the world by visiting the official sites of the Royal Navy, British Army and Royal Air Force.

Supporting our sailors, soldiers and aviators goes beyond Armed Forces Day. In fact, the Government, local communities and businesses across the UK have committed to supporting Armed Forces personnel past and present by signing up to the Armed Forces Covenant.

The UK Armed Forces defend the UK and its interests. They are busy working around the world, promoting peace, delivering aid, tackling drug smugglers, providing security and fighting terrorism.



Veterans

A veteran is anyone who has served in the HM Armed Forces at any time (including National Servicemen, Regulars and Reserves). Armed Forces Day celebrates their continued role within the military community. You can find out more information about support for Veterans on the Veterans-UK website or by calling Veterans UK on 0808 1914 218.

Reservists

Reservists give up their spare time to serve in the Reserve Forces, balancing their civilian life with a military career to ensure that should their country require them, they would be ready to serve.

Cadets

The Cadet Forces (Sea Cadets, Volunteer Cadet Corps, Army Cadets, Air Cadets and the Combined Cadet Force) currently number over 135,000 cadets and 25,000 adult volunteers in more than 3,000 locations across the UK. The Cadet Forces provide the opportunity for young people to develop key life and career-building skills, and gain valuable vocational qualifications.

The Ministry of Defence sponsors and supports five cadet forces (voluntary youth organisations). They offer challenging and enjoyable activities for young people, and prepare them to play an active part in the community while developing valuable life skills. The cadet forces are based on the traditions, values and standards of their parent Service but they are not part of the Armed Forces.

- The cadet forces comprise of the:
- Sea Cadet Corps
- Volunteer Cadet Corps
- Combined Cadet Force
- Army Cadet Force
- Air Training Corps

They aim to provide challenging and enjoyable activities for young people living in the UK and certain locations abroad and to better prepare them for their role in the community. Not only do cadets have the opportunity to learn new skills and engage in adventurous activities in disciplined and well-structured organisations, they may also gain nationally recognised qualifications based on their achievements. Depending on the grade achieved these qualifications can equate to GCSEs and may help cadets in their future

Families

Our Armed Forces couldn't do their job without the incredible support of their family and friends.

SHOW YOUR SUPPORT

Armed Forces Day events are being held across the UK. You can find those local to you on the internet. Please contact the individual event organisers, using the contact details provided, for further information on specific events.

If you can't find an event near you, why not hold your own? From creating an event for your local community to a get-together with family and friends, no event is too big or too small for Armed Forces Day.

You can also pay tribute to the British Armed Forces community by sending a photo or video of yourself or your friends and colleagues saluting on Twitter (@ArmedForcesDay), Facebook or Instagram using the hashtag #SaluteOurForces.

Measles, Mumps and Rubella and MMR

What are the causes ?



Measles

Extremely contagious virus, 90% of unvaccinated people who come into contact with an infected person will catch the disease. Spread through coughing and sneezing. Can linger in the air for up to two hours.

It can cause severe health complications like pneumonia, encephalitis (brain swelling), and in rare cases, death.

Symptoms include high fever, cough, runny nose, red and watery eyes, and a distinctive red rash.

Mumps

Mumps spreads through infected saliva, sharing items, or other close contact. The risk of spreading the virus increases the longer and the closer the contact a person has with someone who has mumps.

Symptoms include swollen and puffy cheeks, swollen jaw, fever, headache, loss of appetite, muscle aches, and fatigue.

Can lead to inflammation of the testicles in males, inflammation of the ovaries in females, and viral meningitis in some cases. Mumps can also lead to more serious issues such as infertility, pancreatitis and hearing loss.

Rubella

Also known as German measles, it's usually milder but poses a significant risk to pregnant women

and their unborn babies.

It spreads through airborne droplets from the noses or throats of infected people.

Symptoms include mild fever, sore throat, rash that starts on the face and spreads, swollen lymph nodes.

