

## **News from Bottisham Medical Practice Patients' Group**

**Patients' Car Service:** This service has been extended to cover made on the day appointments as well as the already established pre-booked appointments.

**Strength and Balance:** Two of the most important ways to reduce risk of falling and possible injury. For further information regarding help and activities go to [www.cambridgeshire.gov.uk/strongerforlonger](http://www.cambridgeshire.gov.uk/strongerforlonger)

**Cervical Smears:** There has been a fall in the uptake of these so if you are offered one do please take it.

**Diabetes:** The number of people with type II Diabetes mellitus is on the rise, as many of you will be aware. It is due to our changes in lifestyle such as a more sedentary lifestyle, unhealthy food choices, weight issues etc. Changing our habits to healthy ones can prevent people from developing type II Diabetes and can help people who have been diagnosed to go "in remission". Things that will help are becoming more active, eating healthily, losing weight, stopping smoking and limiting alcohol. It is important to consult your GP as soon as you develop any symptoms that might indicate Diabetes such as excessive thirst, increased frequency in passing urine (also at night), losing weight without trying and blurred vision. Timely diagnosis is important to minimise lasting effects.

**Walks for Health:** The next walks with our accredited walk leader Steve Gilson start at 11.00 am from the surgery car park on 15 and 27 March, 12 and 24 April, 10 and 22 May 2019. Do join Steve for a walk he would be delighted to see you. Anglesey Abbey walks continue on Thursdays at 10am from the reception area.

**Next Meeting:** Next meeting will be Thursday 28 March 2019 at 6.30pm at the surgery.

**A.G.M:** Will be held on **Tuesday 30 April 7pm at the surgery.**

***Bottisham Patients' Group***