

THE QUAY SURGERY

Monthly Newsletter



BONE HEALTH

Osteoporosis is a medical condition that affects bones, causing them to become fragile and prone to fractures. It is a common problem for older adults, particularly women. The bones become less dense and less able to support the weight of the body, leading to increased risk of fractures. The disease is often referred to as the "silent thief" because there are often no symptoms until a fracture occurs.

Preventing osteoporosis can be done through healthy lifestyle choices and bone-strengthening activities. Here are some tips for preventing osteoporosis:

1. Exercise regularly: Weight-bearing and resistance exercises, such as walking, jogging, and weightlifting, help maintain and build bone mass.
 2. Adequate calcium and vitamin D intake: These nutrients are essential for building and maintaining healthy bones. Try to get enough of these nutrients through diet, or talk to your doctor about supplements.
 3. Quit smoking: Smoking can lead to an increased risk of osteoporosis and fractures.
 4. Limit alcohol: Excessive alcohol consumption can weaken bones and lead to osteoporosis.
- see [this video](#) for more information.

UPDATE

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

PLEASE SELF -TEST FOR COVID-19 WITH A LATERAL FLOW KIT, IF YOU HAVE SYMPTOMS, BEFORE CONTACTING OUR TEAM.

SKIP THE QUEUE AND USE E-CONSULT ON OUR WEBSITE.

Social Media use as a patient of The Quay Surgery

The surgery recognises that many patients use social media in a personal capacity. In that capacity patients must not post anything that damages the reputation of the surgery or make personal comments regarding the staff.

Examples of social media misuse may include (this list is not exhaustive):

- Posting offensive or critical messages about the surgery/ practice staff or Doctors
- Posting content that could breach practice confidentiality
- Posting derogatory or inappropriate pictures or comments about patients/staff/GP or the practice in general
- Reposting or sharing material of an offensive, sexual, political or religious nature and linking such content to the practice.

If any offensive social media posts are brought to our attention, we will contact our patient/s involved. The posts may be viewed as defamatory. This could result in the patient/s being removed from our practice list.

We would ask you contact the Practice Manager and Assistant Practice Manager via telephone 01244 814272 ext 320 or email to Nicola.Parry5@wales.nhs.uk and Benjamin.Williams4@wales.nhs.uk rather than posting offensive comments about the practice or any of our staff.

We welcome all feedback positive or negative as it gives us the opportunity to review the services we provide, and where necessary make changes.

Mindfulness

Mindfulness is a practice that has been shown to have numerous benefits for promoting mental health. Mindfulness involves focusing on the present moment and accepting one's thoughts and feelings without judgment.

1. Start Small: Mindfulness can be practiced for just a few minutes a day, and gradually increased over time.
2. Find a quiet space: Find a quiet and peaceful place where you can practice mindfulness without interruptions.
3. Focus on your breath: Begin by paying attention to your breath, and try to keep your focus on it throughout the practice.
4. Observe thoughts and emotions: As thoughts and emotions arise, simply observe them without judgment or attachment.
5. Use guided meditations: Guided meditations can be helpful for those new to mindfulness, and can be found online or in app form.
6. Be consistent: Make mindfulness a daily practice and try to do it at the same time each day to build a habit.
7. Be patient: Mindfulness takes time and practice to master, so be patient with yourself and don't get discouraged if you struggle at first.
8. Incorporate mindfulness into daily life: Mindfulness can be practiced in any moment, such as while washing the dishes or taking a walk.
9. Stay focused: If your mind starts to wander, simply bring your focus back to your breath.
10. Incorporate mindfulness into your self-care routine: Mindfulness can be a powerful tool for promoting mental health and well-being, so make sure to prioritise it as part of your self-care routine.