Complications are severe in pregnant women, especially in the first trimester; as it can lead to miscarriages, stillbirths, and congenital rubella syndrome (CRS). CRS can result in deafness, cataracts, heart defects, intellectual disabilities, and liver or spleen damage.

Diagnosis & Symptoms:

It takes about 10-15 days to show up symptoms like cough, fever, red eyes, sneezing, and skin rash.

Physical examination of the characteristic skin rash of measles and other symptoms that are characteristic to measles are white spots in mouth, fever, cough, sore throat

Symptoms starts showing up within 10 - 15 days from the day of exposure to the virus . Measles usually starts with cold-like symptoms.

These include a high temperature, a runny or blocked nose, a cough and red, sore, watery eyes.

This is followed a few days later by a rash.

The rash starts on the face and behind the ears before it spreads.

The spots are usually raised and can join together to form blotchy patches which are not usually itchy.

Some people may get small spots in their mouth too.

Symptoms can include:

- Fever
- Dry cough
- Conjunctivitis, or swollen eyelids and in-

flamed eyes

- Runny nose
- Sneezing
- A reddish-brown skin rash- starts from head and spreads to whole body
- A run-down or lethargic feeling
- Loss of appetite
- Watery eyes
- Photophobia, or sensitivity to light
- Generalised body aches

It is caused by the virus rubella. The virus lives in the nose or throat of an infected person.

The infected droplets spread into the air through sneezing and coughing and may fall on surfaces; this can remain active for several hours.

Complications:

Other serious complications may include:

- **Ear infection:** it is the most common complication and can lead to hearing loss or make the person permanently deaf
- **Diarrhoea:** can be a feature of measles infection.
- **Pneumonia:** most common cause of death due to measles.
- **Encephalitis and convulsion:** brain swelling can lead to convulsion which can make the child deaf or intellectually disabled
- **Subacute sclerosing panencephalitis (SSPE):** it is very rare but fatal disease of the central nervous system which results from a measles virus infection acquired earlier in life

Measles spreads very easily among those who are unvaccinated, especially in nurseries and schools. The most serious cases can lead to hospitalisation and even death.

People in certain vulnerable groups including babies and young children, pregnant women, and people with

weakened immunity, are at increased risk of complications from measles.

How can I prevent ?

If you're looking to prevent contracting measles, the best method is through getting the MMR vaccine. This combines protection from not only measles, but also mumps and rubella. In the UK, all children are offered two doses of this vaccine which should ensure they receive lifelong coverage from all three diseases.

These 3 infections spread easily between people and can lead to serious problems including meningitis, blindness and hearing loss.

If you're pregnant, getting measles can cause premature birth, miscarriage or still birth. And getting rubella can cause serious problems for your baby such as damage to their sight and hearing.

Who should have the MMR vaccine?

The MMR vaccine is recommended for all babies and young children, but older children and adults can have it if they were not vaccinated when they were younger.

Babies and young children are given 2 doses of the MMR vaccine as part of the NHS vaccination schedule.

- Babies between 6 and 12 months can have an extra dose of the MMR vaccine before this if they need it to protect them
- If they are travelling abroad to an area with a lot of measles
- They are been close to someone with measles
- There is an outbreak of measles

The MMR vaccine can be given at any age.

Advice for parents

Parents planning summer getaways are being urgently advised to ensure their children are vaccinated as measles cases have seen a dramatic rise in recent months, affecting 17 popular holiday destinations across Europe.

This year, England has been hit by a significant measles outbreak, with almost 900 cases reported in 2024 so far, dwarfing the 368 cases recorded in 2023.

Speak to a GP about getting vaccinated if you did not have it as a child, you only had 1 dose or you're not sure if you've been fully vaccinated.

It's especially important to make sure you're vaccinated if:

- You are a child, teenager or young adult
- You could become pregnant
- You are travelling to, or living in, a country where there is a higher risk of getting measles, mumps or rubella
- You are a healthcare worker
- you were born between 1970 and 1990 (as you may not have been vaccinated against all 3 infections)

Your GP surgery should be able to tell you which vaccinations you've already had.

