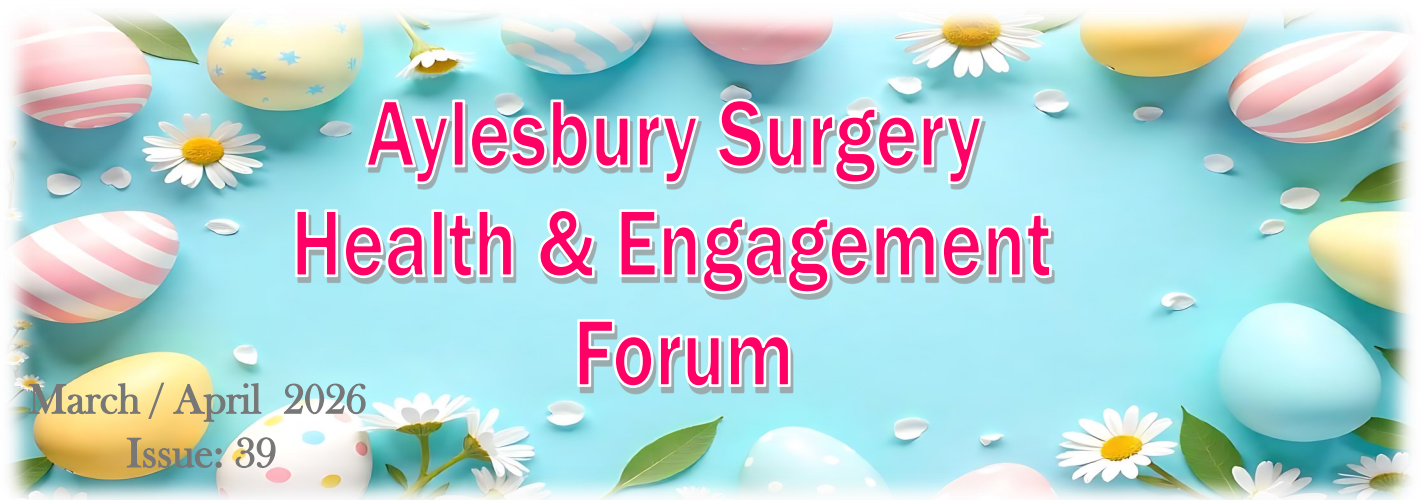




## World Peace

When we hear the words *world peace*, it can sometimes feel like something distant or impossible. But peace isn't just about ending wars — it's about how we treat one another every single day.

World peace means people living together with respect, fairness and understanding. It means different cultures, religions and countries finding ways to cooperate rather than compete. Organisations such as the United Nations were created to help countries talk through problems instead of fighting — a reminder that conversation is always more powerful than conflict.

But peace doesn't only happen in meeting rooms between world leaders. It starts much closer to home.

It starts when we:

- Listen instead of judge
- Choose kindness over anger
- Respect people who think or live differently to us
- Stand up against bullying, discrimination or unfairness



Small actions make a big difference. A smile, a helping hand, or simply showing patience can create a ripple effect. Peace grows through everyday choices. Education also plays a huge role. When children learn about understanding, equality and compassion, they grow into adults who value cooperation over conflict. Strong communities, equal opportunities and open communication all help create a more peaceful society.

A moment to pause and reflect on how we can all contribute to a calmer, fairer world. But peace shouldn't be remembered for just one day. It's something we practise all year round.

World peace might sound like a big idea — and it is. But it begins with something simple: how we treat each other.

Because when peace starts with us, it has the power to reach the world.

