

RECIPE IDEA FOR PEOPLE WITH DIABETES

Tomato and Red Pepper Risotto

Serves 2

INGREDIENTS:

- 1 tablespoon oil
- 1 small onion, finely chopped
- 125g (4½oz) risotto rice
- 1 x 400g can plum tomatoes, juice and flesh pureed
- 150ml (¼ pint) vegetable stock
- 1 tablespoon fresh parmesan, grated
- 1 x 400g can pimentos, drained and flesh sliced
- Salt and freshly ground black pepper



Taken from www.diabetes.org.uk

1. Heat the oil in a non-stick pan. Add the onion and fry for 2-3 minutes until softened
2. Stir in the rice and coat in the oil. Pour in the tomatoes and stock, bring to the boil and simmer gently for 15-20 minutes, stirring continuously, until the rice is just tender
3. Stir through the remaining ingredients, season well, heat through and serve.

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NUTRITIONAL INFORMATION

Each serving contains:

250 calories
9g protein
22g carbohydrates
14g fat



Kids Corner

How to Make a Paper Plate Scarecrow

You Will Need:

Orange & White Paint
Paper Plate
Scraps of Coloured Paper
Glue



1. Mix together some white and orange paint to make a peach colour
2. Paint the back of your paper plate and leave to dry
3. Cut two arches out of yellow paper. Snip either side into strips. Glue to the top and bottom of the plate as straw
4. From the rest of the paper cut eyes, mouth, hat, bowtie and whatever else you want to decorate your scarecrow with, and glue them to the plate

DISHLEY GRANGE MEDICAL PRACTICE NEWSLETTER

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Cross Street, Hathern

KEEPING ACTIVE

Regular physical activity has many positive effects on your health. You are less likely to develop diseases such as angina, stroke, diabetes, high blood pressure, cancers, osteoporosis and obesity. Regular physical activity is also thought to help ease stress, anxiety and mild depression.

What sort of activity and how much?

Adults should aim to do a mixture of aerobic activities and muscle-strengthening activities

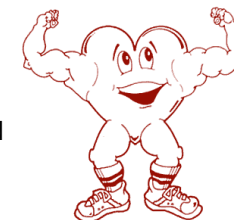
Aerobic Activities

Basically, anything that makes your heart rate increase and makes you at least mildly out of breath. For example, brisk walking, jogging, swimming, cycling, tennis, etc. You can use 'normal' activities as part of your physical activity routine. For example, fairly heavy housework, DIY, climbing the stairs, or gardening can make you mildly out of breath and mildly sweaty

30 Minutes per day is probably the minimum to gain health benefits (cycling to work and back 15 minutes each way adds up to 30 minutes). If you are at risk of putting on weight then this should be increased to 45-60 minutes to manage your weight and if your BMI is in the obese category then 60-90 minutes of moderate activity on most days should help you to lose weight

Muscle Strengthening Activities

Adults should aim to do a minimum of two sessions of muscle-strengthening activities per week, although these should not be on consecutive days. Activities include a progressive weight-training programme, stair climbing and similar resistance exercises. Each 'session' should be a minimum of 8-10 exercises, using the major muscle groups, and you should do 8-12 repetitions of each exercise



DON'T FORGET TO BOOK AN APPOINTMENT FOR YOUR FLU VACCINATION

PLEASE ASK THE RECEPTIONIST TO BOOK YOU INTO THE CLINIC

APPOINTMENT INFORMATION

We are pleased to inform our patients that from 1st October the Doctors will be holding **EARLY MORNING SURGERIES**

The appointments will be held at **CROSS STREET SURGERY**
For patients registered at **BOTH** practices

Surgeries will be held on selected days during the week and every Saturday Morning

PLEASE REMEMBER THAT EACH APPOINTMENT IS FOR **ONE** PATIENT AND **ONE** PROBLEM ONLY

NURSE SHEILA'S HEALTH TIP

Vitamin B12 Deficiency

Vitamin B12 is a water soluble vitamin that is stored in the liver. It is essential for the production of red blood cells, the metabolism of nutrients and the release of energy, and to maintain healthy nerve cells. A lack of B12 leads to anaemia and common symptoms include:

- Tiredness-
- Sore Mouth/Tongue-
- Lethargy-
- Pallor-
- Breathlessness-
- Palpitations-

There are three main causes of Vitamin B12 deficiency:

1. *Dietary*—Vegetarians/Vegans who take no animal or dairy produce
2. *Pernicious Anaemia*—Lack of an enzyme in the stomach which is necessary for the absorption of B12 through the small intestine (often more common in the elderly population)
3. *Conditions associated with the gut*—i.e. Crohn's Disease

Sources of Vitamin B12 are red meat, fish, eggs, milk, tuna, cottage cheese and liver. However people with Pernicious Anaemia and certain diseases of the gut cannot absorb vitamin B12 from food

If a Vitamin B12 deficiency is suspected by the Doctor a simple blood test can confirm the diagnosis. Treatment to correct the deficiency is usually by an injection of Vitamin B12 given at regular intervals. Once the store of Vitamin B12 is built up this can supply the body's needs for several months. There should be no side effects from the treatment as it is simply replacing a vitamin that the body needs.

PLEASE NOTE

Patients are now being asked to keep their own Vitamin B12 injections at home due to the lack of storage facilities at the Surgery

Thank you for your cooperation

MEET THE STAFF



Sheila Whelband
Practice Nurse
aka 'The Flying Nurse'

Sheila proved herself to be the bravest of the bunch when she did her parachute jump back in May this year. What a birthday treat that was!

Johanna Fawcett
Administrator

Johanna and Andy tied the knot on Friday 13th August 2010 in Nuneaton

Their reception was held at the Millers Hotel, Sibson. To wind down from the excitement they enjoyed a fantastic honeymoon in Lake Garda, Italy



Samantha Hayes
Senior Administrator



Sam and Andy were married at the Quorn Grange Hotel on Saturday 24th July 2010. They spent their honeymoon in the Riviera Maya, Mexico, at the luxurious Azul Sensatori

LOUGHBOROUGH HOSPITAL XRAY DEPARTMENT

We regret to inform our patients that the Xray Department at Loughborough Hospital no longer hold a drop-in clinic

If the GP refers you for an xray you will be asked to telephone the clinic on 01509 564288 to arrange an appointment

(telephone number available Mon-Fri 2pm-4pm)