

Alyn Meddygon Teulu Alyn
Family Doctors

Surgery Newsletter

October 2025

Practice Training Dates 2025

Alyn Family Doctors will be closed for staff training as part of a compulsory Welsh Government programme on the following dates from 1.00pm . Llay surgery will reopen at 5.00pm.

6th November 2025

12th March 2026

Every month we release our GP infographics which can be viewed on our social media, in our reception areas and here on our newsletter. We hope you find these infographics insightful.

In the month of August we:

- **Answered 4,738 phone calls**
- **Issued 17,464 items via prescription**
- **2,321 patients had an appointment of which 2,228 were seen face to face**
- **Made 1,132 referrals for further care**
- **Issued 283 fit notes**
- **Received 6,622 digital requests**
- **93 patients did not attend**

appointments



Stoptober is annual NHS campaign to encourage people to stop smoking.

Evidence shows that if a smoker makes it to 28 days smoke-free, they are five times more likely to quit for good. Since Stoptober first launch in 2012 over 2.5 million people have attempted to quit smoking.

While smoking rates have declined in recent years, over 6 million people in the UK still smoke and smoking remains the single biggest cause of preventable ill health and death. Smoking costs the NHS approximately £1.82 billion annually.

In 28 days you will notice the following benefits

- Easier breathing
- Improved smell and taste
- Increased energy
- Healthier skin

For help and advice to stop smoking contact Help me Quit on 0800 085 219 or complete their online form at

<https://www.helpmequit.wales/>

October is menopause awareness month.

The aim is to raise awareness of the symptoms of menopause and the support options available to improve women's health and wellbeing.

Pre menopause hormones help protect our bodies. Post menopause there is an increased risk of osteoporosis, heart disease and dementia. There are medicines available to replace the missing hormones and help relieve symptoms. The main medicine treatment for menopause and perimenopause symptoms is hormone replacement therapy (HRT), which replaces the hormones that are at low levels. HRT is a safe and effective treatment for most going through menopause and perimenopause. Your GP will discuss any risks with you. The main benefit of HRT is that it can help relieve most menopause and perimenopause symptoms, including hot flushes, brain fog, joint pains, mood swings and vaginal dryness.

Eating well, exercising and looking after your mental wellbeing can help with symptoms during perimenopause and menopause. Some examples of lifestyle changes you can make are doing relaxing activities such as yoga and meditation, eating calcium rich foods and keeping a regular sleep pattern.

For weekly news and updates follow us on Facebook

<https://www.facebook.com/alynfamilydoctors>



Menopause symptoms

Changes to your periods

The first sign of the perimenopause is usually, but not always, a change in the normal pattern of your periods. Eventually you'll stop having periods altogether.

Mental health symptoms

- changes to your mood, like low mood, anxiety, mood swings and low self-esteem
- problems with memory or concentration (brain fog)

Physical symptoms

- hot flushes, when you have sudden feelings of hot or cold in your face, neck and chest which can make you dizzy
- difficulty sleeping, which may be a result of night sweats and make you feel tired and irritable during the day
- palpitations, when your heartbeats suddenly become more noticeable
- headaches and migraines that are worse than usual
- muscle aches and joint pains
- changed body shape and weight gain
- skin changes including dry and itchy skin
- reduced sex drive
- vaginal dryness and pain, itching or discomfort during sex
- recurrent urinary tract infections (UTIs)
- sensitive teeth, painful gums or other mouth problems

Book your Flu Vaccine Today



**If you are aged 65 or over
or
under 64 with**

- Chronic respiratory disease, including asthma and COPD**
- Chronic heart disease**
- Chronic liver disease**
- Chronic neurological disease**
- Diabetes**
- Asplenia**

**If you are an adult with a BMI of 40 or over or are a carer
in receipt of carer's allowance or you are the main carer
of an elderly or disabled person**