Mr Rajash Mehta



Mr Rajash Mehta—Chairman & Practice Manager of Aylesbury Surgery Health & Engagement Forum



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# Dealing with Colds, Flu & Coughs

Even as the seasons change, colds, flu, and coughs are common. Most people recover at home, but here's some helpful advice:

## 1. Rest & Hydrate

- Get plenty of sleep and take it easy
- Drink lots of water, soups, or warm drinks

## 2. Relieve Symptoms

- Over-the-counter medicines like paracetamol or ibuprofen can help with aches, fever, or headaches

Honey in warm drinks may soothe a sore throat or cough (not for children under 1 year)

## 3. Prevent Spread

- Wash your hands regularly with soap and water
- Cover your mouth and nose with a tissue when coughing or sneezing, then dispose of the tissue

Stay home if you are unwell, especially if you have vomiting, diarrhoea, or fever

## 4. Know When to Seek Help

Contact your GP or NHS 111 if you experience:

- High fever that doesn't improve
- Shortness of breath or chest pain
- Symptoms worsening after a few days instead of improving

Weak immune system, pregnancy, or other serious health conditions

## 5. Protect Yourself

- Consider getting a seasonal flu vaccination if eligible

Keep up with routine vaccinations

## Spring Bugs – Stay Well This

## Season

Although spring has arrived, common illnesses such as **norovirus, coughs, and colds** are still circulating in the community.

To help protect yourself and others:

- **Wash your hands regularly** with soap and water, especially after using the toilet and before eating
- Use tissues for coughs and sneezes and dispose of them promptly

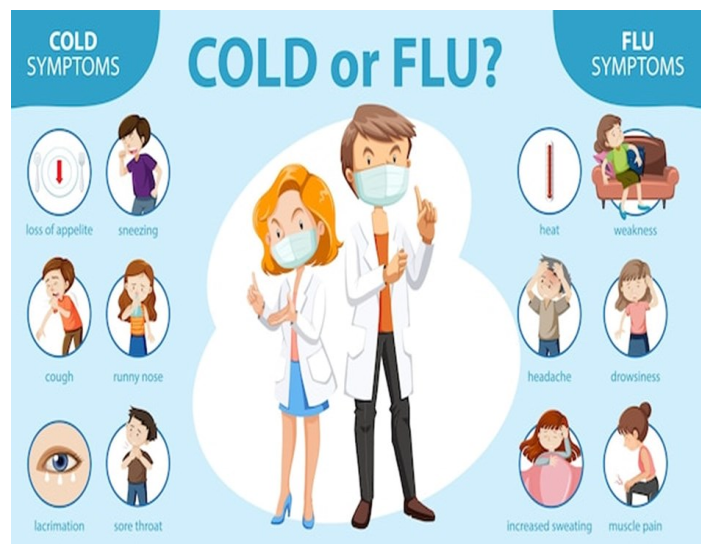
Avoid visiting the surgery if you have symptoms of vomiting or diarrhoea until **48 hours after symptoms have stopped**

Good hand hygiene remains one of the most effective ways to reduce the spread of infection and help keep everyone well.

If you are unsure whether you need medical advice, NHS 111 can provide guidance.

Most colds and coughs settle within a week or two. Simple care at home usually works, and following good hygiene keeps your family and community safe.

Please remember to plan ahead over the Easter period by ordering repeat prescriptions in good time and checking our opening hours. If you need urgent help when we are closed, NHS 111 is available for advice and support.



# Common Causes of Cough:

This year Cough among patients seems to be on the rise and has been a rising concern. A cough is one of the most frequent reasons people seek medical advice. While often linked to minor infections, coughing can also reflect irritation, inflammation, or long-term conditions affecting the airways or lungs. Understanding the most common causes helps patients recognise when self-care is appropriate and when medical review is needed

## 1. Upper Respiratory Tract Infections

Upper respiratory tract infections are the **most common cause of acute cough**.

### Common examples

- Common cold
- Influenza (flu)
- COVID-19

Viral sore throat (pharyngitis)

### How they cause cough

Viruses inflame the lining of the nose, throat, and upper airways. This irritation stimulates cough receptors, producing a **dry or mildly productive cough**. Post-nasal drip (mucus running down the back of the throat) is a major trigger.

### Typical features

- Sudden onset
- Runny or blocked nose
- Sore throat
- Fever, fatigue, muscle aches

Cough usually resolves within **2–3 weeks**

Antibiotics are not effective for viral infections.

