

# PRACTICE NEWSLETTER

New Year new you! | Have you updated of your medications? | New patients

## Drink more water.

In the UK, the NHS recommends most adults aim for 6 to 8 glasses (about 1.5 to 2 litres) of fluid a day, which can include water, lower-fat milk, and sugar-free drinks like tea and coffee, but plain water is best. You may need more if it's hot, you're exercising, pregnant, breastfeeding, or generally more active, with the key indicator being your pee colour (aim for clear pale yellow).

## Hidden sugars.

Hidden sugars are added sugars in processed foods and drinks, disguised under names like corn syrup, fructose, or dextrose, found in seemingly healthy items like yogurt, sauces, breads, and protein bars. Reading ingredient labels for "-ose" endings and various syrup/nectar names is key to spotting them.

## Your medications.

Please remember to keep us informed for the medications you take. Keeping us updated on your medications is vital for your safety and ensures you receive the most effective and coordinated care possible.



## New Year New You!

We have all enjoyed overdoing the naughty food and drink over the festive period (so we should!) but here are a few hints and tips to get you kick started into a healthier new year.

## Do drink more water.

Water is essential for life, supporting bodily functions like temperature regulation, nutrient transport, waste removal (via kidneys/liver), and joint lubrication, while improving mood, energy, digestion, and potentially preventing headaches, kidney stones, and other diseases, making it crucial for our overall health. Staying hydrated boosts brain function, immunity, and skin health, with water acting as a vital medium for cells and organs to work effectively.

## Reduce your Sugar intake.

Reducing sugar intake offers significant health benefits, including lower risk of obesity, type 2 diabetes, and heart disease, alongside improvements in dental, gut, and mental health, by stabilising blood sugars, decreasing cravings, and promoting weight management through fewer empty calories and better nutrient intake. Key advantages include improved energy, clearer skin, better dental hygiene, reduced bloating, and enhanced focus, making way for long-term wellness.



## Practice now welcoming new patients.

It is now 2026 and the practice is now accepting new patients, so if you have a family member or a good friend who is wanting to start the new year improving their Dental health then please feel free to give them our contact details.

Spaces will be limited and new patients may have to wait a little while for an appointment (we do not want to limit availability to our existing patients!) But we will be as accommodating as we can.

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## Drink less alcohol.

We are not nagging but we really would not be doing our job if we did not mention this thorny topic. Stopping or drinking less alcohol can make a big difference to your health. It can boost your energy, help you lose weight, and save you money.

If you are drinking more than you would like, you are not alone. Lots of people find it hard to cut back.

But every small step you take brings you closer to your goals, and even small changes can make a difference.

There's no completely safe level of drinking. If you do drink alcohol, then it's recommended to drink no more than 14 units a week, spread across 3 days or more. 14 units of alcohol is around: 6 medium (175ml) average strength glasses of wine, or 6 pints of average strength beer.

Here are some tips for cutting down:

### Have a game plan.

Use the NHS Drink Free Days app to set yourself a weekly unit target and stick to it. But if one week you do go over your limit, do not stop trying – next week is a fresh start.

### Switch from stronger products

Choose drinks that are lower in alcohol. Try lighter beers – under 4% ABV. As a rule of thumb, white and rosé wines are lower in strength than reds. Or try swapping some or all of your drinks for no or low-alcohol alternatives.

### Stick with it!

It might take a bit of time to get used to the change from your usual choices, so if you notice a difference in taste with lower-strength drinks, do not give up! There are so many options, it's likely there's one out there for you – and switching means you can enjoy the health benefits of drinking less without losing your social life.

### Shake up your social plans.

Going for drinks is not the only way to see friends. You could watch a film, meet up for breakfast, grab a coffee and go for a walk, go bowling, head to the gym or sign up for a class to do together instead of heading to the pub.