How to get the MMR vaccine

Your GP surgery will usually contact you about your child's MMR vaccinations.

Older children who missed being vaccinated when they were younger may also be able to get the MMR vaccine through their school.

If you need the MMR vaccine for your work, you should be able to get it through your employer's occupational health service.

Non-urgent advice: Speak to your GP surgery if:

- You have not been contacted to get your child's MMR vaccine
- Your child has missed their MMR vaccine, or you're not sure if they've had both doses of the vaccine
- You think you might need the MMR vaccine
- Your child has a temperature and is due to have the vaccine – they may need to wait until

they're feeling better before having the vaccine

How the MMR vaccine is given

The MMR vaccine is given as an injection into the upper arm or thigh. It's often given at the same time as other routine vaccinations.

You'll need 2 doses for full protection.

Young children have the 1st dose when they're 1 year old and the second when they're between 3 years 4 months and 5 years old.

If you have the vaccine when you're older, you'll have 2 doses at least 1 month apart.

Information:

The MMR vaccine can be given at the same time as most other vaccines except for the yellow fever vaccine.

You will need to wait 4 weeks between having the MMR vaccine and the yellow fever vaccine.

The MMR vaccine can be given on the same day as the chickenpox vaccine, but if they are not given on the same day you will need to wait 4 weeks between the vaccines.

Side effects of the MMR vaccine

Like all medicines, the MMR vaccine can cause side effects, but not everyone will get them.

Common side effects are usually mild and only last 2 to 3 days, they include:

- A raised, blotchy rash (similar to a measles rash), feeling unwell and a high temperature around 7 to 11 days after the vaccination
- Swollen glands around the cheeks, neck and jaw and aching in your joints (similar to a mild form of mumps) around 2 to 3 weeks after the vaccination

More serious side effects, such as a severe allergic reaction (anaphylaxis) are rare. The person who vaccinates you will be trained to deal with allergic reactions and treat them immediately.

MENTAL HEALTH

What is good Mental Health?

Good mental health means being generally able to think, feel and react in the ways that you need and want to live your life.

Due to effects of everyday life, work, relationships, responsibilities and social demands life can become overwhelming and you may find that it is becoming difficult or even impossible, to cope with to the point it starts to affect you physically, and emotionally.

When you experience poor mental health it is often upsetting, confusing and frightening and may feel it is a sign of weakness. Often it leads to isolation and being afraid that someone may find out. In many cases it can cause negative thoughts and emotions to surface and take hold, due to which many people tend to suffer in silence.

Most people know someone who has experienced a mental health problem. They can happen to all kinds of people from all walks of life. And it's likely that,

when you find a combination of self-care, treatment and support that works for you, you will get better.

There are different types mental health disorders some are caused by outside factors related to your lifestyle such as depression, anxiety, eating disorder etc. and there are others can be gential such as Bipolar or borderline personality disorders are a few of many.

Mental health problems affect around one in four people in any given year. They range from common problems, such as depression and anxiety, to rarer problems such as schizophrenia and bipolar disorder.

Mental Health illness can come in all shapes and forms from mild depression to deep rooted disorders

Getting the right help is important. First steps to healing is acknowledging you need help. You can start by speaking to your GP.

Your Doctor can help you decide the best treatment and guide you or refer you a Community Mental Health team that will be best to help you.

Mental Health Disorders

| | | |
|---------------------------------|-------------------------------------|--|
| Agoraphobia | Eating disorders | Postpartum psychosis |
| Anorexia nervosa | Fabricated or induced illness | Post-traumatic stress disorder (PTSD) |
| Antisocial personality disorder | General anxiety disorder | Psychosis |
| Binge eating disorder | Health anxiety | Psychotic depression |
| Bipolar disorder | Hoarding disorder | Schizophrenia |
| Body dysmorphic disorder | Munchausen syndrome | Seasonal affective disorder (SAD) |
| Borderline personality disorder | Obsessive compulsive disorder (OCD) | Selective mutism |
| Bulimia | Panic disorder | Skin picking disorder |
| Claustrophobia | Personality disorder | Social anxiety (social phobia) |
| Cyclothymia | Phobias | Stress |
| Depression | Postnatal depression | Trichotillomania (hair pulling disorder) |
| Dissociative disorders | | |

