

No Smoking Day
8 March 2023

Stopping smoking is one of the best things you will ever do for your health. When you stop, you give your lungs the chance to repair and you will be able to breathe easier.

There are lots of other benefits too – and they start almost immediately.

Use the [NHS Quit Smoking app](#) to help you quit smoking and start breathing easier.

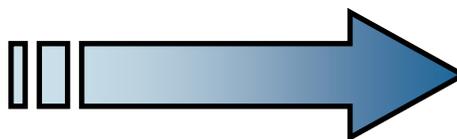
The app allows you to:

- Track your progress
- See how much you're saving
- Get daily support

If you can make it to 28 days smoke-free, you're 5 times more likely to quit for good!

[Local stop smoking services](#) are free, friendly and can massively boost your chances of quitting for good.

These services staffed by expert advisers provide a range of proven methods to help you quit.



Find out more about the app at: <https://www.nhs.uk/better-health/quit-smoking/>

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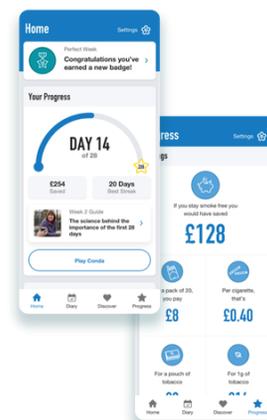
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Have you thought about joining the **Beaconsfield Patient Group**?

More details can be found on the practice web site.



Did you know?
Stopping smoking not only improves your physical health but also is proven to boost your [mental health and wellbeing](#). Quitting can improve mood, and help relieve stress, anxiety and depression.





Support to find dental and eye services

Details of practices providing NHS dental care can be found on:

<https://www.nhs.uk/service-search/find-a-dentist>

or by ringing the Sussex Dental Helpline on **0300 123 1663** who will provide details of local dental practices providing NHS care.

If you do not have a dentist or cannot get an emergency appointment:

- call 111 – they can advise you what to do
- [find a dentist near you](#) – ask if you can have an emergency appointment

What Conditions Can Be Treated by the Minor Eye Conditions Service?

If you are experiencing:

- ⇒ Red eye or eyelids
- ⇒ Dry, gritty or uncomfortable eyes
- ⇒ Eye irritation and inflammation
- ⇒ A lot of recent discharge from the eye or watery eye
- ⇒ Recently occurring flashes or floaters
- ⇒ Painful eye
- ⇒ Ingrowing lashes
- ⇒ Recent and sudden loss of vision
- ⇒ Foreign body in the eye

...you can arrange an appointment with an optometrist through the Minor Eye Conditions service.



Minor Eye Conditions Service (MECS)

The Minor Eye Conditions Service (MECS) provides assessment and treatment for people with recently occurring minor eye problems.

It is an NHS service provided by accredited optometrists (also commonly called opticians).

The service is for people of all ages. Children under 16 years must be accompanied at their appointment by an adult.

You do not need a GP referral to use this service.

To find out which is your nearest participating Minor Eye Conditions (MECS) optical practice, enter YOUR FULL POSTCODE:

<https://primaryeyecare.co.uk/find-a-practice/>



The Act FAST campaign urges everyone to take immediate action on seeing any stroke symptoms to save lives.

Stroke is a time sensitive condition which means that any hesitancy and delay in getting treatment kills brain cells and can prove to be fatal.

Think and act FAST

The signs of stroke are:

- * **F**ace – has their face fallen on one side? Can they smile?
- * **A**rms – can they raise both their arms and keep them there?
- * **S**peech – is their speech slurred?
- * **T**ime – time to call 999

Some other signs of stroke or mini stroke can include:

- * Sudden loss of vision or blurred vision in one or both eyes
- * Sudden weakness or numbness on one side of your body (including in your leg)
- * Sudden memory loss or confusion
- * Sudden dizziness, unsteadiness or a sudden fall, especially with any of the other signs

For more information on stroke, visit the NHS website:

<https://www.nhs.uk/conditions/stroke/>

Preventing a stroke

You can significantly reduce your risk of having a stroke if you:

- eat well
- Take regular exercise
- Follow alcohol advice
- quit smoking

If you have a condition that increases your risk of a stroke, it's important to manage it effectively.

For example, taking medicine you've been prescribed to lower high blood pressure or cholesterol levels.

If you've had a stroke or TIA in the past, these measures are particularly important because your risk of having another stroke is greatly increased.

Puzzle Time

Answers

In the last edition we had a crossword and a Sudoku. Here are the solutions.



Across

- 6 Fodder holder (4)
- 7 Beat (6)
- 8 Big bore (6)
- 9 Facial marks (4)
- 10 Stop (5)
- 12 Dots maybe? (5)
- 15 Shrek, e.g. (4)
- 17 Shiny metallic coating (6)
- 19 Turn (6)
- 20 Uncle's wife (4)

Down

- 1 Capital of Austria (6)
- 2 Birdbrain (4)
- 3 Put to the test (5)
- 4 Go-getter (6)
- 5 Climb drainpipe? (4)
- 11 Between collar and cuff (6)
- 13 Japanese robe (6)
- 14 Home for the brain (5)
- 16 Similar to 13d, dressing? (4)
- 18 Get there from A to B? (4)

9	5	6	4	8	2	1	7	3
2	8	7	1	3	5	9	6	4
1	4	3	6	7	9	5	8	2
7	3	5	2	4	6	8	1	9
8	9	2	3	5	1	6	4	7
4	6	1	8	9	7	3	2	5
5	2	9	7	6	8	4	3	1
6	1	4	5	2	3	7	9	8
3	7	8	9	1	4	2	5	6

Puzzle Time - March/April

This month we have a medicines themed wordsearch for you to print out and complete.



ABUSE	DIABETES	MEDICINE	PRESCRIPTION
AMOXYCILLIN	DOSE	MISUSE	PSYCHOLOGICAL
ANGINA	DRUG	PAIN KILLERS	SKIN CREAM
ANTIBIOTICS	EFFECT	PARACETAMOL	STATINS
BLOOD PRESSURE	EYEDROPS	PENICILLIN	SYRINGE
CHOLESTEROL	IBUPROFEN	PHARMACIST	TABLET
CODEINE	INSULIN	PHYSICAL	TOLERANCE
DEPENDENCE	LOTION	PLACEBO	TRAMADOL

Beaconsfield Group Practice - Tel: 01424 755355

Beaconsfield Road Surgery (Main site)

**21 Beaconsfield Road, Hastings, East
Sussex, TN34 3TW**

Open - By appointment only



**Beaconsfield Ore Surgery Site
(Satellite site)**

**21 Fairlight Road, Hastings, East Sussex,
TN35 5ED**

Open - By appointment only



The telephone number for both surgeries is 01424 755355

Find us on the internet at
<https://www.beaconsfieldroadsurgery.co.uk>



...and on Facebook - Go to
<https://www.facebook.com>
and search for Beaconsfield Road Surgery Hastings