



PATIENT NEWSLETTER

Welcome to our bimonthly patient newsletter. Our aim is to keep you informed of services at Compass House and give you important insights into getting the most out of the practice.



Happy Easter to all our patients

We are now into April and with the upcoming Easter Bank holiday we would like to remind our patients to please order medication in plenty of time ahead of the holidays as we will be closed from Friday 15th April until Tuesday 19th April.

We hope all our patients get to enjoy the bank holiday, but if however, you become unwell during this time and require medical attention before we re-open you please call 111, unless it is a life-threatening emergency in which case please call 999.

Extended hours

From the 1st April we have reintroduced our extended hours service on a Tuesday evening at Compass House Brixham and at weekends at our hub site Pembroke House Paignton. These evening and weekend appointments can be pre-booked up to two weeks in advance and range from GP, Nurse and HCA appointments.

To access one of these pre-booked appointments please call our Patient Care Advisor team who will be happy to try and assist. As with all appointments please do not attend if you have covid-19 or any of the symptoms related to it.



Survey Results



We recently asked patients who used our services to complete a patient experience form. The results of this have now been collated and we are pleased to say that 94% of our patients rated the experience at the practice good, very good or excellent.

It is nice to see that the hard work our teams put in to delivering quality care and experience, is recognised by our patients.

The survey also gives us the opportunity to review some of the feedback that was given and see whether there are any improvements we can make at the Practice to better support our patients.

Thank you again to all those who took part.



Dr Vicky Nute's Health Tips Nutrition



It's a simple one this month; 'consider what you are eating'

Ask yourself why you are eating it, how it is benefitting your health and happiness, and can you make any changes.

Disease prevention and reversal are possible in 80% of cases. So along with SLEEP that we touched on last month, now start to consider what else is within your control to 'CHOOSE' a healthier happier lifespan. This month's focus is on Nutrition.

I'm always disheartened when I speak to my lovely patients after their colonoscopy which has shown polyps or even bowel cancer, they are not advised to change their diet and stop eating 'processed meat', (ham, salami, sausage, bacon, chicken nuggets, etc.). The World Health Organisation classes processed meat as a Class 1 carcinogen (cancer causing) with a direct link to 24% of all bowel cancer we see in the UK. Please consider this when making food choices for yourselves or your family and look for ways to reduce or eliminate these foods from your diet.

I'm equally surprised how little education on dietary changes is supplied to my patients, who have had angiograms, which have shown narrowed atherosclerotic coronary arteries making them more susceptible for a heart attack. Dietary changes have been shown to prevent progression of the disease and is the ONLY change (medication can't do this) to reverse the disease. Red meat and processed meat have been shown in multiple studies to be associated with at least a 20% increased risk of Coronary heart disease.

As you get to know me, you will understand I am passionate about patients, population health and being empowered to make informed choices based on the evidence available. I want you all to live your best, healthiest, happiest lives, and given that I trawl the research weekly and study nutritional science and maintain my accreditation as a British Society of Lifestyle Accredited Doctor, I hope that this month you can start to consider your food choices and add more plants to your plates.

Food is to enjoy, it is to be delicious and to share with friends, but let's as a community in Brixham start to make some shifts towards food that is beneficial for us as an individuals, and is beneficial for the planet and the climate crisis. What we choose today on our plates affects our long-term health, immunity and wellbeing, and has either a positive or negative effect on the planet.

For those who want to learn more about nutrition Dr Victoria Nute will be doing a webinar for patients of Compass House on the 10th May at 6.30-7.30 pm to coincide with #MeatFreeMay

To register to attend this event please email compasshouse@nhs.net and we will send you the details of how to join this online webinar

Dr Vicky Nute's Health Tips Nutrition cont..

Ideas to try:

1) One day a week, switch your meat main for a veggie main. (You'll be reducing your risk of heart disease, as well as colon cancer and hormone driven cancers including ovarian, prostate and breast cancer)

2) Add in more colour to every plate this month by adding in one more plant. They are the only food that contains FIBRE, the building block of your gut microbiome. They also contain phytochemicals and antioxidants all that reduce your risk of cancer.