## 2. Lower Respiratory Tract Infections

These infections affect the chest and lungs and can cause **more severe and prolonged coughs**.

### Examples

- Acute bronchitis
- Pneumonia

### How they cause cough

Infection leads to inflammation and excess mucus production in the lower airways, triggering a **productive (wet) cough**. The body coughs to clear infected secretions.

### Red-flag features

- Thick yellow, green, or rust-coloured sputum

- Breathlessness

- Chest pain

High or persistent fever

Some bacterial infections require antibiotic treatment and urgent assessment.

## 3. Asthma

Asthma is a **chronic inflammatory condition** of the airways and a common cause of persistent or recurrent cough, especially in younger people.

### How asthma causes cough

Inflammation and narrowing of the airways make them overly sensitive. Triggers cause airway spasm, leading to coughing.

### Typical features

- Dry cough, often worse at night or early morning
- Wheezing
- Breathlessness

Cough triggered by exercise, cold air, dust, or infections

In some people, **cough may be the main or only symptom** (cough-variant asthma).

## 4. Allergies and Post-Nasal Drip

Allergic rhinitis (hay fever) and nasal irritation are frequent but overlooked causes of chronic cough.

### Common triggers

- Pollen
- Dust mites
- Pet dander
- Mould

### Mechanism

Allergens stimulate increased mucus production in the nose and sinuses. This mucus drips down the throat, irritates cough receptors, and produces a **persistent dry or tickly cough**.

### Associated symptoms

- Sneezing
- Itchy eyes or nose
- Blocked or runny nose

Frequent throat clearing

Antihistamines and nasal sprays are often effective.

## 5. Gastro Oesophageal Reflux Disease (GORD)

Reflux-related cough is a **major cause of chronic cough in adults**, even without classic heartburn.

### How reflux causes cough

Stomach acid rises into the oesophagus and may reach

the throat, irritating sensitive tissues and triggering coughing reflexes.

### Key features

- Chronic dry cough
- Hoarse voice
- Sensation of a lump in the throat
- Worse after meals or when lying flat

Often worse at night

Lifestyle changes and acid-suppressing medication can significantly improve symptoms.

## 6. Smoking and Environmental Irritants

### Smoking-related cough

Smoking damages the lining of the airways and impairs mucus clearance, leading to chronic inflammation.

- Often a **persistent morning cough**
  - Common in long-term smokers
- Associated with chronic bronchitis and COPD

### Environmental irritants

- Air pollution
  - Chemical fumes
- Smoke or dust

Repeated exposure leads to airway irritation and chronic cough even in non-smokers.

## 7. Chronic Obstructive Pulmonary Disease (COPD)

COPD is a long-term lung condition most commonly caused by smoking.

### How it causes cough

Chronic airway inflammation leads to excessive mucus and impaired clearance.

### Typical features

- Long-standing productive cough
- Progressive breathlessness
- Frequent chest infections

Usually diagnosed in people over 40 with smoking history  
Early diagnosis improves symptom control and quality of life.

## 8. Medication-Related Cough

Certain medications can cause cough as a side effect.

### Most common cause

**ACE inhibitors** (used for high blood pressure and heart conditions)

### Characteristics

- Persistent dry cough
  - Starts weeks or months after medication initiation
- Resolves after stopping or changing the drug  
Patients should **not stop medication without medical advice**.

## 9. Less Common but Important Causes

While less frequent, these must be considered, especially with warning signs:

- Lung cancer
- Tuberculosis
- Heart failure
- Pulmonary embolism

### Warning symptoms

- Coughing up blood
  - Unexplained weight loss
  - Night sweats
- Severe or worsening breathlessness  
These require urgent medical assessment



## When to Seek Medical Advice

A cough should be reviewed if it:

- Persists for more than **3 weeks**
- Recurrent or worsening
- Is accompanied by red-flag symptoms
- Affects sleep or daily activities

Occurs in children, older adults, or people with chronic illness

## Summary

**Cough is a symptom, not a disease. Most coughs are caused by infections or irritation and resolve with time, but a persistent or recurrent cough often reflects an underlying condition that can be effectively treated once identified. Understanding common causes empowers people to seek timely advice and appropriate care.**



# Mental Health

Mental health is just as important as physical health, yet it's something many of us find difficult to talk about. Life can be busy and stressful, and at times we may feel overwhelmed, anxious, or low. The important thing to remember is: **you are not alone, and support is available.**

## Why Mental Health Matters

We all have mental health, just like we all have physical health. It can change from day to day depending on what is happening in our lives.



