

Pendeen Health Matters

*This issue
focuses on
Managing
Stress and
Health
Checks*

Welcome to our first edition of Health Matters. This new communication will be issued in-between the quarterly Pendeen Newsletter. We hope this will give you a greater understanding of some conditions, some ideas to help you focus on preventative care and where to get some self-help should you want it.

Managing Stress

A little stress can be a good thing as it helps us to get things done or focus on something that needs our attention. We all feel stress at times especially when we are dealing with change or life's challenges such as money worries, work issues or relationship problems.

How we manage stress can make a big difference to our mental wellbeing and the first step to managing it is knowing how it affects us and why.

Signs of stress

Stress can affect our emotions as we can be irritable, angry or tearful, feel anxious, hopeless and struggle to make decisions or feel overwhelmed. We can also get physical symptoms like stomach problems, headaches, stress rashes, feel sick or faint. In some more extreme cases it can cause chest pains but this should improve when the cause of the stress goes away. If you are worried about it or feel you have more severe stress, contact the Surgery for an appointment.

What can you do to help manage stress?

If you are finding that your stress levels are causing an issue then there are many things you can do to help manage it. You can try things like self-help techniques, talking to someone, being more active, planning ahead and breaking down big tasks.

More information on how to help manage your stress levels including links to videos and apps that have helpful information can be found on <https://www.nhs.uk/every-mind-matters/mental-health-issues/stress/> and <https://www.stress.org.uk/>

*Watch out
for the
next
'Health
Matters' at
the end of
May*

Health Checks

What is a Health Check?

At a health check your blood pressure, cholesterol and weight will be checked. Your weight (and height) will be used to calculate your BMI (Body weight Index). In some cases, you may also be offered blood and / or urine tests to see if you have any conditions like diabetes or high cholesterol.



Who can have a Health Check?

If you are aged 40 – 74 and don't have pre-existing conditions like heart disease, stroke, diabetes, kidney disease or high blood pressure then you can ask your Surgery for a Health Check.

Why have a Health Check?

A check-up can be very reassuring as it can tell you that these areas of your health are okay. It can also highlight if you have any medical conditions which you can then try to control before they get worse or cause bigger issues. For example, if you have high blood pressure then it's better to try to reduce it or have medication if required, in order to reduce the risks of bigger issues like a heart disease, kidney failure or vascular dementia later on.

How do I arrange a Health Check?

If you meet the criteria and are interested in having a Health Check then go to the Pendeen website and complete the online form. <https://accurx.nhs.uk/patient-initiated/m81061> If you can't access the online form then you can call the surgery and use the non-urgent option on the call menu.

Don't forget you can always take your own blood pressure when you're at the surgery as they have a machine in reception where you can do it yourself. It's quick and easy to do and something you can do whilst waiting to be called for your appointment. Ask where it is if you can't see it.