



Moss Grove Surgery-Kingswinford

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Did you know . . .

Your Monthly Guide to Health Related Issues

Intro

Hello and welcome to the first issue of our 'Did you know ...' – Series!

For some time we were thinking in how to reach more patients with regards to health relating issues. Within the consultation there is always limited time to get across the advice that patients should have to get a better understanding about these topics. So we came up with the idea to write a monthly leaflet about what might be important to you and equally what's important to us as your GPs. We are getting currently bombarded with a lot of policies and change by the Department of Health and a lot of these things will have huge implications to patients and the way we will deliver health care in the future – hence we'll try to unravel a few of these topics for you and present them in plain English. We hope you'll get some time to read it while waiting for us to call you in – we know we are running behind sometimes ... sorry.

Cardiovascular Screening

This is very big at the moment! The Government is trying to set this up throughout the whole U.K. and it's all about identifying people at risk of heart attack or stroke. And it doesn't stop there – it's also about what can be done to lower that risk so that we can cut down heart attack and stroke rates in this country. This might directly affect you and there is a real chance to prevent disaster to happen, maintain good quality of life and live longer.

We all like to take out insurance to cover ourselves from misfortune, but when it comes to health most of us aren't that foreseeing at all! Health damaging behaviour is visible everywhere but one needs to understand that the end-point might be premature death – and that could be prevented if one takes steps early on in life and walks the right path. We also like to load ourselves up with vitamins and supplements – we're afraid the evidence for these 'pills' is literally non-existing and what comes through from the research community is very disturbing: too much of some vitamins and supplements can for example cause cancer rather than prevent it. So let's focus on things that we know through a lot of research that make all the difference for us to lead a healthy life!

Cardiovascular Screening is about identifying so called risk factors that make heart attacks and strokes more likely. And once they are turned over, to see what we can do about them, meaning lowering this risk.

Being a bloke and having a family history of heart attack and stroke are two major risk factors we can't do much about – the other huge factor is age. Everything happens more likely as we are getting older. So the focus is on the other factors that we can influence.

Top of the list is smoking! If you are male, with normal weight, cholesterol and blood pressure and 50yrs old just by smoking there will be 4 out of a 100 that will have a heart attack within the next 10yrs. Stop smoking and these 4 would be saved!

We're already at the end of this page hence we'll continue next month with the other risk factors: blood pressure, diabetes, cholesterol and a few of the newer ones such as having kidney problems.