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A newsletter from Dr Stephanie Goodwin

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Monthly Newsletter

Helpful links - Calories



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experiencing slightly tight waistbands?

As you probably know the daily calorie intake is 2,000 for the average woman and 2,500 for the average man. If you're now looking to lose weight the NHS weight loss plan is 1900 calories per day for men and 1400 calories per day for women.

If you'd like to adopt this plan you can look up over 150,000 foods via the NHS calorie checker which can be accessed [here](#). The NHS sensibly suggests saving that page as a home screen on your mobile for instant access!

Are there any products which help with hot flashes?



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you might want to check out this anti-flush clothing on
www.webecome.co.uk.

Having had four rounds of testing on prototypes, this clothing is said to:

- Cool the skin
- Wick away moisture
- Absorb, store and then release the heat from the surface of the skin to help you maintain a stable body temperature
- Reduce odour

The range extends from underwear and nightwear to leggings and t-shirts.

I hope this has been helpful.

Have you heard of Paget's Disease?



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to mark the occasion I've written a blog post on the subject.

In brief, however, this chronic condition interferes with the way in which your body naturally repairs and renews the bone. Typically affecting the pelvis, skull, spine and legs the condition can cause bones to become fragile and misshapen.

To find out more about the symptoms and complications of this disease (which is the most common type of bone disease after osteoporosis) [please click here](#).

The January Blues



This is a recognised condition and one that many people naturally experience after:

- The Christmas holidays are over

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- The days are short and often wet and cold
- You're disappointed at failing to stick to your New Year resolutions

In other words this is a temporary fug of mild depression, lowered self-esteem, low energy and a lack of motivation which normally clears up once you are back in your normal routine.

However, if you remain depressed you may be experiencing SAD or seasonal affective disorder. In [this blog post](#) I explain why this occurs and how exercising and taking Vitamin D can help

And, if you experience persistent feelings of depression for more than a few weeks and find you are self-medicating or drinking to help with this please come and see me to explore the available options to make you feel better again.

Ranitidine alert



Have you need prescribed Ranitidine for acid reflux, stomach ulcers,

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A recall alert has been issued to healthcare professionals due to a possible contamination which has been identified as a risk factor in the development of certain cancers. The current advice is that patients should continue taking their supplied Ranitidine and should request a treatment review with the next routine appointment

See full details [here](#).

Several over the counter medicines have also been removed from the shelves. This includes Zantac and several own brands - a full list is [here](#).

Did you know? The tongue.



Although we cannot actually see them, we have between 2,000 and 4,000 taste buds on our tongue and each contains sensory cells that are replaced every week.

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each of these contains an average of six taste buds buried within.

Made up of 8 muscles which allow it to change shape and position, the tongue's functions are for eating, speaking and swallowing. These muscles are the only ones in the human body that work independently of the skeleton.

Most tongues are about 3 inches long and have between 50 and 150 receptor cells which allow you to differentiate between the five taste types - salty, sweet, bitter, sour and savoury – now referred to as “umami.”

The sides of your tongue are more sensitive than the middle and the back of your tongue is more sensitive to the bitter tastes.

Your tongue print is as unique as a fingerprint. Who knew?

I hope you have enjoyed this newsletter. If you are concerned about any of the conditions mentioned in this newsletter please do get in touch.

If you'd like any further information or wish to make an appointment, please don't hesitate to get in touch via:

sally@drstephaniegoodwin.co.uk

020 7935 3351

Dr Stephanie

I am a regular contributor to [MpoweredWomen](#) and volunteer for [The Daisy Network](#) a charity for women with premature ovarian insufficiency (POI).

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sally@drstephaniegoodwin.co.uk

Our telephone number is:

020 7935 3351

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