Common challenges people may experience include:

- Feeling anxious or constantly worried
- Low mood or loss of interest in things you usually enjoy
- Difficulty sleeping or feeling tired all the time

Stress from work, family, or finances

If these feelings persist, it's important to seek support early.

## Simple Ways to Support Your Well-being

Taking care of your mental health doesn't always require big changes. Small daily steps can make a real difference:

- **Stay connected** – Talk to friends, family, or someone you trust
- **Keep active** – Even a short walk can boost your mood

- **Take time out** – Relaxation, breathing exercises, or mindfulness can help
- **Limit stress where possible** – Break tasks into manageable steps

**Look after your body** – Sleep, nutrition, and hydration all play a role

## How Your GP Surgery Can Help

If you are struggling, please don't hesitate to reach out.

Your GP surgery can:

- Offer a **safe and confidential space** to talk
- Provide advice and support tailored to you
- Refer you to local mental health services or counselling

Signpost you to self-help resources and community support

You can contact us via our **Accurx online form**, by phone, or by speaking to our reception team.

## Support Services Available

There are many services available if you need someone to talk to:

- **NHS Talking Therapies (IAPT)** – Free support for anxiety, stress, and depression
- **Samaritans (116 123)** – 24/7 listening support
- **Shout** – Text "SHOUT" to 85258 for confidential text support

**Mind** – Advice and information on mental health

## A Final Message

It's okay to not feel okay sometimes. Reaching out is a sign of strength, not weakness. Whether it's speaking to a loved one or contacting a professional, **taking that first step can make all the difference.**

Remember:

**You matter, your feelings are valid, and help is always available.**

# Happy Easter from Aylesbury Surgery

## Spreading joy at Easter



Center Left Mr Rajash Mehta-Practice Manager of Aylesbury Surgery, Middle—Jackie Mclean—Manager of Warren Farm Lodge care home and right -Dr Bhomra –GP at At Aylesbury Surgery—Spreading a little Joy at Easter



# Easter

## *Remembering the Elderly at Easter: Spreading Joy in Our Community*



Easter is a time of celebration, renewal, and togetherness. For many, it's a time to gather with family and friends, enjoy springtime, and share in traditions. But for some of our elderly patients, it can also be a time of quiet reflection or loneliness. At Aylesbury Surgery, we believe it is important to reach out and ensure that everyone feels remembered and cared for during this special season.

This year, our team has been thinking of creative ways to spread joy and brighten the days of our older patients. Thanks to the generosity of Aylesbury Surgery Practice Manager, Rajash Mehta, and the dedication of our very own GP, Dr Bhomra, who took time from their busy schedules, chocolate eggs and small treats were delivered to residents of a local care home. Seeing the smiles on their faces reminded us just how meaningful even the smallest gestures of kindness can be.

Acts like these are a simple but powerful way to show that the elderly are valued and appreciated. Many older adults experience social isolation, and a friendly visit, a small gift, or even a handwritten card can make a real difference in lifting spirits. This Easter, the teamwork and thoughtfulness of our staff reinforced our commitment to caring not only for health but also for wellbeing and community spirit.

The Easter period also provides a wonderful opportunity to bring generations together. Encouraging children and young people to simply share a smile with an older neighbour can create lasting memories and strengthen community bonds. A kind word, a thoughtful note, can bring more joy than we might imagine.

