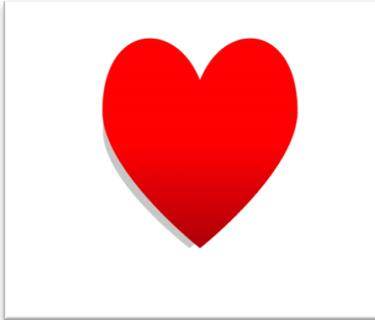


## ‘Your Practice, Your Voice’ February 2024 Newsletter



### Let's go Red for Heart Month!

**Not** only is it the month for romance on St. Valentine's Day, but this year the British Heart Foundation is advocating “going red” to mark **Heart Health month**. In the UK, someone dies from a heart or circulatory condition every three minutes. Whether it's losing a loved one to sudden cardiac arrest or coping with the devastating impact of heart failure, far too many of us have felt the pain of heart and circulatory conditions. But with your help, we can give more hearts a chance. This Heart Month, Go Red to raise money for life-saving research. It could be wearing red at work, organising a healthy red bake sale or taking on a sponsored challenge. Or you could learn CPR in 15 minutes free with **RevivR**. Whatever it takes to help protect the hearts of people you love. (Source: British Heart Foundation website)

**Please do visit [www.bhf.org.uk](http://www.bhf.org.uk) and explore their fantastic resources!**

#### Some interesting facts about the heart:

- ◇ The heart is the strongest muscle in the body and beats around 100,000 times a day.
- ◇ The heart pumps about 2,000 gallons of blood every day through 60,000 miles of blood vessels.
- ◇ The average heart is the size of a fist in an adult but a man's heart is typically 2 ounces heavier than a woman's.
- ◇ A woman's heart beats faster, about 8 beats a minute more.
- ◇ Laughing is good for your heart!

**Did you know you can calculate your “heart age”?** If you are aged between 30 and 95 and do not have a condition that affects your heart or blood vessels (cardiovascular disease) please visit [www.nhs.uk/health-assessment-tools/calculate-your-heart-age](http://www.nhs.uk/health-assessment-tools/calculate-your-heart-age).....Your heart age gives you an idea of how healthy your heart is. The calculator will compare your real age to your heart age by asking you questions about your health. You'll also find out how to improve your heart age by making some healthy lifestyle changes.



**SPOTLIGHT ON: CHILDREN'S HEART HEALTH.** 1 in 100 babies are born with a heart condition and between 500-1,000 develop heart conditions after they are born. CHF (Children's Heart Federation) is the leading UK Children's heart, supporting these children and their families. For further details please visit <https://chfed.org.uk>



**Would you like to take part? We would love to hear from you! If there are any subjects you would like to see covered in this newsletter, please email [martin\\_norman@hotmail.co.uk](mailto:martin_norman@hotmail.co.uk) and add “Patients’ Voices” in the subject field.**



## The NHS App

Have you downloaded the App?



The NHS App gives you a simple and secure way to access a range of NHS services. Download the NHS App on your smartphone or tablet via the [Google play](#) or [App store](#). You can also access the same services in a web browser by logging in through the NHS website [www.nhs.uk/nhs-app/about-the-nhs-app/](http://www.nhs.uk/nhs-app/about-the-nhs-app/). You must be aged 13 or over to use the NHS App. You also need to be registered with a GP surgery in England or the Isle of Man.

### What can you do with the NHS App?

- ◆ Order repeat prescriptions and nominate a pharmacy where you would like to collect them
- ◆ Book and manage appointments
- ◆ View your GP health record to see information like your allergies and medicines (if your GP has given you access to your detailed medical record, you can also see information like test results)
- ◆ Book and manage COVID-19 vaccinations
- ◆ Register your organ donation decision
- ◆ Choose how the NHS uses your data
- ◆ View your NHS number.
- ◆ Use NHS 111 online to answer questions and get instant advice or medical help near you
- ◆ Search trusted NHS information and advice on hundreds of conditions and treatments
- ◆ Find NHS services near you



**"Digital Exclusion" is understandably a worry for some of you. Members of Patients' Voices are looking at ways to help anyone who would like to use these services but struggle for a multitude of reasons. More information about this will follow very soon!**

#### Also in February:

**World Cancer Day:** On February 4th, 2024, World Cancer Day will be observed globally. This day is dedicated to raising awareness about cancer and encouraging people to take action against it. You can participate by wearing a Unity Band, making a donation, or simply sharing your support on social media.

[www.cancerresearchuk.org](http://www.cancerresearchuk.org)

[macmillan.org.uk](http://macmillan.org.uk)

[www.nhs.uk/conditions/cancer/](http://www.nhs.uk/conditions/cancer/)

**Rare Disease Day:** On February 29th, 2024, globally. This day is dedicated to raising impact on patients' lives. You can an event, or simply spreading awareness [www.rarediseaseday.org](http://www.rarediseaseday.org)



Rare Disease Day will be celebrated awareness about rare diseases and their participate by sharing your story, attending about rare diseases.

Just a reminder of services that can help when the practice is closed:

- **NHS 111**
- **Herts urgent care: QEII Hospital, Welwyn Garden City**
- **Any of the local pharmacies**

**See you  
In March!**