

# NEWSLETTER

Amersham Health Centre – January 2025

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## Dr Paul Layng

**GP Partner, AKC, BSc (Hons) MBBS (London 1995) MRCGP, PG Cert In Diabetes (Warwick)**

For me, 2025 is a significant year as it is 30 years since I qualified as a doctor and 30 years working in the NHS. 17 of these will have been at Amersham Health Centre, plus a year spent as a GP trainee back in 1998 with Dr Dellow.

I went into Medicine as a Graduate with a science degree (Physiology) and always thought I would go into a hospital specialty, but I quickly realised that General Practice was much more appealing in that it is whole-person medical care, there is variety, complexity, un-predictability, it is community-based and involves caring for people aged 0 to 100 plus and everything in between! My main area of clinical interest is type 2 diabetes of which we have several hundred patients, and until relatively recently I looked after one of the large local residential care homes.

I have 2 grown up children, one of which is at university doing an Arts Degree and one who has graduated and works in Engineering. My wife is also a doctor. We have clearly not sold Medicine as a career to them, which is totally fine!

Some of you may know that outside of work I like a bit of swimming. I have pool swum for many years just as a way of keeping fit and managing stress. When the swimming pools shut during Covid a friend of mine suggested I try swimming outdoors. I was brought up by the sea and the thought of lake or river swimming never really appealed. Several years later I have completed lots of endurance swim events including the big lakes in the Lake District, a couple of English Channel relays and a Lake Geneva relay; I swim outdoors each week in all weathers, without a wetsuit, with a bunch of similar crazy people! Last year I swam a 2-way Lake Windermere (22miles) in preparation for an English Channel Solo swim which I am planning to do this autumn.

Wishing all our lovely patients in Amersham a very happy and healthy 2025!

## Fun Health Fact

### The Power of a Laugh

Did you know that laughter isn't just good for your mood - it's great for your health too? Research shows that a hearty laugh boosts your immune system, improves heart health, and reduces stress. Amazingly, it can even enhance pain tolerance!

So, whether it's watching a comedy, sharing a joke, or reminiscing about funny moments, remember that laughter truly is medicine.

Stay happy, stay healthy - and don't forget to smile today!



Hand-drawn picture by Miss Anna Tencor, AHC patient

**Click on the headings below for more information**

### **Eat a healthy, balanced diet**

Eating a varied diet is an important part of maintaining good health and can help you feel your best. A healthy diet will have positive effects on both, your physical health and mental wellbeing. This also means eating in right proportions to achieve and maintain a healthy body weight.

### **Get enough quality sleep**

Good-quality sleep makes a big difference to how we feel, mentally and physically, so it's important to get enough. If you're having trouble sleeping there are simple steps you can take to improve your sleep, get into a daily routine and ease those restless nights.

### **Get active and try a new exercise or sport**

Exercise boosts the 'happy chemicals' in the brain, which ultimately improve your mood. People who do regular physical activity have up to a 35% lower risk of coronary heart disease and stroke and up to a 50% lower risk of type 2 diabetes.

### **Connect with others**

Research indicates that good interpersonal relationships - with family, friends, and the broader community - are critical for mental wellbeing. The development of stronger, broader social connections can increase your feelings of happiness and self-worth, so make the effort to meet regularly, spend time with others, and participate in activities with them.

### **Cut back on the amount you drink**

Feel healthier, lose weight and save money by picking your days to go drink-free. Track your drink-free days with the NHS Drink Free app and learn simple and practical tips to help you control your drinking habits.

### **Quit smoking**

It's never too late to quit and it's easier to stop smoking with the right support. Why not start by downloading the free NHS Quit Smoking app to track your progress and get daily motivation?

### **Get an NHS health check**

If you're aged 40-74, you're entitled to a free NHS Health Check every five years. It's designed to spot early signs of developing kidney disease, type 2 diabetes, dementia or heart disease. Use [Ask First](#) to book your check if you have received an invitation from us.

## **Health & Wellbeing Coaching**

Our Health and Wellbeing coaches are here to help support and motivate you. Email them on [mid-chiltern.health-wellbeingcoaches@nhs.net](mailto:mid-chiltern.health-wellbeingcoaches@nhs.net) or self-refer by filling in their [online form](#).

## **Social Prescribing**

For support with issues surrounding housing, debts, benefits, mental health or loneliness, please contact our social prescribers. Email the team on [mid-chiltern.socialprescribers@nhs.net](mailto:mid-chiltern.socialprescribers@nhs.net) or self-refer by filling in their [online form](#).