Patient Safety July:

Baby Health: Boys who develop autism may be exposed to higher levels of hormones wen in the womb The Daily Telegraph reports. Autistic spectrum disorder commonly known as autism is more common in male children but the reason why is still unknown. One hypothesis is that there may be factors in the development of male infants that increase their risk of ASD, such as exposure to certain hormones. This study measured sex hormone levels in the amniotic this is the fluid which surrounds and supports the baby.

Childs Health: Children can learn to eat new vegetables if they are introduced regularly before the age of two, BBC News reports. A new study suggests that the key is to introduce them 'early and often'. The study suggests kids will eat foods if it is offered to them repeatedly so the key thing is to persevere they will give in (hopefully).

[](http://www.google.co.uk/url?url=http://smartparentprogram.blogspot.com/2011/11/why-children-dont-like-vegetables-and.html&rct=j&frm=1&q=&esrc=s&sa=U&ei=CHKQU4T1C6uq7QbXnoDIBQ&ved=0CDAQ9QEwBw&usg=AFQjCNHfskwVsC-tNTjwgYXClZI_ckMr8Q)

Supplement Health: Rarely a month goes by without the papers reporting at least one health news story related to vitamin D. In recent weeks the media has reported that vitamin D can help relieve the symptoms of asthma and lower blood pressure. There have been long-standing claims that vitamin D brings a wide range of benefits, from preventing cancer risk to improving mental health, or even reducing your risk of getting multiple sclerosis. If you wish more advice o information contact the surgery if you wish to consult regarding this.

Patient Health: Everyone with a long-term condition can have a care plan if they want one. A care plan is an agreement between you and your health professional to help you manage your health day-to-day. It can be a written document or something recorded in your patient notes. Everyone who has a long-term condition can take part in making their care plan. It helps to assess what care you need and how it will be provided. If you think a care plan could help you please contact us at the surgery and we can arrange a consultation.

Patient Health: Medicines need to be taken exactly as instructed so that they work properly. It’s important that you understand how and when to take your medicines and whether they should be taken with or without food.  If you take more than one type of medicine it’s vital to take them in the right way and make sure they don’t work against each other to cause side effects or make your condition worse. Speak to your GP, nurse or pharmacist about the medicines you’re taking and how often you should be taking them. They will explain to you how your medicine will help you and improve your condition, and listen to any worries.