



## Health Promotion - DRY JANUARY

- 1) **DOWNLOAD** the app (APP Store or GOOGLE Play)
- 2) **SET** your goals and monitor progress. (Limits and refusal)
- 3) **STAY** motivated, inspired, and supported throughout your Journey. (Pace yourself, ask for help)



### Want to cut down and not sure where to start??

["Think & Drink in Units"](#) is the UK medical examiner's recommendation for reducing to no more than 14 units per week. Keeping track and having alcohol free days will help to understand patterns & behaviours.

<https://alcoholchange.org.uk/help-and-support/managing-your-drinking/tips-for-cutting-down>



## NHS Blood Pressure Guidelines

Your BP is considered to be high if your reading is **135/85** taken at home, or **140/90** if taken at a pharmacy.

Usually, initial recommendations would be lifestyle changes such as maintaining a healthy weight and consuming a low salt diet. Regular exercise, limiting alcohol and stopping smoking have all also been recognized as effective.

Some patients may require medication to control their elevated BP, especially if there are other risk factors involved such as pre-existing chronic illnesses, age or ethnicity.

Many pharmacies offer a free BP check and will provide you with a printout, although at home monitors start from as little as £10 to buy.

<https://www.nhs.uk/conditions/blood-pressure-test/>

For more information, visit the above site.

## Doorways Derby Collection

Well done to our receptionist **Lauren**, who co-ordinated this year's efforts for Doorways Derby, collecting advent calendars for those less fortunate. With the help of our patients, DVMP collected an amazing **234** calendars, **97** more than last year. Thank-you everyone!!

## Team News

A warm welcome to our new GP registrars, Dr Ahmed and Dr Dicksbury who will be working across both sites on a rotation basis.

Dr Fatema Chowdhury will be leaving us at the end of January to move to Australia. I'm sure we all wish her well in her new adventure.