

medcare is committed to providing a total healthcare service for the whole family including:

- Full range of General Practitioner Care
- Well man and well woman clinics
- Dedicated clinics for diabetes, asthma, nutrition and travel advice
- Pain Management
- Midwifery Services
- Botox and aesthetics
- Psychotherapy
- Hearing analysis
- Physiotherapy
- Podiatry

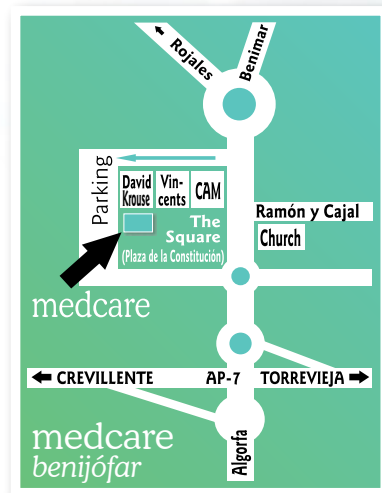
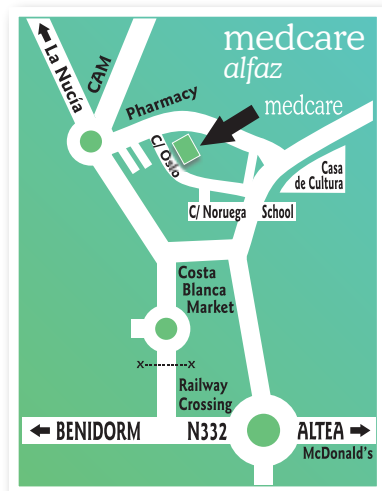
We can advise on all aspects of healthcare and offer many different healthcare plans to suit all needs.

For details on this or any of our services please contact us.

Carrer Oslo 24, 03580 **Alfaz del Pi**
Plaza de la Constitución N°3, Planta Baja, Puerta 4
03178 **Benijófar**

Monday to Friday 9.00 am to 4.30 pm

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health matters

spring/summer 2008 newsletter



96 686 0258

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 medcare



Free weekly clinic for expats

Medcare doctors' practice in Benijófar and Alfaz del Pi has launched a free appointment clinic for expats.

Medcare, whose work ethic is based on the UK Department of Health guidelines, has begun this service to help people from the UK who live in Spain but find it difficult to understand the language and the different health system.

Medcare's Practice Manager has launched the free weekly Medclinic service to ensure local expats don't have any excuse for not keeping healthy: "The Medclinic initiative aims to help out with any little problems that expats have been putting off addressing. Anyone can book an appointment at Medclinic and we will give them a free blood pressure test and a chance to ask us any questions they have about their health."

Medcare offers a full range of health services, including a Well Man or Well Woman in-depth health check in which the doctors review patients' full medical history, take a lifestyle questionnaire and undergo extensive blood tests and checks, to ensure peace of mind and help them to enjoy the life they have chosen here in Spain.

Remember the doctor's orders: "Prevention is better than cure – so don't leave it too late!"

An appointment for the Medclinic can be booked by calling 96 686 02 58.



Botox

Cosmetic treatments, also known as 'lunch-hour facelifts', are becoming more popular as they offer a quicker and less painful form of cosmetic enhancement than traditional surgery.

What is Botox?

Botox, or to give it its full name Botulinum Toxin A, is a diluted form of food poison, used to temporarily paralyse muscles. It blocks nerve signals, thereby inhibiting the over-activity of these muscles. Its versatility means that it can be used to effectively treat certain neurological conditions, uncontrolled blinking and excessive sweating as well as in beauty treatments.

How is Botox Used Cosmetically?

Botox is typically injected into the facial muscles to improve the appearance of lines and wrinkles. It can reduce frown lines and crow's feet. One treatment usually lasts up to four months and results are usually noticeable within a week.

Is Botox safe?

Because Botox is a toxin that has traditionally been used in a medical environment, it is important for people who are thinking of using it to consult a medically qualified practitioner to make sure it is safe.

