

Chatfield health care

Autumn Newsletter '10

Could you be suffering from Vitamin D deficiency?

- Vitamin D is really important for strong bones and muscles and scientists have found that vitamin D may help prevent other diseases such as cancer, diabetes and heart disease.
- 90% of our vitamin D is made in the skin with the help of sunlight.

Do you have?

- Bone pains typically felt in the ribs, hips, pelvis, thighs and feet
- Muscle pains or muscle weakness
- Fatigue and tiredness

These are typical symptoms of vitamin D deficiency which is estimated to affect between up to 90% of adults, especially if you have dark skin.

Can I get a test to see if I have vitamin D deficiency?

Yes, just ask the doctor for a blood test form?

What treatment is there?

- Eat foods like oily fish, eggs, milk, cheese and butter that are rich in vitamin D
- In the summer, between April and October spend 10 minutes a day outside with your arms and face uncovered between 10am and 2pm.
- In the winter, take vitamin D supplements, these are cheaply available from your local pharmacy who will advise you what dose to take, or ask your doctor.

Flu vaccination is now available for everyone over the age of 65 and all those with a chronic health conditions. Book now to get yourself protected against this year's flu!



Beware of a bogus doctor

NHS Wandsworth have been contacted by Brixton Police Station and informed that a **bogus doctor has visited at least one elderly Wandsworth resident and defrauded her of a substantial sum of money.**

Claiming to be from a local hospital, the man explained he had visited her GP that morning who had suggested she begin a 12 month course of a miracle drug. The patient was then strongly encouraged to go to the bank and withdraw payment for the drugs which she was told would be delivered the following day to a pharmacy near her home. Of course there was no miracle drug and the pensioner never saw



Do you want to quit smoking?

Why not join our smoking cessation clinic?

Drop-in immunisation clinic

A drop-in **evening and weekend** clinic for all **childhood and baby immunisations** is available at **Tooting Bec Medical Centre**, 103 Macmillan Way, SW17 6AT every

Tuesday 3pm-6pm

Wednesday 3pm-7pm

Saturday 9am-midday

No appointment is necessary, but please remember to take your child's red book. Any questions? Call the helpline on **020 8254 8393**



Don't forget that if you have internet access you can book appointments and order repeats on-line. Ask our reception team how to register for this service.



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