5 steps to mental wellbeing



Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

1. *Connect with other people*

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others

There are lots of things you could try to help build stronger and closer relationships:

Do

- if possible, take time each day to be with your family, for example, try arranging a fixed time to eat dinner together
- arrange a day out with friends you have not seen for a while
- try switching off the TV to talk or play a game with your children, friends or family
- have lunch with a colleague
- visit a friend or family member who needs support or company
- volunteer at a local school, hospital or community group. Find out how to volunteer on the GOV.UK website
- make the most of technology to stay in touch with friends and family. Video-chat apps like Skype and FaceTime are useful, especially if you live far apart

Don't

do not rely on technology or social media alone to build relationships. It's easy to get into the habit of only ever texting, messaging or emailing people

2. *Be physically active*

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

raising your self-esteem

helping you to set goals or challenges and achieve them

causing chemical changes in your brain which can help to positively change your mood

Read about exercise guidelines and workouts to help improve your fitness and wellbeing

Do

read about running and aerobic exercises to help get you moving and improve your fitness

read about strength and flexibility exercises to increase muscle strength, improve balance and reduce joint pain

if you're a wheelchair user, read fitness advice for wheelchair users

Don't

do not feel you have to spend hours in a gym. It's best to find activities you enjoy and make them a part of your life

3. *Learn new skills*

Research shows that learning new skills can also improve your mental wellbeing by:

boosting self-confidence and raising self-esteem

helping you to build a sense of purpose

helping you to connect with others

Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.

Some of the things you could try include:

Do

- try learning to cook something new. Find out about eating a healthy, balanced diet
- try taking on a new responsibility at work, such as mentoring a junior staff member or improving your presentation skills
- work on a DIY project, such as fixing a broken bike, garden gate or something bigger. There are lots of free video tutorials online
- consider signing up for a course at a local college. You could try learning a new language or a practical skill such as plumbing
- try new hobbies that challenge you, such as writing a blog, taking up a new sport or learning to paint

Don't

do not feel you have to learn new qualifications or sit exams if this does not interest you. It's best to find activities you enjoy and make them a part of your life

4. Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

creating positive feelings and a sense of reward

giving you a feeling of purpose and self-worth

helping you connect with other people

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

Some examples of the things you could try include:

- saying thank you to someone for something they have done for you
- asking friends, family or colleagues how they are and really listening to their answer
- spending time with friends or relatives who need support or company
- offering to help someone you know with DIY or a work project

- volunteering in your community, such as helping at a school, hospital or care home
-

5. Pay attention to the present moment (mindfulness)

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

Read more about mindfulness, including steps you can take to be more mindful in your everyday life.



What is diabetes ?

There are two main types of Diabetes. Type 1 and type 2. Diabetes mellitus is a metabolic disease that causes high blood sugar. Your body either doesn't make enough insulin or can't effectively use the insulin it makes. The hormone insulin moves sugar from the blood into your cells to be stored or used for energy. If this malfunctions, you may have diabetes.

Type 1 diabetes mellitus

Type 1 diabetes mellitus is another name for the condition. Type 1 diabetes is where your blood glucose (sugar) level is too high because your body can't make insulin.

Although it's often diagnosed in childhood, people can develop type 1 diabetes at any age. Insulin injections is the main treatment for type 1 diabetes. You can't live without insulin injections or using an insulin pump. There is currently no cure for type 1 diabetes

Type 2 diabetes mellitus

Type 2 diabetes mellitus is another name for the condition. When you have type 2 diabetes the insulin your pancreas makes can't work properly, or your pancreas can't make enough insulin. This means your blood glucose (sugar) levels keep rising.

High blood sugar levels over time can cause other health problems like heart attacks and strokes, as well as problems with your eyes, kidneys, and feet. These are called diabetes complications.

