

On the Ridge... (No. 11)

New Year 2012



Newsletter from the Ridgeway Surgery Patient Group



We asked you as patients to 'Check Out Your Health' and on 1st October 2011 about 300 of you did! As well as Dr Lloyds presentations this year we also had a flu clinic running at the same time and a Healthy Living Quiz. Above Joyce Calam (Chair of RSPG) presents the winner of the quiz with her prize. More photos inside.

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Tiny Tip



Correct posture is a simple but very important way to keep the many intricate structures in the back and spine healthy. It is much more than cosmetic—good posture and back support are critical to reducing the incidence and levels of back pain and neck pain.

The spine is made for motion, and when sitting in any type of office chair for long periods of time, it is best to get up, stretch and move around regularly throughout the day to recharge stiff muscles. More inside.

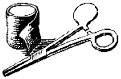
PLANNED RSPG EVENTS

London Ambulance Service
'First Aid Information Talk'

Tuesday 28th February
7.30pm at The Surgery



Please email your acceptance to rspatientgroup@hotmail.com
Or leave your name and CONTACT TEL NO in an envelope at
reception



LIMITED SEATS.... BOOKING IS ESSENTIAL

Ridgeway Surgery Patient Group



Open Meeting & AGM

Dr David Lloyd introduces

- New Developments

'999 or 111? Soon there will be a choice'

Thursday 29th March 2012

7.30pm **at the Surgery**

Please do join us. Refreshments will be served

Dr Clare Batten - Consultant Rheumatologist At Northwick Park Hospital will give us a talk on **OSTEOPOROSIS** at the Surgery in May or June. Date to be confirmed please keep checking the noticeboard for details.

Are you aware that there is an **audio version** of this Newsletter? If you know a patient who has difficulty seeing to read, please ask them to send us their contact details if they are Interested.
Phone Frank or Lesley on 020 8863 3281

Not registered with us yet?

You will find registration forms on the noticeboard – which you can complete and hand in at reception. Or you can email us your name, address & tel no. to: rspatientgroup@hotmail.com



InterCare **IC+**

MEDICAL AID FOR AFRICA

This is a photograph of some of the very appreciative health workers in Africa who receive unused medicines from the UK through InterCare...



and below is a note sent to us from the Resources Manager at InterCare Ltd in Leicester.

Dear Doctors and Staff

Thank you for taking the time to send us your patient returned medicines. Without your help we would not be able to supply medical support which is so vital to our friends in Africa.

Thank you for a superb box of goodies. Everything was in date and all very useful. Great!

Unfortunately unsuitable drugs are still being left at reception and as a result we are having to review how the medicines are accepted.

The InterCare leaflet is currently being re-designed setting out which medicines are needed (and accepted) and there will now be specific times that you can drop these off.

- Every 2nd and 4th Thursday 2pm - 3pm at the Ridgeway
- Every 1st and 3rd Tuesday 6.30pm - 7pm at Alexandra Ave Clinic

If you have any intact, unused prescription drugs that have an expiry date of at least 15 months, please pick up a leaflet at reception and check that they are the type of drugs that are needed and then bring them in on the specified days. Reception will not be able to accept medicines at any other time. Thank you for helping us to support this truly worthwhile project.

Meet some more of the team ...

Dr Clare Etherington

I work four days a week at the Ridgeway. As well as seeing a full range of patients I run the baby clinic and have a special interest in women's health.



I have been a GP for over 20 years and within the surgery I teach medical students and doctors who are learning how to be GPs. I am a GP tutor so I am involved in the education and appraisal of other GPs and I write for various medical journals and medical education websites. I am an examiner for the Royal College of General Practitioners.

Outside work, I am married with two children and three cats. I go running, walk in the Chilterns and have an allotment. I love cooking and eating; hence the need for the exercise.

I do all the healthy things I talk to my patients about but I can only eat whole bars of chocolate - or packets of biscuits so I try to buy small ones!

Practice Nurse Paula Martin



I am the lead Practice Nurse and I came to the Ridgeway in 2006. I have been nursing over 30 years now and that includes working as a District Nursing Sister and as a Nurse Teacher.

I have worked in local General Practice since 1992 since having my children and I must enjoy it because I am still here! Every single day is different, it's very busy and there are some great colleagues at the Ridgeway. I specialise in Diabetes Care and so even after 6 years patients often ask me if I am new when I am on duty in treatment room. It's because most of my appointments are for people with diabetes and other long term conditions.

Outside of work (and in sometimes!) you can find me with a pair of knitting needles and yarn. I have large secret yarn stashes all over my house. There is research data now to indicate that knitting is very good for relaxing and de-stressing so pick up those needles and get the yarn bug!

