## Haughton Thornley Medical Centres



In December 2010 I was taken to my local hospital- as an emergency - I had collapsed at home and my wife dialled 999. I was diagnosed with low blood pressure and consequently I was fitted with a pacemaker.

Shortly after leaving hospital I saw Dr Hannan at Thornley Street, Hyde. When ascertaining my medical needs and general health the discussion turned to how to improve my lifestyle. Basically I needed to cut down my alcohol intake, take more exercise and return to a healthier regime. Also, Dr Hannan mentioned the great advantages of owning and using a computer.

My wife and I took on board his recommendations and purchased a computer. What a blessing that was!! Not only can we purchase online, but also access a whole new world of information - previously obtainable only with difficulty.

We glory in a whole new world and would recommend using this wonderful technology.

It is not difficult to master - we are learning together at the age of 67 !!!!

My alcohol intake has lessened by a great degree and now feeling healthier I have again renewed my love and interest of gardening. Seeing my plants grow I delight in the variety of colours and species available.

As my blood pressure has lowered - how proud I felt when I called at Thornley Street Practice, to check and submit my blood pressure reading to find such an improvement.

Thank you Dr Hannan and personnel.

Received 14<sup>th</sup> June 2013 **G H, a patient of Haughton Thornley Medical Centres** www.htmc.co.uk