So treatment includes regular health checks to monitor your condition and getting support to be active, eat healthily, and maintain a healthy weight. You may need to take medication including insulin and check your blood sugars regularly too.

Type 2 diabetes can go undiagnosed for years if you don't have symptoms or your symptoms are missed. It doesn't just affect people living with overweight or obesity, although this is one of the risk factors, along with ethnicity.

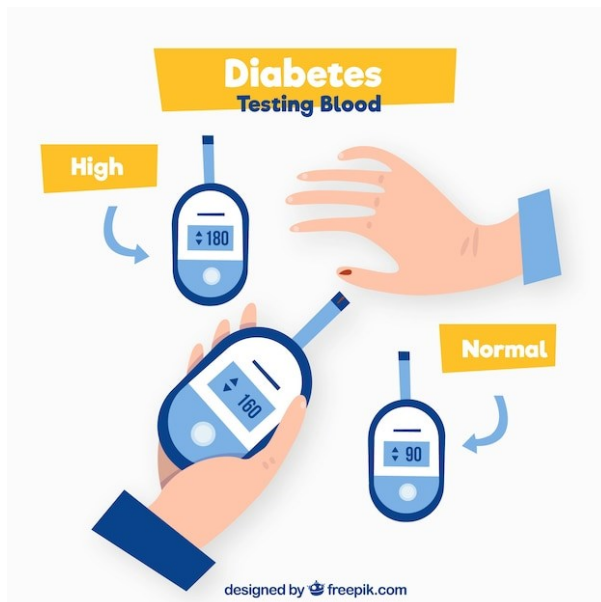
Why do you need to control your Diabetes ?

Diabetes can affect almost every part of your body, including your heart, eyes, kidneys, and nerves. Diabetes is also

linked to some types of cancer. You may be able to prevent or delay diabetes health problems by leading a healthy lifestyle, taking your medicines, and managing your blood glucose level, also called blood sugar level. Work with your health care team to create a diabetes care plan that works for you. .

Effective diabetes care can only be achieved through working closely with your diabetes healthcare team – they are there to support you in self-managing your diabetes. The most important person in the team is you – because the decisions made will affect you. Taking responsibility for your diabetes will enable you to manage your diabetes more effectively. Although medication plays an important role in diabetes management for some, diet and exercise are also key factors in managing blood sugar. The 3 main factors to monitor

1,



A1C blood glucose test

The [A1C test](#) shows your average blood glucose level over the last 3 months. For most people with diabetes, their goal is an A1C level below 7%.¹ Your A1C goal may be different if you have other health problems.

2, blood pressure

[High blood pressure](#) Can damage your heart, kidneys, brain, and eyes. Some people with diabetes have a blood pressure goal below 130/80 mm Hg.^{2,3} If you have heart disease or are at high risk for diabetes health problems, your goal may be lower.

3, cholesterol

[Cholesterol](#) is a fat, also called lipid, that is produced by your liver. Unhealthy levels of cholesterol in your blood can build up and clog your blood vessels, which may result in a heart attack or a stroke. Some people may need to take a medicine called a [statin](#), or another medicine, to lower their cholesterol for heart health.

Create a healthy meal plan

You may worry that having diabetes means going without foods you enjoy. The good news is that you can still eat your favourite foods, but you might need to eat smaller portions or enjoy them less often.

Get physical activity

[Physical activity](#) may help you lower blood glucose, blood pressure, and cholesterol levels. Being active may also help you get better sleep and improve your mood. physical activity, such as brisk walking, each week. If you can, try to do muscle-strengthening activities, such as wall push-ups or seated arm raises, two days a week.

Reach and maintain a healthy weight

If you are overweight or have obesity, ask your health care team how you can [manage your weight](#). To lose weight, you may need to consume fewer calories or get more physical activity. Your health care team may also recommend medicines

Get enough sleep

Getting enough sleep may improve your mood, energy level, and blood glucose level. Most adults should aim for about 7 to 8 hours each night. Children and adolescents may need more sleep.

