

Your Questions Answered...

We invite you to attend our Lifestyle Clinic designed to promote and care for the ongoing health and wellbeing the patients in our General Practice.

As our clinic is a new service provided by the practice you probably have lots of questions.

We hope you find this short leaflet helpful



Dr Martin White Dr Catherine Wann
Dr Sandra Dodson
The Nobber Medical Practice
Nobber, Co. Meath
Phone 046 9052109
www.nobbergp.ie

Do you need help to change your lifestyle?

LIFESTYLE CLINIC

Patient Information Leaflet



Why are you starting this clinic?

The aim of the clinic is to provide help to our patients who wish to lead a healthier lifestyle but are unsure where to start

It is widely known that health problems such as diabetes, obesity and lung disease are on the increase. Busy and stressful lifestyles can lead to us neglecting exercise and healthy eating.

Who is the clinic for?

We are providing this service for **all patients** attending the practice. However we particularly encourage those who are smokers or are concerned about their weight to attend as they may **benefit most** from the clinic.

When is the clinic?

The lifestyle clinic is a nurse-led, appointment only service. You may self-refer or you may be advised to attend following consultation with the doctor.

How do I know if I should attend?

The clinic is open to all patients who feel they wish to make a lifestyle change but need some support to do so.

You benefit if...

You are concerned about your diet, exercise, alcohol intake.

You are under pressure or stress in your work or home life or are feeling fatigued.

You are a smoker who would like to quit.

For specific acute symptoms it may be more relevant to arrange a general appointment for one of the GP's first.

What should I expect?

We ask that a health screening questionnaire be completed.

We aim to **focus on one** particular lifestyle change or **goal** working on a **one to one basis** with our practice nurse.

What happens next?

At your initial assessment measurements such as weight, height or blood pressure may be taken.

The nurse will review your questionnaire allowing you, together, to identify your particular lifestyle issues.

A series of follow up appointments may then be required for **ongoing support** and to monitor progress in achieving your **target**.

Motivational and educational materials will be provided where helpful.

What do I need to do next?

If you would like to make an appointment simply speak to our receptionist.

Please see our website www.nobbergp.ie for further information and to download a copy of our health screening questionnaire.