At Aylesbury Surgery, we hope that our Easter efforts inspire others in the community to take a moment to think of the elderly and consider what small acts of kindness they can offer. Whether it is a visit, a phone call, a handmade card, or a festive treat, every gesture counts.

We are grateful to our team for their time, generosity, and dedication — especially Rajash Mehta and Dr Bhomra — whose contributions made this Easter celebration extra special. Together, we can ensure that everyone in our community feels remembered, valued, and included.

***From all of us at Aylesbury Surgery, we wish you a Happy Easter filled with warmth, kindness, and joy!***



# Struggling with Weight Loss

Maintaining a healthy weight is important for overall wellbeing, but weight loss is not about quick fixes or extreme diets. It's about making **sustainable lifestyle changes** that support your long-term health.

At Aylesbury Surgery, we understand that everyone's journey is different, and we are here to support you every step of the way.

- Type 2 diabetes
- Heart disease
- High blood pressure
- Joint problems

Reduced mobility and energy levels

Even a **small amount of weight loss (5–10%)** can have a significant positive impact on your health.

## Healthy Ways to Lose Weight

The most effective approach to weight loss is gradual, realistic, and manageable.

### 1. Eat a Balanced Diet



## Why a Healthy Weight Matters

Carrying excess weight can increase the risk of several health conditions, including:

- Aim for regular meals with plenty of vegetables and fruit
- Choose whole grains, lean proteins, and healthy fats

- Reduce sugary drinks, snacks, and processed foods

Watch portion sizes



## 2. Stay Active

- Aim for at least **150 minutes of moderate activity per week**
- Activities can include walking, cycling, or swimming

Start small — even 10-minute walks make a difference

## 3. Stay Hydrated

- Drinking water can help control hunger and improve energy levels

Try to limit sugary and high-calorie drinks

## 4. Prioritise Sleep

- Poor sleep can affect appetite and energy

Aim for 7–9 hours of sleep per night

## Weight Loss Medications – What You Should Know

You may have heard about weight loss injections such as **Mounjaro** or **Ozempic**.

- These are **not suitable for everyone**
- They are usually prescribed for people with specific health conditions

They work best alongside lifestyle changes, not instead of them

If you are interested, please speak to a GP to see if this is appropriate for you.

## How We Can Support You

Our surgery can offer:

- Personalised advice and support
- Referrals to **weight management programmes**
- Guidance on healthy eating and physical activity

## Regular check-ins to support your progress

You can contact us via our **Accurx** online form, by phone, or speak to reception.

## A Gentle Reminder

Weight loss is a journey, not a race. There will be ups and downs, and that's completely normal.

Focus on:

- Progress, not perfection
- Building healthy habits

Looking after both your physical **and mental well-being**

**Small changes really do lead to big results over time.**

## Take the First Step Today

Whether it's choosing a healthier meal, going for a short walk, or asking for support — every step counts.

**We are here to help you achieve your goals**  
in  
a



# Understanding Menopause

## Supporting Your Health Through Every Stage

Menopause is a natural stage of life that usually occurs between the ages of 45 and 55. While it is a normal part of ageing, the symptoms and experiences can vary greatly from person to person.

At Aylesbury Surgery, we recognise that menopause can affect both physical and emotional wellbeing, and we are here to offer support, advice, and reassurance.

- **Perimenopause** – when symptoms begin and periods may become irregular
- **Menopause** – when you have not had a period for 12 months

**Postmenopause** – the time after menopause

## Common Symptoms

Many people experience a range of symptoms, which can include:

- Hot flashes and night sweats
- Mood changes, anxiety, or low mood
- Difficulty sleeping
- Brain fog or difficulty concentrating
- Vaginal dryness

## SYMPTOMS OF MENOPAUSE



HOT FLASHES



HEADACHES



CHILLS



MOOD  
CHANGES



THINNING HAIR



NIGHT SWEATS



SLEEP  
PROBLEMS



IRREGULAR  
MENSTRUATION



VAGINAL  
DRYNESS



WEIGHT GAIN

## What is Menopause?

Menopause happens when your periods stop due to lower hormone levels, particularly oestrogen.