How long does Botox last?

During the first year Botox is injected, doctors recommend four-monthly treatments, after which six-monthly appointments usually suffice.

Where can I get safe Botox injections?

At Medcare there is a qualified female doctor who administers Botox injections in a secure environment adhering to BAAPS (British Association of Aesthetic Plastic Surgery) guidelines.



Botox case study

Alison Kite, 46, is one of Medcare's delighted regular Botox patients.

"I first had Botox six years ago when I lived in the UK. I remember being horrified by the wrinkles and prominent frown lines on my forehead when looking at some holiday snaps. With Botox The wrinkles disappeared - it seemed like a miracle cure so I continued to have treatments."

Alison moved to Albir just over two years ago and found the Medcare clinic offered aesthetic treatments, including Botox.

"I have been very impressed with my treatment from the Medcare doctor, who is very thorough. She has always explained the procedures to me, which is something I cannot overemphasize the importance of. A friend of mine had Botox injections, but it wasn't explained to her that she needed to remain upright for some hours after. The result was she lay on her side after her treatment and suffered from partial facial paralysis and a drooping eyelid" says Alison.



diabetes

Diabetes is a hormone disorder that can cause problems with the kidneys, legs and feet, eyes, heart, nerves, and blood flow. If left untreated, these problems can lead to kidney failure, gangrene and amputation, blindness, or stroke. Diabetes is on the increase, most likely because people are living longer, getting fatter and leading increasingly inactive lifestyles. There are two types of diabetes, called Type 1 and Type 2.

What is Type 1 Diabetes?

Type 1 diabetes - also known as insulin-dependent or immune-mediated diabetes - is a disease that destroys the cells in the pancreas that produce the hormone insulin. Insulin is needed to control blood sugar levels. Without insulin death is inevitable. Type 1 sufferers, who typically develop the condition as children or young adults, are usually unable to produce any insulin at all. They need to boost their insulin levels, either by regular injections or by wearing a pump which dispenses the hormone under the skin.

What is Type 2 Diabetes?

Type 2 diabetes - also known as non-insulin dependent diabetes - is the most common form of the disease. It usually occurs in people who are over the age of 45 and overweight. Type 2 sufferers do not make enough insulin, or are unable to make proper use of it. Without enough insulin, the body cannot move blood sugar into the cells. Sugar builds up in the bloodstream and causes health problems.

What should I do if I have diabetes or I think I show symptoms?

If you are a diagnosed diabetes sufferer and you have moved to Spain, or if you think you may show some symptoms of diabetes, you should consult a doctor. The English doctors at Medcare can give you the advice you need or run tests to help you, and they will give you their diabetes plan to follow to make sure you are getting all the help you need.

Diabetes plan

Early diagnosis of diabetes can help to control symptoms, but on average it is nine years before someone is diagnosed. For those who have been diagnosed with either Type 1 or Type 2 diabetes the most important aim is to control their blood glucose level as much as possible. Good control can prevent and delay complications of diabetes, which include:

- Heart disease and stroke
- Retinopathy
- Kidney disease
- Foot problems

The impact of these complications can also be greatly reduced if they are detected early and treated. In the UK diagnosed diabetics have regular check-ups at clinics to check their weight, blood pressure, eyes, feet and blood fats. But many sufferers do not know what to do now they are living in Spain.

Controlling diabetes in Spain

Diabetes is a condition that is a growing concern for expats in Spain. Spain has a different healthcare system to the UK, and there are differences in the routine checks with ongoing

illnesses, which can confuse or worry patients. The language barrier can be an obstacle in obtaining the right care. Most diabetic patients require assistance with long-term monitoring of the illness and this is very important as it can affect the whole body, from the head right down to the toes.

Medcare provides a complete affordable treatment package for diabetics that complies with the UK Department of Health guidelines, covering every aspect of diabetes and subsequent treatment in plain English.

