



Patient Newsletter – May 2020

What will Level 2 look like?

With a move to Level 2 on the horizon, we want to make you all aware what this will look like. As it won't be the "normal" that we were previously accustomed to pre-covid-19.

Over the past 6 weeks we have had to make enormous changes and adapt accordingly. We have made some really positive changes which we will continue to run with.

In Level-2, we will continue with booked appointments ONLY. This is to ensure we are able to separate respiratory & non-respiratory cases for the safety of both our patients and staff.

Anyone needing an appointment will still need to ring first to be triaged by a clinician. We will not be taking any walk-in patients; this will also help with minimising wait times.

Nurse appointment's will still run from Greenmeadows at this stage, as Napier remains as a CBAC centre.

The Doctors Westshore & EIT Health Centre will re-open to their usual operating hours.

Napier X-Ray services are still under review and we will advise of opening hours as soon as possible.

Physio Direct at 30 Munroe Street will resume services. This service is by appointment only and physio patients will need to enter through the entrance by the pharmacy.

Prescriptions will continue to be sent to the Pharmacy & Lab forms can be emailed directly to the lab.

Manage My Health Appointments are still disabled at this point until we progress further.

Thank you for your continued support and resilience through this time.

Help with essential costs

If you've lost your job or can't work at the moment you may be able to get a benefit or some other

financial help from MSD, they can also help you look for work.

If you're struggling to meet your living costs or had an unexpected bill, they may be able to help you, even if you're working.

MSD can help with urgent costs like, food, accommodation costs, power, gas, water, heating, clothing, medical & dental costs and bedding.

They have a number of different types of support and payments available depending on your situation.

Find out more:

www.workandincome.govt.nz

Or Call 0800 559 009 (7am-6pm weekdays, 8am-1pm Saturdays)



Diet & Lifestyle Tips to Support Immune Health during COVID-19 & the coming Winter months

DIET: Focus on nutrient rich fruit and vegetables which are full of vitamins and phytochemicals that boost the immune system, lots of good oils that will help reduce inflammation, healthy proteins daily which are vital to repair body tissue, and fight viral infections, as the immune system cells rely on protein to function efficiently. Self-isolation can bring out the bakers in us; however, sugar





negatively affects the immune system, and feeds the virus. Our immune system is our first line of defence, 60 % of our immune system is in our gut, so our microbiome is really important. Consuming probiotics and prebiotics will help us fight infections and reduce inflammation. Be careful not to eat known **reactive** foods specific to you, such as gluten, nightshades, dairy etc., as they will increase your inflammatory load. Keep hydrated!!

- ✦ Vit A- Liver (cod liver oil), eggs, orange and yellow vegetables and fruits, broccoli, spinach, and most dark green, leafy vegetables.
- ✦ Vit C- Kiwifruit, bell peppers, strawberries, oranges, broccoli, citrus fruits.
- ✦ Vit D- Salmon, sardines, mushrooms, tuna, eggs, fortified milk, cod liver oil.
- ✦ Zinc- Meat, shellfish, legumes, seeds, nuts, dairy, eggs, wholegrains.
- ✦ Quercetin- Red onions, broccoli, apples, grapes, black tea, green tea, peppers.
- ✦ Selenium- Brazil nuts, tuna, pork, beef, turkey, chicken.
- ✦ Probiotics- Greek or coconut yoghurt, kefir, kombucha, sauerkraut, pickles, miso, tempeh, kimchi, sourdough.
- ✦ Prebiotics - Garlic, onions, leeks, asparagus, unripe bananas, cooked and cooled potatoes, artichokes, apples, flaxseeds, seaweed, cocoa.
- ✦ Good oils- Avocados, nuts and seeds, coconut oil, olive and olive oil, oily fish (salmon, sardines, mackerel).
- ✦ Healthy Proteins- Eggs, avocado, oats, nut, seeds, legumes unprocessed lean cuts of meat.
- ✦ Immune Boosting Herbs: Ginger, garlic, turmeric, rosemary, chilli, oregano.



MOVEMENT: Getting regular exercise is really important for general health, a strong immune system, and emotional wellbeing. Exercise improves cardiovascular health, lowers blood pressure, helps control body weight, promotes good circulation which allows the immune system to move through the body freely and do its job. Aim for 30-45 minute daily. There are many ways you can exercise at home, such as:

- ✦ Walking or running
- ✦ Workout apps
- ✦ YouTube videos for cardiovascular or resistance training

SLEEP: Sleep is important for a healthy immune system, it's also when your body does its "housekeeping" and destroys all of the "rogue" cells. Aim for 7-8 hours per night.

- ✦ Stick to a sleep routine, and avoid sleeping in too late
- ✦ Avoid drinking caffeine, alcohol, and large meals just before bedtime
- ✦ Allow time to relax and wind down before going to sleep
- ✦ Avoids screens in the bedroom as this interferes with your melatonin, read instead!
- ✦ Consider melatonin, magnesium, Epsom salts bath, or a sleepy tea before bed.

RELAXATION/STRESS: Stress drives the production of cortisol and epinephrine which is known to diminish the immune system. Some of the following activities might help manage stress.

- ✦ Meditation
- ✦ Yoga (there are apps you can use)
- ✦ Taking a break from screens
- ✦ Taking a break from the news about COVID
- ✦ Listening to music





- ✦ Making time for your favourite activities such as writing, painting, playing an instrument etc.
- ✦ Chatting to a friend
- ✦ Helping other people

RELATIONSHIPS: Social connections influence our emotional health and strengthen our immune systems. Dozens of studies have shown that people who have social support from family, friends, and their community are happier and have fewer health problems. Conversely a lack of social ties is associated with depression, so make sure you keep in contact you're your love ones on the phone or social media. If you know someone that is home alone, then give them a call. Stay connected!!



KEY SUPPLEMENTS FOR IMMUNE SUPPORT:

Vitamin C (1000-2000mg daily), Vitamin D (2000-4000iu daily), Zinc (20mg daily), Selenium (brazil nuts daily), and a Probiotic. In the worst-case scenarios COVID 19 creates an inflammatory storm, so keeping your inflammation low is essential, fish oil and turmeric is helpful to reduce inflammation.