There are three stages:

- Joint aches and pains

Reduced energy levels

**These symptoms can last for several months or, for some, a few years.**

# Ways to Manage Symptoms

There are many ways to help manage menopause symptoms and improve your wellbeing:

## Healthy Lifestyle

- Eat a balanced diet rich in calcium and vitamin D
- Stay active with regular exercise

Reduce caffeine and alcohol if they trigger symptoms

## Emotional Wellbeing

- Talk openly with family and friends
- Practice relaxation techniques such as mindfulness or breathing exercises

Seek support if you are feeling overwhelmed

## Treatment Options

- **Hormone Replacement Therapy (HRT)** can help relieve symptoms
- Non-hormonal treatments are also available

Vaginal treatments can help with dryness and discomfort

## How Your GP Surgery Can Help

You do not have to manage menopause alone.

Our surgery can:

- Offer advice tailored to your symptoms
- Discuss whether **HRT or other treatments** are suitable for you
- Provide ongoing support and follow-up

Signpost you to specialist services if needed

You can contact us via our **Accurx online form**, by phone, or speak to our reception team.

## Support is Available

There are many trusted organisations that can help:

- **NHS website** – reliable information and guidance
- **Women's Health Concern** – support and education

**The Daisy Network** – support for premature menopause

## A Final Message

Menopause is a natural transition, but that does not mean you have to struggle through it.

**Help is available, treatments are effective, and support is here for you.**

Every experience is unique — if something doesn't feel right, please reach out. Taking that first step can make a real difference to your quality of life.





# —Thoughts and reflection



## Being Mindful with Others: Choosing Calm Over Judgement

In today's fast-paced world, it's easy to feel overwhelmed, frustrated, or even irritated by others. Whether it's a rushed interaction at the supermarket, a misunderstanding at work, or a heated conversation online, we can quickly find ourselves reacting rather than responding. Practising mindfulness in how we treat others can make a powerful difference—not only to our own wellbeing, but to those around us.

### Pause Before You React

When emotions rise, our first instinct is often to respond immediately. However, taking a moment to pause can prevent unnecessary conflict. A simple breath—just a few seconds—can help you regain perspective. This pause allows you to respond calmly instead of reacting impulsively.

### Everyone Has Their Own Story

It's important to remember that everyone we meet is dealing with something we may not see. A person who seems abrupt or impatient may be experiencing stress, illness, or personal difficulties. By keeping this in mind, we can approach others with empathy rather than judgement.

### Standing Over Assumption

We often make quick assumptions based on limited information. Mindfulness encourages us to step back and ask, "Do I have the full picture?" Taking time to understand rather than jumping to conclusions helps build stronger, more respectful relationships.

## Stay Grounded in the Present

When we focus on the present moment, we are less likely to be influenced by past experiences or future worries. This helps us see situations more clearly and respond in a balanced way. Staying present also improves communication, as we are truly listening rather than preparing our next reaction.

### Kindness Goes a Long Way

Small acts of kindness—smiling, listening, or offering patience—can have a lasting impact. Even when faced with negativity, choosing kindness can help de-escalate situations and create a more positive environment for everyone.

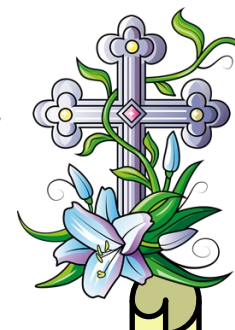
### It's Okay to Step Away

Being mindful doesn't mean accepting poor behaviour. If a situation becomes too heated, it's perfectly okay to take a step back. Giving yourself space can prevent things from escalating and allows time to reflect before responding.

### A Healthier Approach for All

Practising mindfulness with others supports emotional wellbeing, reduces stress, and fosters a more compassionate community. By choosing not to get easily riled up or judgemental, we create space for understanding, patience, and respect. Let us take time to reflect & practice mindfulness.

Mr Rajash Mehta— Chairman and Practice Manager



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