Well Man and Well Woman Health Checks

Medcare's team of doctors, nurses and clinicians are committed to providing a total healthcare service in English for the whole family, based on UK Department of Health guidelines. The clichéd expression 'prevention is better than cure' is very true when it comes to health. Regular check-ups can detect the early signs of cancer, diabetes and heart disease. Medcare offers a Well Man and Well Woman Health Check to make sure expats who have moved to Spain keep an eye on their health.

If you are a man:

You have a one in 14 lifetime risk of developing prostate cancer. Prostate cancer is the most common cancer in men in the UK, accounting for almost a quarter of male cancers. Each year, nearly 32,000 men in the UK are diagnosed and more than 10,000 die from the disease.

Cases are rare in men under 50, but prostate cancer becomes more common as they grow older. If diagnosed early, treatment can be quite successful; therefore it is important to have routine checks.

If you are a woman:

It is important to be regularly screened for early detection of cervical cancer particularly if you are aged between 25 and 65. A Medcare Well Woman health check includes having a smear test along with breast examination, advice on lifestyle, contraception, HRT and weight management.

Women are also more likely than men to suffer from urinary tract infections which often show no symptoms. Untreated, these can lead to more serious kidney disease. Urine infections are one of several problems that can be detected by a simple urine 'dipstick' test.



And for you both:

Regardless of your gender, you may be one of the one million people from the UK who have diabetes and are unaware.

With Medcare you also benefit from a complete review of your medical history, a full examination with a doctor, as well as extensive blood tests and checks resulting in an action plan and practical advice for medication, lifestyle and nutrition.

In both men and women, a simple blood test can detect liver and kidney disease, anaemia, infection, high cholesterol and diabetes among others.

Cholesterol and diabetes, especially when in combination with high blood pressure, are major risk factors for heart attacks and stroke. An ECG can tell us a lot about the heart, including potentially dangerous abnormal rhythms.

Medcare can also assist with all aspects of your healthcare in Spain, such as medication, repeat prescriptions and hospitalisation to give you total peace of mind.



meet the team

Dr Najma Hussain MBBS DRCOG MRCGP

Dr Hussain trained and qualified from Guy's and St Thomas' Hospitals in London in the mid 1990s.

After doing her stint in the hospitals, she went on to train and work as a GP in Reading.

Her further qualifications include the Diploma of Royal College of Gynaecologists and obstetricians and membership exam of the Royal College of General Practitioners



Ivy Bradley

Ivy Bradley is Medicare's Advanced Nurse Practitioner and has a wide range of experience in her field, as well as a list of impressive accolades for her work. Ivy runs regular clinics for diabetes, asthma, weight management, smoking cessation and Medicare's 'Well Person' health checks.



Dr Karel Hagemans

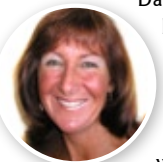
Dr Karel Hagemans is a British national who has been practicing ophthalmic surgery since 1978 and speaks fluent English, German and Dutch. He moved to Spain in 1999 and opened his own practices in Alfaz del Pi, Moraira and Jávea. He also runs an ophthalmology practice for Medicare at the Benijófar clinic on a Tuesday.



Steve Ashley

Steve Ashley is a registered member of the UK Council for Psychotherapy, a body that ensures the quality and ethical conduct of therapist training and practice. Steve works as an attachment-based psychoanalytic psychotherapist. He operates weekly practices at the Medicare clinics in Benijófar and Alfaz.

Dawn Blythe



Dawn Blythe is Medicare's Senior Midwife and has been helping women prepare for labour and give birth for more than 20 years. She is now registered as a nurse in Spain. She helps women prepare for labour in a foreign country with a different language and health system. Dawn also assists with antenatal and postnatal care.

Clare Gale



Clare uses a state-of-the-art, no-needles testing system to examine the causes of certain health problems and gives advice on dietary options and food supplements. She also provides a broad range of therapies, including massage and reflexology, proven to be of major assistance in stress relief and pain control. Clare runs weekly clinics for the Medicare practices in Benijófar and Alfaz.

Bring this newsletter to Medicare and choose a **FREE** consultation from the following, valued at up to 120 euros:

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