

NEWSLETTER

MARCH 23



With the weather still cold and dreary it's hard to believe that spring has actually arrived. However, with the clocks chaging this weekend we look at how this affects us and look forward to some spring sunshine around the corner.

In exciting news, we have recently welcomed Dr Yen Yen Khor back to the practice following her maternity leave. It is wonderful to have her back with the team and seems like perfect timing with this coming week being Acupuncture Awareness Week. Dr Yen Yen is a qualified acupuncturist and we are delighted to now be able to start offering this additional service to our patient's. Please see below for more information.

With April being Bowel Cancer Awareness month and recent publication of some worrying new statistics from Cancer Research UK, we also take a look at what we can all do to lower our cancer risk and the benefits of early detection.

And don't forget, if you aren't already a member, you can sign up to one of our packages before the end of March and receive 3 months membership completely free!*

With spring in the air, now has never been a better time to focus on your health & wellbeing!

[SIGN ME UP!](#)

With best wishes, *Dr. Shilpa*

NEW! ACUPUNCTURE SERVICES

Acupuncture Awareness week runs 25th March to 1st April and is designed to help raise the profile of acupuncture as a valid healthcare choice to help manage a range of conditions.



With Dr Yen Yen re-joining the team following her maternity leave, we are excited to be able to start offering specialist acupuncture services at our practice. Dr Yen Yen has a special interest in Chinese medicine and is a fully qualified acupuncturist.

APRIL AWARENESS DATES:

- Bowel Cancer Month
- Stress Awareness Month
- Parkinson's Awareness Month
- Move More Month
- World Autism Day 2nd
- Walk to Work Day 3rd
- World Health Day 7th
- Parkinson's Awareness Week 10th - 16th
- World Parkinson's Day 11th
- World Haemophilia Day 17th
- National Feet Week 17th - 23rd
- Multiple Sclerosis Week 19th - 25th
- On Your Feet Britain Day 29th
- World Immunology Day 29th

We are currently able to offer appointments on Monday afternoon, but with our planned expansion into new premises later this year, we will be developing this service over the coming months.

Acupuncture is derived from ancient Chinese medicine in which thin needles are inserted at strategic sites into the body for therapeutic or preventative purposes. By inserting very fine needles into specific points, your body is encouraged to increase production of its own natural opioid receptors (pain relief) which help to control pain. In addition, this also leads to your body responding more effectively to traditional pain relief medication.



Some of the main benefits of acupuncture include:

- Reducing back pain, neck tension and joint pain
- Boosting immunity, low mood and improving general wellbeing
- Providing headache relief
- Enhancing mental clarity & energy
- Reducing eye strain
- Relieving stress, menopause, IBS or insomnia symptoms
- Treating chemotherapy side effects

SPOTLIGHT ON CANCER PREVENTION

A recent report by Cancer Research UK showed that by 2038 to 2040, more than half a million people in the UK would be diagnosed with cancer every year.

The rising cancer incidence is being driven by a growing and ageing population, but is also due to increasing obesity rates, lack of exercise and smoking.

It is really important to recognise that 4 in 10 cancer cases in the UK can be prevented and often it is very simple things that we can do which help reduce our risk. Enjoying the sun safely, cutting back on alcohol and processed meat and being more physically active are all great places to start. Smoking and obesity are the two largest preventable causes of cancer in the UK and are responsible for 200 new case and up to 175 deaths every single day.

At Shilpa Dave health we pride ourselves on offering a personalised approach to your healthcare and can offer bespoke health screenings which can help with the early detection of cancer.

DON'T LEAVE SYMPTOMS – GET CHECKED!

If you are over the age of 40 and have any of the following symptoms you should seek medical assessment:

- Unexplained weight loss
- A lump that has appeared and has not gone away
- A skin lesion which has grown or changed size or shape
- Blood in your stool or urine, or a change in bowel habit
- A persistent cough that will not go away or shortness of breath
- A breast lump, skin change or discharge from the nipple
- Unexplained anaemia following routine blood test or feeling fatigued all the time
- Persistent dizziness, problems with vision or being unsteady on your feet
- Persistent aches & pains that are getting worse

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TO VIEW OUR
RANGE OF
HEALTH
SCREENS

We also offer a range of services around nutrition, lifestyle medicine and mindfulness which together can help you improve your health, sleep, and mental well-being. This in turn can improve the ability to manage weight and take regular exercise.

Our tailored health screens are not only designed to identify underlying health conditions but also screen you for future health risks and concerns.

We look at all aspects of your health; not just physical problems and blood test results. We are different from many health providers who often only perform a basic range of blood tests and cover minimal aspects of your lifestyle. We also include a FREE follow-up consultation to discuss your results and provide you with a tailored plan just for you.

DAYLIGHT SAVING TIME

This weekend the UK will be setting our clocks forward by an hour as Daylight Saving Time commences. So the days are getting longer and we might finally see some sunshine, but what impact does this seemingly minor time change have on our bodies?

When the clocks change in October most of us benefit from an extra hour in bed which has less of an adverse effect on our bodies than when we “lose” an hour in March.

Our bodies generally work on their own internal 24-hour clock which regulates our sleep, appetite and mood by synchronising with the natural light and dark hours of the day. By moving to darker mornings and lighter evenings, this can cause a delay in the sleep-wake cycle which can take time for our bodies to re-adjust to the new pattern.



WHAT PROBLEMS CAN THIS CHANGE CAUSE?

- Increase in reported heart problems
- Changes to mood
- Sleep problems
- Insomnia



WHAT CAN WE DO TO HELP OURSELVES ADJUST?

GOOD SLEEP HYGIENE: Avoid alcohol, caffeine, late dinners or snacks which can all lead to sleep disruption. Also avoid using screens right before bed which can overstimulate the eyes and brain.

REGULAR BEDTIME: Ensuring the same sleep and waking time each day (even at weekends), with a minimum of 7 hours sleep per night.

LIMIT NAPPING: Whilst it can be tempting to try and catch-up on missed sleep during the day, lengthy naps can actually end up making you feel worse. If you really do need to rest during the day then limit yourself to no more than twenty minutes.

LET THE SUNSHINE IN: Spending time in natural daylight outdoors is a great way to boost the mood and helps suppress sleep hormones making us feel lethargic.

Shilpa Davé Health, 53 High Street, Teddington, TW11 8HD
t: 0203 303 0326 | e: pa@privategp.org