3) Try something new this month, a new recipe. Switch your bolognese, chilli, or lasagne for a veggie recipe. We at home love the BOSH chilli recipe, (and it's got mushrooms in, the kids love it. I make a batch and use it for 2 meals in the week).

4) Switch your 'ultra-processed snacks' (anything in a wrapper), for fruit, raw veg, nuts and seeds for a week and review your energy levels. If you managed it try again the next week! Flax seeds are a great way of getting your omega 3 for your joints, sprinkle ground flax on your whole porridge oats with oat milk for breakfast.

5) Add herbs and spices to your foods for the 'superfood qualities'. Try turmeric and ginger for their anti-inflammatory properties.

6) Reduce your DAIRY intake and try a plant milk alternative with no added sugar. We love oat milk on breakfast cereals and in tea, and soy milk in coffee. Be sure to note the ingredients have added in calcium. Check out the calcium calculator and look at the plant options to increase your calcium intake.

<https://www.osteoporosis.foundation/educational-hub/topic/calcium-calculator>.

High dairy intake impacts on hormone cancers and inflammatory autoimmune gut conditions.

Listening to a PODCAST on gut microbiome: <https://drchatterjee.com/gut-health-everything-you-need-to-know> **Watching** a documentary on how diet can reverse cardiovascular disease:

<https://www.youtube.com/watch?v=pITjIOkibEw>

Try: 21 day plant based challenge:

<https://plantbasedhealthprofessionals.com/21-day-challenge>

Reading : <https://joinzoe.com/post/tim-spector-gut-tips>

Parents : <https://plantbasedhealthprofessionals.com/wp-content/uploads/Pediatric-Plantrician-Guide.pdf>



Here is a list of Instagram accounts that I recommend you follow to get recipes and inspiration to continue your journey:

- @bosh.tv
- @forevervegankitchen
- @thehappypear
- @happier_meahl
- @plantbasedonabudget
- @sweetpotatosoul

If you're not on Instagram, then check out these websites:

- <https://plantbasedonabudget.com/>
- <https://www.veganricha.com/>
- <https://woonheng.com/>
- <https://ohsheglows.com/>
- <https://www.thisrawsomeveganlife.com/>

Green impact

Compass House Medical Centres is here to 'support your health', which includes supporting the environment in which we all live and work. Sustainability is important to us, we are committed to making changes and improvements that will help reduce our carbon footprint, as well as improving health and wellbeing of patients and our own staff.

A few years back we achieved the Bronze RCGP Green Impact award, and we are pleased to announce that having further worked on reducing our carbon footprint we have been awarded a Silver Award.

Some things we have done have included-

- Developing the use of Social Prescribing via our Social Prescribing team which encourage slow carbon non-pharmaceutical interventions
- Switching our paper to 100% recycled paper
- Recycling as much of our waste products as we can
- Switching our lighting to LED and having solar panels fitted
- Reviewing patients on high volume medications to reduce medication wastage
- Encouraging patients to recycle inhalers by advertising inhaler recycling at pharmacies
- Having a lead GP, Dr Victoria Nute, who promotes a plant based diet to our staff and patients

While these are just a few of the small things we have done over the years to reduce our carbon footprint we are mindful we have a long way to go to keep our planet and patients healthy.



Bowel cancer awareness month

April's is Bowel Cancer Awareness Month. Bowel Cancer is the second biggest UK's killer cancer. This shouldn't be the case since it is treatable and curable, especially when diagnosed at an early stage. Early diagnosis for Bowel Cancer and any other type of cancer saves lives. This is the reason why April has been set aside to educate the public and raise awareness of Bowel Cancer symptoms.

Some of the common symptoms of bowel cancer include:

- Bleeding from the bottom and blood in poo
- Persistent and unexplained change in bowel habit
- Sudden and unexplained weight loss
- Being easily fatigued with no obvious reason or cause
- Pain or a lump in the tummy



If you experience any of these symptoms it is important you contact us to speak to a clinician.