IBS PROGRAMME 2012 IRRITABLE BOWEL SYNDROME SELF HELP GROUP

Meet in the Surgery on the first Tuesday of most months 7.30pm - 9.00pm

- | | |
|--------------|---|
| Tues 6th Mar | Dr David Lloyd MRCF MDF
'IBS in 2012' - update & discussion |
| Tues 3rd Apr | Kate Davis Life Coach (Member Coaching Academy)
'IBS and Lifestyle Choices' |
| Tues 1st May | Hannah Keildson B Ed (Cantab), MAR; ITEC
'IBS - Allergy/Nutritional/Dietary Advice' |

EVERYONE IS WELCOME TO ATTEND ANY MEETING

Self help group of the Gut Trust - formerly know as the IBS network
Sheila Monaghan - spm123@btinternet.com - 020 8357 0780



**CHECK OUT YOUR
HEALTH!**
1st Oct 2011
Our 4th Annual
Healthy Living Event



It was a very busy morning in some lovely October sunshine. About 300 patients came to either have a flu jab, watch a paramedics lifesaving demonstration, listen to Dr Lloyd's presentation; visit the Dietitian, Diabetes Specialist Nurses or Dentist; get advice on weight loss & exercise, alcohol, smoking, or have their BMI, blood sugar, cholesterol or blood pressure checked, or indeed 'all of

the above!' One guest said *'People were very friendly and helpful with a wealth of information and a cup of tea!'* It was a lovely day.

The winner of the last issue's Crossword was Ms S Seth who dropped her entry into our box at the Healthy Living Event. She wins a £10 John Lewis Voucher.

Answers to the Crossword

Across 1. Blueberries 3. Eyes 5. Water 7. Gene 9. Toes
11. Exercise 13. Lactose 15. Wrist 17. Carbohydrates 19. IBS
Down 2. Energy 4. Caffeine 6. Tastebuds 8. Whole 10. Dehydration 12. Trial
14. Veins 16. Fat 18. BMI 20. Diet 22. Skin

Eating for a Healthy Heart

By Lynda Kowalewicz -

Advanced Community Specialist
Dietitian

The Community Dietitians were in demand at the Ridgeway Health Event last October, with lots of people visiting the displays, having their BMI's and waist circumferences measured, asking individual



questions about their diets and health, and entering our competition. The successful winner of our lovely Healthy Fruit Basket was Mr de Silva from North Harrow. Everyone was surprised to find out how much fat and sugar are hiding in popular snacks. Usually the added fats are the 'baddie' saturated animal fats, and the added sugar gives us extra calories, with no goodness - both contributing towards excess body fat. Look at the table below and check how many teaspoons of fat and sugar are hidden in your favourite snacks! Our main theme this year was CVD and risk factors that you can change.....

What is CVD?

Cardiovascular disease (CVD) is caused by a build-up of fatty streaks and cholesterol in the blood vessels. It's the wear and tear to these vessels that makes it easier for fatty cholesterol to leak in and get stuck to the artery walls. This causes them to narrow, reducing the heart's ability to pump blood through them. If the vessels become completely blocked, it may cause a heart attack or a stroke if the blockage occurs in the brain's blood vessels.

Heart disease risk factors you can change

Some risk factors are strongly linked with CVD but are potentially reversible or can be modified:

- Cigarette smoking
- Increased levels of LDL cholesterol
- High triglycerides (caused by the build up of fats derived from foods eaten or made in the body from other energy sources)
- Low HDL cholesterol
- Being overweight
- Large waist circumference (being 'apple-shaped')
- High blood pressure

- Inactivity
- Diabetes

Dietary changes for your heart

Making small changes to your diet is one of the simplest and most effective ways to reduce your risk of CVD. You can do this by:

- Reducing fat in your diet, especially [saturated \(animal fats\) and trans-fats](#)
- Eating more [fruit and vegetables](#),
- Eating [wholegrain food and soluble fibre](#)
- Drinking [alcohol](#) in moderation
- Reducing [salt](#) to maintain a lower blood pressure

Cholesterol – is it all bad?

The blood has two types of cholesterol, low density lipoproteins (LDL) and high density lipoproteins (HDL). LDL's create the build-up of fat in arteries, while high HDL levels are a good sign that you're at less CVD risk.

SNACKS HIGH IN SUGAR	Grams	Teaspoons
Can of Coke	35	7
Ribena – 500ml bottle	63	12 ½
Lucozade – 500ml bottle	84	17
Haribo – 225g bag	143	28 ½
Large flapjack – 75g	25	5
Mars Duo	59	12

SNACKS HIGH IN FAT	Grams	Teaspoons
Large flapjack – 75g	18	3 ½
Mars Duo	15	3
Crisps – 50g bag	15	3
Cornish pasty	35	7
Large fries and Big Mac	47	9 ½

We will be printing a copy of this newsletter in A4 size and laminating it for the waiting area. The copy should not be taken out of the surgery. We hope this helps some people read it more easily.

