

# February 2019 Newsletter



**WQ**  
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MEDICAL CENTRE

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@WestQuayMC

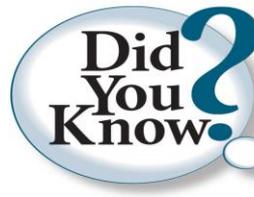
## February is Heart Month!



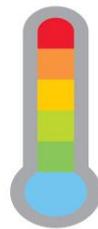
Every February the British Heart Foundation celebrates Heart Month where they encourage everyone to make small changes towards a healthier lifestyle such as quitting smoking, cutting down on alcohol intake, staying active and healthy eating.

For further tips/advice, please visit:

<https://www.bhf.org.uk/heart-health/preventing-heart-disease/heart-month>



You can pop in at any time to the surgery in Barry or Rhoose to self-monitor your blood pressure on our machines in the waiting area. Please give your result to the receptionist.



**Dewis doeth Choose well**

### Top tips to keep your heart healthy

- Eat healthy
- Get active
- Stay at a healthy weight
- Quit smoking and stay away from second-hand smoke
  - Control your cholesterol and blood pressure
  - Drink alcohol only in moderation
  - Manage stress

### Guest post from Helen Zehnder, Hypnotherapy Practitioner

<http://www.helenzehnder.co.uk>

#### Stop thinking you can't do it.... and reprogram your mind!

*Our mind is amazing, only sometimes we don't understand how it works and we give it the wrong instruction therefore giving us the wrong answers. Let's imagine going to the chemist wanting to buy toothpaste. Do we say to the person serving us: "I don't want headache tablets" No - we would get a funny look and asked the question: "Well what do you want?"*

*Yet our inner dialogue sometimes without realising does just that. We say things like: "I can never stick to a new year's resolution", "I will never lose weight", "I have always been anxious", "I feel so down all the time and I don't know why, it is just the way I am". "I would rather die than do that presentation". We ask ourselves the wrong questions and the brain will try and do what it really thinks you want it to do. It also tries to move you away from pain and towards pleasure. So our mind responds to the pictures you make and the words you say to yourself. It also likes to stick to what it is used to, as the mind thinks it is keeping you safe.*

*Let's reprogram and focus on how you would like it to be (not how you don't want it to be) and say to our mind, "I can do this" whatever that may be "as I am...." (Good, Clever, Nice etc) And ask ourselves questions like: "What would I like the end result to be...?" write it down "Why would I like this.....?" "What small step/action can I take .....?"*

*This will get your mind motivated. Dream, believe, achieve, you can do it! ♡*

**Please note:** The surgery will be closed on Tuesday 12/02/2019 from 13:00 for essential staff training.

Our phone lines will be open as normal the following day (Wednesday 13/02/2019) from 08:00 with the surgery opening at 08:20.

Please contact the Out of Hours Team on 01446 729562 should you require urgent medical advice whilst we are closed.

We apologise for any inconvenience caused.

Acute Neck Pain

Muscle Injury

Whiplash

Acute Back Pain

Sports Injury

Sciatica

Tendonitis

Knee Sprain

Any Joint Pain

Ankle Sprain



### Local Physiotherapy Service

Did you know that you don't have to see a GP for acute musculoskeletal problems such as:

*Acute Back Pain, Acute Neck pain, Whiplash, Any Joint pain, Muscle injuries, Ankle/Knee Sprain, Sports injuries*

The acute physiotherapy service can see and treat these conditions locally.

If you encounter any of the above symptoms, our reception team can assess your suitability for the service and make you an appointment.

