



RoCPrivate
clinic



Top 10 tips for keeping healthy in London

Keep well whilst you're in London by following Dr Claudia's top 10 tips!





Sleep

Studies have shown that people need between 7 and 9 hours of sleep a night. And it isn't just about the length of time you sleep but also about having a regular bed time and waking time. Try and aim to go to bed at the same time a few nights every week and remember that sleep isn't just about not being tired the next day; it is also good for your mental health and concentration.

Exercise

Exercise will do more than keep you fit. It also boosts your mood making you feel happier and is a great way to meet new people and socialise too. London is jam packed with activities to suit all interests and budgets.



Sexual health



Many sexually transmitted infections do not have obvious symptoms (such as abnormal discharge or pain) so it is important to consider having a sexual health test done before starting a new relationship or if you've had sexual contact with someone and are at all concerned. If you do have any symptoms or worries relating to sexual health, please book to see a doctor and we can do any tests needed as well as provide treatment.

Eating well

London is full of amazing restaurants and brilliant street food too. Avoid eating fast food too often as it won't have the nutrition needed to keep you fit and well. Aim to have a piece of fruit every morning with breakfast, pack some fruit, vegetables or nuts in your backpack daily to snack on and try to cook a healthy meal from scratch most evenings.



Recreational Drugs

Studies show that around 1 in 5 students will have taken recreational drugs over the last year. Recreational drugs can not only cause addiction and waste your money, they can also lead to extreme illness and even death. A big problem is that sometimes what you think you are being sold or given is in fact not the real drug or is a combination of other potentially lethal substances. A great resource for more information about drugs in the UK is www.talktofrank.com





See a pharmacist

In London many pharmacists are able to advise about minor illnesses including colds or aches and pains. Get familiar with your local pharmacy.

Know the signs of depression

If you (or a colleague) answer yes to the following questions, it could be a sign of depression, so please don't hesitate to reach out and speak to a doctor.

- 1) Over the last month, have you felt down, depressed or hopeless?
- 2) Do you have little interest or pleasure in doing things?



Mental health awareness

As well as your own mental health, try to keep an eye on those around you. Sometimes a colleague or room mate might be behaving in a way which worries you, whether it be an eating disorder, anxiety, stress or any behaviour that doesn't seem quite right. Share any concerns with your supervisor and encourage your colleague to speak to a healthcare professional.

Monitor existing health conditions

If you have a health condition or take medicine for a diagnosed health problem, keep a close eye on it and if something doesn't feel right or if your health problem seems to be getting worse, make sure you let someone know and seek medical advice early.



See a doctor

We are always happy to see you and talk about any health concern you might have. We're able to arrange investigations, treatment and referrals onward if you need to see a specialist. We can also help you when contacting your health insurance company in order to make the process as easy as possible for you.



Urgent and out of hours care

If you have a medical problem at night or on the weekends, you can call 111 from your phone and speak to a healthcare provider free who will advise you on what to do next.

Remember that emergency and life saving healthcare is free in the UK, so if ever in need of urgent care you can go to any local hospital with an Accident & Emergency department or call 999 if you are in need of an ambulance.

There are also many late-night pharmacies in London. A quick internet search will show up the one most local to you.

It is important to note that NHS hospitals in England have a legal duty to charge overseas patients upfront for non-urgent care if they are not eligible for free treatment.

Finally, if you needs any help or advice, please don't hesitate to contact ROC Private Clinic. We are open Monday to Friday for GP consultations, specialist care or referrals.

Give our helpful staff a call or send an email and tell them you are an international student.

You can find us on [facebook](#) & [Google](#) or text us directly on Facebook Messenger



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