Take care of your mental health

Feeling stressed, sad, or angry can be common for people with diabetes. Many people with chronic, or long-term, illnesses such as diabetes [develop anxiety or other mental health conditions](#) ask for help from your health care team or a mental health professional.

Low blood glucose

When your blood glucose level is too low, it is called [hypoglycemia](#). For most people with diabetes, the blood glucose level is too low when it is below 70 mg/dL. Some people with low blood glucose experience symptoms such as

- feeling shaky or jittery
- headache
- cold sweat

If you often have low blood glucose levels, you may need to change your diabetes meal plan, physical activity plan, or medicines. Very low blood glucose may lead to confu-

sion or [fainting](#) and it can become a serious medical emergency that must be treated right away. Glucagon—a hormone that raises blood glucose levels—is the best way to treat [severely low blood glucose](#).

High blood glucose

When your blood glucose level is too high, it is called hyperglycemia. For most people with diabetes, the blood glucose level is too high when it is above 180 mg/dL. Some people with high blood glucose have symptoms such as

- feeling tired
- feeling thirsty
- having blurry vision
- urinating too often

If you often have high blood glucose levels, you may need to make a change to your diabetes meal plan, physical activity plan, or medicines. Very high blood glucose may lead to confusion or fainting, and it may become a serious medical emergency that must be treated right away.

Checking urine for ketones

Your health care team may want you to check your urine for ketones if you have [symptoms of diabetic ketoacidosis](#). Diabetic ketoacidosis is a medical emergency that needs to be treated right away.

Symptoms of diabetic ketoacidosis include

- feeling very tired
- having trouble breathing
- having fruity-smelling breath
- fainting

Most often, ketoacidosis affects people with type 1 diabetes. However, some people with type 2 diabetes can develop ketoacidosis if they do not produce enough insulin.



Get Fit & Make Friends



Starts Wednesday 8th May 2024

✓ Everyone is welcome - we can help you feel fit for life

✓ Get your vitality back - Come to a *Move it or Lose it!* class

Join the fun

Wednesdays 11:30-12:30

St John's Centre 124 Warren Farm Road B44
OQN

Tel: 0121 386 4345

For more info about Move it or Lose it contact

Bernadette 07870981990 or email

bernadette.johnson@moveitorloseit.co.uk

**MOVE IT
OR LOSE IT!**®



Enjoying the Summer

The long awaited summer and hot weather is finally here. Most of us welcome the hot weather but hot weather comes with its own health risks. Heat strokes, dehydration, exhaustion and sun burns are common factors to watch out for.

Why is a heatwave a problem?

- The main risks posed by a heatwave are:
- not drinking enough water ([dehydration](#))
- overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- [heat exhaustion and heatstroke](#)



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Who's most at risk?

- A heatwave can affect anyone, but the most vulnerable people are:
- older people – especially those over 75 and female
- those who live on their own or in a care home
- people who have a serious or long-term illness including heart or lung conditions, [diabetes](#), [kidney disease](#), [Parkinson's disease](#) or some mental health conditions
- people who are on multiple medicines that may make them more likely to be badly affected by hot weather
- those who may find it hard to keep cool – babies and the very young, the bed bound, those with drug or alcohol addictions or with [Alzheimer's disease](#)
- people who spend a lot of time outside or in hot places – those who live in a top-floor flat, the homeless or those whose jobs are outside

Tips for coping in hot weather

Keep out of the heat if you can. If you have to go outside, stay in the shade, wear sunscreen, a hat and light clothes, and avoid exercise or activity that makes you hotter.

Cool yourself down. Have cold food and drinks, avoid alcohol, caffeine and hot drinks, and have a cool shower or put cool water on your skin or clothes.

Keep your living space cool. Close windows during the day and open them at night when the temperature outside has gone down. Electric fans can help if the temperature is below 35 degrees. Check the temperature of rooms, especially where people at higher risk live and sleep.

Mr Rajash Mehta– chair of the Aylesbury Surgery Health & Engagement forum