

THE QUAY SURGERY

Monthly Newsletter



GREEN INHALERS...

REDUCING OUR CARBON FOOT PRINT

As part of NHS Wales Green initiative to reduce carbon footprint, we are replacing aerosol MDI inhalers with Dry powder inhaler (DPI).

DPIs have 10-30 x smaller carbon foot print compared to aerosol inhalers!

If you have any concerns or queries please contact our reception team.

UPDATE

BOOK YOUR FLU JABS IF YOU HAVEN'T HAD THEM YET.

SKIP THE QUEUE AND FILE AN E-CONSULT ONLINE.

FACE MASKS TO BE WORN IN THE SURGERY PREMISES UNLESS EXEMPT, IN VIEW OF SPIKE IN CASE NUMBERS OF RESPIRATORY INFECTIONS THIS WINTER.

**YOU CAN NOW SELF REFER FOR SMOKING CESSATION:
SEARCH HELP ME QUIT WALES.**



SUFFERING FROM CHRONIC BACKACHE OR SCIATICA?

The core is an interconnected group of back, hip, pelvic, glute, abdominal, and diaphragm muscles. Exercises such as Yoga, Pilates and Tai Chi can strengthen your core muscles.

Working on core strength has numerous benefits, from improved posture, balance, and movement to pain management and injury prevention.

MYTH BUSTER : FEVER!

High fever in children >1 year means severe illness ✖

A high temperature is the body's natural response to fighting infections like coughs and colds. ✔

Antibiotics is the treatment for tonsillitis. ✖

Antibiotics work only for bacterial infections. Most childhood tonsillitis are caused by viruses. ✔

If you have been diagnosed with the a problem with your spine, consult your GP/ physiotherapist before starting any new exercise. Supervised exercise with help of trainer / gym instructors are recommended .

Vitamin B12
deficiency:
Studies confirm high
dose oral tablets as
effective as
injections unless you
have pernicious
anaemia.