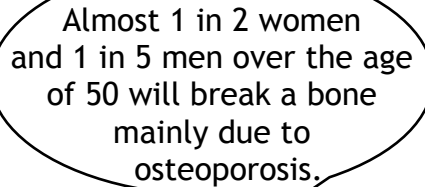
Osteoporosis

Bones

Our bones contain collagen (protein), calcium salts and other minerals. Each bone is made up of a thick outer shell known as cortical bone and a strong inner mesh of trabecular bone which looks like a honeycomb, with blood and bone marrow between the struts of bone.

Osteoporosis occurs when the struts that make up this structure become thin causing bones to become fragile and break easily.

Osteoporosis literally means 'porous bones' and is commonly linked to post menopausal women. However men, younger women, children and pregnant women can also be affected.



Almost 1 in 2 women and 1 in 5 men over the age of 50 will break a bone mainly due to osteoporosis.

What causes osteoporosis?

Two types of cell are constantly at work in our bones, building new bone and breaking down old bone. Up to our mid-20s the construction cells work harder, building strength into our skeleton. From our 40s onwards, the demolition cells become more active and our bones gradually lose their density.

Women lose bone density faster in the years following the menopause when oestrogen levels drop. This can lead to osteoporosis and broken bones.

Consequences of osteoporosis

Osteoporosis causes bones to break following a minor bump or fall. These broken bones, commonly referred to as fragility fractures, are most common in the wrist, hip and spine, although other parts of the body can also be affected.

Compressed bones in the back (spinal fractures) can lead to loss of height and spinal curvature, while a broken hip often results in both loss of independence and confidence.

Having osteoporosis does not automatically mean that your bones will break; it means that you have a 'greater risk of fracture'. Thin, fragile bones in themselves are not painful but the broken bones that can result may cause pain and lead to other problems.

However, effective drug treatments, physiotherapy and practical support can reduce the risk of further fractures and speed recovery.

Information from National Osteoporosis Society

www.nos.org.uk

The Patient Group is in the process of organising an Information Evening in either May or June with Consultant Rheumatologist Dr Clare Batten as Speaker.... Please keep an eye out on our Noticeboard for details.

Posture

Having correct posture means keeping each part of the body in alignment with the neighbouring parts. Proper posture keeps all parts balanced and supported.

With appropriate posture (when standing) it should be possible to draw a straight line from the earlobe, through the shoulder, hip, knee, and into the middle of the ankle.

Because people find themselves in several positions throughout the day (sitting, standing, bending, stooping, and lying down) it's important to learn how to attain and keep correct posture in each position for good back support, which will result in less back pain. When moving from one position to another, the ideal situation is that one's posture is adjusted smoothly and fluidly. After initial correction of bad posture habits, these movements tend to become automatic and require very little effort to maintain.



The following are just some examples of common behaviour and **poor ergonomics that need correction** for good posture and back support:

- Slouching with the shoulders hunched forward
- Lordosis (also called "swayback"), which is too large of an inward curve in the lower back
- Carrying something heavy on one side of the body
- Cradling a phone receiver between the neck and shoulder
- Keeping the head held too high or looking down too much
- Slumping or sliding forward while sitting in an office chair

Over time, poor posture may be caused by habits from everyday activities such as sitting in office chairs, looking at the computer, driving, standing for long periods of time, or even sleeping. Poor posture can easily become second nature, causing or aggravating episodes of back pain and damaging spinal structures. Fortunately, usually the main factors affecting posture and ergonomics are completely within one's ability to control and are not difficult to change.

It is important to note that an overall cause of bad posture is tense muscles, which will pull the body out of alignment. There are a number of specific exercises that will help stretch and relax the major back muscles. Some people find that meditation or other forms of mental relaxation are effective in helping relax the back muscles. And many people find treatments and activities such as massage therapy, yoga, tai chi or other regular exercise routines, or treatments such as chiropractic or osteopathic manipulation, etc. to be helpful with both muscle relaxation and posture awareness and improvement.

Information taken from www.spine-health.com (then search for 'posture')

Surgery News

The Polyclinic is Dead... Long Live the Ridgeway Branch Surgery!

By Dr David Lloyd

Every day we hear about how the cuts are affecting the NHS and people's lives on the radio and TV, but the tragedy of the Alexandra Avenue clinic is one cut very much closer to home. Harrow is 55 million pounds in the red and the bosses felt that the patients we see at the clinic should be seen by their own GP and so they shut us to save money.



We saw over 95,000 patients in the 2 years we were going and had consistently high satisfaction levels and so it was a bitter blow to us that we were closed. I will argue to my grave that having a dedicated group of doctors and nurses and receptionists who are used to dealing with acutely sick people is a much better way of organising health care than having people squeezed into busy clinics at their GP's and thought of as an intrusion into their day time work. Many people found the 12 hour 7/7 service useful because they were commuters or had others things to do during the working day..

