



Staying healthy

Information for
NHS patients

Thank you for your patience

The COVID-19 pandemic has had a significant impact on the NHS's ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and this may have caused you disruption and delays.

We thank you for your patience and reassure you that we have not forgotten about you and are working hard to get everyone treated on our waiting list. Please rest assured that if you have a more urgent requirement, we will prioritise your care.

Why choose a Circle Health Group Hospital for your NHS treatment

When you are advised by a healthcare specialist that you need hospital treatment you may be able to choose a Circle Health Group Hospital for your treatment.

As the largest private hospital group in the UK we can offer a range of services and treatment options for NHS patients. You can rest assured that the cost of your appointments and treatment are fully funded by the NHS.

All treatment and surgery is carried out by specialist consultants in conjunction with our skilled clinical teams. The consultant you see for your initial consultation will be the same one that conducts your surgery so you can be confident they understand your personal needs and condition.

To find more about our hospitals or services offered visit

www.circlehealthgroup.co.uk



Keep moving and improve your health

Having surgery can have a big impact on your body. We are here to support you to prepare both physically and mentally. Maintaining a healthy lifestyle can boost your post-operative recovery and small changes can make a difference. Any preparation will help you get the best from the treatment options available.

Healthy eating

Healthy eating is about enjoying your meals and at the same time having a balance of different foods. Being mindful about what we eat can help us to maintain a healthy body weight. This can benefit us by ensuring our bodies have the nutrients it needs for growth and repair both before and after surgery.

For more information regarding healthy eating please go to:

www.nhs.uk/live-well/eat-well/

Take your medication

It is important while you are waiting for an appointment or treatment that you continue to look after your general health. You can do this by continuing to take any medication you have been prescribed for your condition, as well as any prescribed to manage your symptoms such as pain.

If you feel that you have a health problem which is not well controlled, it may be of benefit to have it reviewed prior to surgery.

Exercise

Having a good level of fitness can make surgery safer and reduce any complications. Even short bursts of exercise make surgery safer. No matter how much you do, physical activity is good for your body and mind. Adults should aim to be active every day. Some is good – more is better still. Even a daily brisk walk can boost your energy, lift your mood and make everyday activities easier.

Regular exercise can reduce your risk of illnesses, such as coronary heart disease, stroke, type 2 diabetes and cancer. It can also lower your risk of early death by 30%.

- **NHS Fitness Studio:** www.nhs.uk/conditions/nhs-fitness-studio/

Provides exercise videos tailored to a range of fitness levels.

- **NHS Active 10:** A smartphone app which helps to track your activity throughout the day.

Other useful resources with more information on exercise:

- <https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/chair-based-exercises>
- www.nhs.uk/better-health/get-active/

Smoking

Smoking is one of the biggest causes of death and illness in the UK. Stopping smoking increases your chances of living a longer and healthier life. You'll feel the benefits from the day you quit.

Prior to surgery we suggest you cut down on smoking to help reduce complications and help healing. We can help to support you with this.

Visit www.nhs.uk/better-health/quit-smoking/

Alcohol

Drinking more than 14 units per week (1 unit = 1 small glass of wine or ½ a pint of beer) for both men and women increases your risk of complications. This is because excessive alcohol intake damages your liver.

Your liver plays an essential role in helping you fight off infections and produces new proteins needed for wound healing. Consider cutting down or not drinking any alcohol in the lead up to your operation to enable your liver to work as well as possible. If you do drink alcohol, try to have alcohol-free days.

Drink Free Days App: A free app that provides simple and practical tips to help control your drinking.

Visit www.nhs.uk/better-health/drink-less/



Good mental health

Surgery can be daunting for most people. Anxiety and depression are very common both before and after surgery.

Recovering from major surgery doesn't always go smoothly – there can be ups and downs along the way, both in your physical and mental health. Stress can lead to poor sleep and tiredness, which in turn reduces physical activity and can contribute to a low mood and feelings of depression. Sometimes these feelings can become severe enough to need help.

To learn more about how to maintain a good mental health, please follow the link below:

www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-toimprove-your-mental-wellbeing

To find a local NHS urgent mental health helpline (England) please follow the link below:

www.nhs.uk/service-search/mental-health/find-an-urgent-mental-healthhelpline

Financial support

Waiting for treatment could be impacting you financially, which can affect your mental and physical health. It can affect how many hours you are able to work and how much you are able to earn. If you are struggling to pay bills, need help with a benefits issue, or are concerned about growing debt, there is free confidential advice and support to help you.

Citizens Advice – www.citizensadvice.org.uk/

Further support

Circle Health Group: www.circlehealthgroup.co.uk

NHS Choices: www.nhs.uk/conditions

