



# The Red Practice

*Caring for you every step of the way*

## GETTING IN TOUCH

QUICKEST  
WAY

### ONLINE



Go online to our website  
([www.redpracticewalton.nhs.uk](http://www.redpracticewalton.nhs.uk))

Monday - Friday from 7:30am

Appointments, prescriptions,  
advice, sick notes

### BY PHONE



It can take a little longer on the  
phone, but this is still an option if  
online doesn't suit you.

01932 504410

## HEALTHY HABITS

This issue is all about healthy habits and looking after yourself - lifestyle changes can have a hugely beneficial effect on your health. From improving your sleep and mental well-being, to reducing your risk of serious illnesses like cancer and COPD - building healthy habits can do it all.

**Stopping smoking is one of the biggest wins you can make in terms of your health.**



Speak to your local pharmacist about smoking cessation and find out how they can help - there are nicotine replacement options as well as very effective medications to help you banish cravings.

**Quitting smoking is 3 times more successful if you have the right support.**



**How common is it?** Around 150 new cases are diagnosed every day in the UK. Around 1 in 7 women will have a diagnosis of breast cancer in their lifetime.

**Is it only women?** The vast majority of cases affect women, but there are 400 cases diagnosed each year in men in the UK.

**Breast screening prevents thousands of deaths each year.** It can pick up changes earlier making treatment easier and prognosis better.

**What does it involve?** Women are invited to have a mammogram every 3 years - a specialised X-ray of the breast tissue. It doesn't matter if you have very large or very small breasts, or if you have breast implants - you can still have screening.

**Who has breast screening?** Women aged 50-71 (Your first invitation will come when you are 50-53) After the age of 71, you will not automatically be invited for breast screening, but you can still have breast screening if you want to. You will need to call your local breast screening service to ask for an appointment.

**What can you do?** Regular self examination is really important - so that you know what is normal for you, and you should discuss any changes with your GP. This includes new **lumps in the breast or armpit, puckering of the skin, discharge from the nipple or new breast pain.**

**Regular exercise is a fantastic way to improve your physical and mental health and **parkrun** is a brilliant, free, sociable way to start.**

**What is it?** parkrun is a free, weekly, timed 5k event. The very first one was held in Bushy Park in October 2004 with just 13 runners. Now there are over 10 million people registered as parkrunners worldwide!

**Who is it for?** Everyone and anyone! From babies in strollers, to Olympic athletes, to 102yr olds.

**Can I walk?** Absolutely! You can walk, jog, run, wheel, use a walking stick, push a buggy, bring the dog (on a lead).

**Can I just come along to watch?** Yes! Come and see what it's all about and perhaps it will give you the confidence to give it a go!



**Can I volunteer to help?** Yes. And it's also a great volunteering option for teenagers looking to complete their Duke of Edinburgh Awards.

**Where and When?** Our nearest ones are Brooklands and Bushy Park. **Every Saturday at 9am** - regardless of weather, holidays, bank holidays.

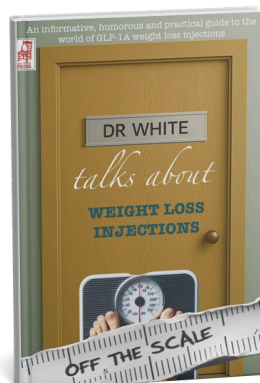
**Where can I find out more?**

Have a look online at [www.parkrun.org.uk](http://www.parkrun.org.uk) or ask Dr White - she has nearly 300 parkruns under her belt!



You may be interested to know that Dr White has recently published a book - 'OFF THE SCALE' answering most of the commonly asked questions around weight loss injections.

The e-book is currently available to download **FREE** from both Apple Books and Shopify



[apple.co/4IEmvag](https://apple.co/4IEmvag)



[drwhitebooks.myshopify.com](https://drwhitebooks.myshopify.com)

## What healthy habit can you start this month?

- Stop smoking
- Book your overdue smear test
- Do 10 squats every morning
- Do that bowel cancer screening kit that's still on the side in the hallway!
- Start an alcohol free day every week
- Go to a parkrun - bonus points if you can spot a GP!