So the partners at the Ridgeway have decided not to lie down willingly and let the local health service stamp all over us. We are going to go on providing a daily 12 hour service at Alexandra Avenue but to our own patients only. For a while I (David Lloyd) will be stationed at the clinic and available from 8am to 7.30pm by appointment. For those less mobile and wanting to see me, I will be back at the Ridgeway on Tuesday afternoons to help with the baby clinic and do an evening surgery. In the evenings at Alex I will be joined by another doctor and there will be one of the Ridgeway Nurses there too. We have extended our practice area as well and plan to grow our patient list. In these difficult times, having more than one way of growing a business is very useful and whatever happens to the local health service, Alexandra Avenue will be an important hub for a lot of things.

So it's more change for us all but hopefully a better service for you all.

My final point is to mention the NHS Choices Web site - www.nhs.uk. At this site you can read about all the GP practices in the UK. This is very useful when trying to find a GP practice to join. It's also possible to make comments about practices and there are some pretty strong views posted on a lot of local practices. If any of you wanted to put something on the site about our service - well that would be great!

Harrow
Diabetes UK
Group



Meets at Harrow Baptist Church,
College Road, Harrow -
4th Thursday of every month
(EXCEPT AUGUST & DECEMBER)
7.30pm - 9.00pm

Guest Speakers:-

February: Denise Paul - Paediatric
Specialist, Northwick Park Hospital

March: Sgt Maureen Hayden -
'Driving with Diabetes - The Facts!'

For more information 8428 1446

Harrow/Hillingdon

Wheelchair Service



020 8427 2881



Operates from

Unit 11, Waverley Industrial Estate,
Hailsham Drive (behind the old Law
Courts), Harrow HA1 4TR

Service for people with long term
disability

Need advice about wheelchairs?

Any questions at all, call

**HARROW INDEPENDENT
WHEELCHAIR USERS GROUP**

Serena Middleton 020 8428 1446

Harrow
Children's Centres



Multi Lingual Parent Education Classes

are being held at Harrow Children's
Centres in :-

- Arabic
- Gujarati
- Hindi
- Romanian
- Somali
- Tamil
- Urdu



For further information and booking
please contact Pauline at
the Antenatal Clinic on:



0208 869 2870

Having a Baby in Harrow?

Meet the Midwives at the
Harrow Children's Centres.

You will experience greater satisfaction when
you are included in decisions made about your
care. You can access the service as soon as
you find out that you are pregnant. Referral
can be made by yourself or by your GP. The
referral should ideally be by nine weeks of
pregnancy, especially if you have any medical
conditions.

**See back page for Harrow's Children's
Centre addresses.**

More info: www.childrenatthecentre.org.uk

Useful numbers & websites

Harrow's Children's Centres

www.childrenatthecentre.org.uk

Cedars Children's Centre

Tel: 020 8736 6222

Whittlesea Road, Harrow

Whitefriars Children's Centre

Tel: 020 8861 3036

Whitefriars Avenue, Harrow

Hillview Children's Centre

Tel: 020 8422 4692

2 Grange Road, South Harrow

Kenmore Park, Children's Centre

Tel: 020 8416 8400

Warneford Road, Harrow

Alcoholics Anonymous

www.alcoholics-anonymous.org.uk

National Helpline

Tel: 0845 769 7555

Smokefree

www.smokefree.nhs.uk

National Helpline

Tel: 0800 022 4 332

For people who want to stop smoking

Drugline

www.drugline.org

Confidential helpline for users, friends, relatives

Tel: 0808 160 6 606

Beat

www.b-eat.co.uk

Beating eating disorders Adult Helpline

Tel: 0845 634 1414

 Youth Helpline

Tel: 0845 634 7650

Please cut out and keep the details below near your telephone for easy and speedy access

NHS DIRECT 0845 4647

Out of hours GP Service
Harmoni - 0300 130 3017

Alexandra Ave Clinic
Ridgeway @ Alex (branch surgery)
Alexandra Avenue
South Harrow
HA2 9DX
Tel: 020 8966 6300

The Ridgeway Surgery
71 Imperial Drive
North Harrow
HA2 7DU
Tel: 020 8427 2470

Mon-Fri 8.00am-6.30pm
www.ridgeway-surgery.co.uk

Mon-Fri: By appointment
(Ridgeway Patients only)
8am - 8pm Last patient - 7.20pm
Sat-Sun: Walk-in Urgent problems only
Doctor 8am-4pm Last patient - 3.30
Nurses 8am-3pm By appointment
(Ridgeway Patients only)

What's on Your Mind? send us a letter via Reception
Or email us at rspatientgroup@hotmail.com

Ridgeway Surgery Patient Group